

## Preview of New Innovation of Integrated Approach in Treating Recently Diagnosed Celiac Disease Patients

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### Summary

Celiac disease is a chronic inflammatory disorder of the small bowel induced in genetically susceptible people by the irritant gluten and possibly other environmental cofactors. The disorder is characterised by a diverse clinical heterogeneity that ranges from asymptomatic to severely symptomatic, and it manifests with frank malabsorption, an increased morbidity attributable to the frequent association with autoimmune disorders.

### Overview

A variety of life style disease have their underpinning or have their roots in gluten sensitivity and intolerance of the bodies. The world's awash with wellness centres that promise to provide health but end up delivering little to address the root cause. It is a flourishing industry making money out of affected peoples' anxiety. Either the promised parameters are not achieved or else they quickly revert to the original. Most of them adopted a set of standard regimented practices that are conservative in nature and difficult to follow or implement. A path breaking novel approach has been attempted in this study wherein treating celiac disease by an integrated approach of holistic care, nutrition and attention to the increasing absorption of the digestive system is used. This is both a preventive and curative therapy, which promotes balance and integrates body-mind - soul. A calm disposition stemming from relaxation techniques and diet therapy that heals digestive issues and brings positive changes in the metabolism. This process adds to the physical strength and brings behavioural changes, which ensure that disease or ailment does not recur nor does it lead to any loss of vitality.

### Research Methodology

We have used this case study method to treat a patient with elevated Tissue Transglutaminase Antibody IgA (TTG) levels for the

person who was complaining of easy fatigability, abdominal pain, loose motions and upset digestive system. The methodology was adopted to treat the patient by assessing the body constitution and using the integrated Holistic method that helps to establish the root cause of the disease. The therapy comprises of a blend of lifestyle changes, detoxification, deep relaxation techniques and oral food chelation therapy. We know that there is a close relationship between the mind and body; their interactions hold the key to successful interventions in the arena of treating celiac disease.

A calm disposition stemming out relaxation techniques is used to enhance the absorption power of the digestive system by systemic relaxation using deep breathing from diaphragm integrates the latest of medical research with a model of care that takes into account each Patients individual history, unique genetic makeup, his or her environment of living and lifestyle factors. Many chronic diseases occur when fundamental lifestyle factors like diet, movement, rest, and/or sleep are lacking or mismatch with each other. Svelte shows how to design effective, personalised treatments for every patient.

### Research Outcomes

A thirteen year old, female patient was diagnosed with celiac disease. The patient showed symptoms of easy fatigue, abdominal pain, upset digestive system altered bowel habit, short stature and diarrhoea. Her clinical and biochemical parameters indicated the following things: her TTG levels were found to be over hundred, low RBC count and haemoglobin (less than seven).

A biopsy of the patient was performed using endoscopy. The Marsh classification has been adopted to describe the progression of the abnormalities in the celiac mucosa which featured Marsh IIIA indicating atrophy villous partial. *Ab initio*, the patient was ad-

vised to refrain from taking gluten in the diet and then gradually gluten diet was included which was treated using the methods of Svelte which include oral chelation therapy and activation of the para sympathetic nervous system by deep breathing techniques and meditation. Also, the patient was put on a gluten diet. She was given a diet specific to her body constitution, it was balanced in such a way that it balances the three Doshas.

After three months of consistent follow ups and treatment there was an overall improvement in the patient's symptoms as well as TTG values showed a significant decline to below 5.27 despite of adding gluten in the diet. The haemoglobin levels increased significantly upto 10. This showed up in the symptoms as the patient stop.

### Conclusion

Conventional methods for treating gluten insensitivity have failed to yield promising results so far. While the incidents of this disease are growing in the healthcare scenario. A novel, holistic and integrated method comprising of relaxation techniques and psychological diet counselling, dietary and lifestyle modifications and deep relaxation techniques have been evolved by the Svelte team to treat a thirteen year old female patient who was mostly bedridden initially and showed all symptoms of gluten intolerance. Three months of persistent follow up and established treatment led to improvement in both the symptoms and parameters of the patient who has now progressed to be symptom free and is now leading a normal lifestyle. So far there has been no remission in symptoms or TTG levels in eight years.

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