

Here's the glutamine excerpt from my *Food Allergy Relief* (I could have explained and praised glutamine more, but the space limitation by Keats prevented me from being more expansive).

Glutamine

Glutamine is the most abundant free amino acid in the human body. It is the most important food or fuel for the small intestinal mucosa and the immune system. Like the MSM-derived amino acid, cysteine, glutamine is critical in maintaining optimal levels of the detoxifying, antioxidant enzyme, glutathione. When in ample supply -- that is, when you're well and not overly stressed from food allergies, poor nutritional status, celiac disease, Crohn's disease, ulcerative colitis, HIV or AIDS, chronic inflammations, major injury or trauma from surgery, burns, excessive exercise, chemotherapy or medications -- glutamine in your diet is adequate to maintain a healthy intestinal lining and immune system.

If you are chronically stressed from food allergies or celiac disease and suffer from the inevitable leaky gut, malnutrition and suppressed immune system that accompanies both, you are or will soon be suffering from glutamine deficiency. You need glutamine supplementation.

Here are 6 proven therapeutic benefits of glutamine supplementation:

1. Glutamine increases growth hormone release. Growth hormone also helps to restore and maintain a healthy digestive tract and immune system.
2. Glutamine increases glutathione production in the liver, lymph nodes and intestinal lining. This helps the food allergy sufferer clear food allergen-antibody immune complexes from circulation and prevents an excessive buildup of cell and tissue destroying, cancer-causing free radicals.
3. Glutamine helps prevent and reverse the leaky gut seen in food allergic patients,

This includes gluten enteropathy (celiac disease), enterocolitis, milk allergy-induced enteropathy, Crohn's disease, and ulcerative colitis.³⁵

4. NSAIDs are commonly used for the treatment of food allergy/gluten-induced chronic pain

syndromes such as arthritis, migraines, and fibromyalgia. Unfortunately, they are notorious for

causing bleeding and/or perforating duodenal and stomach ulcers, kidney failure, hospitalization

and death (At least 10,000 Americans die each year from the side-effects of NSAIDs).

Glutamine helps prevent and heal intestinal bleeding and ulceration in patients taking

aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs).

5. Glutamine helps prevent and reverse the poor nutritional status food allergic or gluten sensitive patients inevitably suffer from.

Recommended therapeutic dose: 4 grams of glutamine powder mixed in water or diluted fruit juice 3 to 5 times a day (There are powdered glutamine-based

formulas that include selected antioxidants, the bioflavonoid quercetin, and standardized anti-inflammatory herbal extracts I prefer to pure glutamine. However, pure glutamine alone works very well).

Maintenance dose: 4 grams mixed in tepid water or (nonallergic) fruit juice 1 to 2 times daily.

Note: Do not mix glutamine in ice water or hot water.

All for now.

Dr. Braly