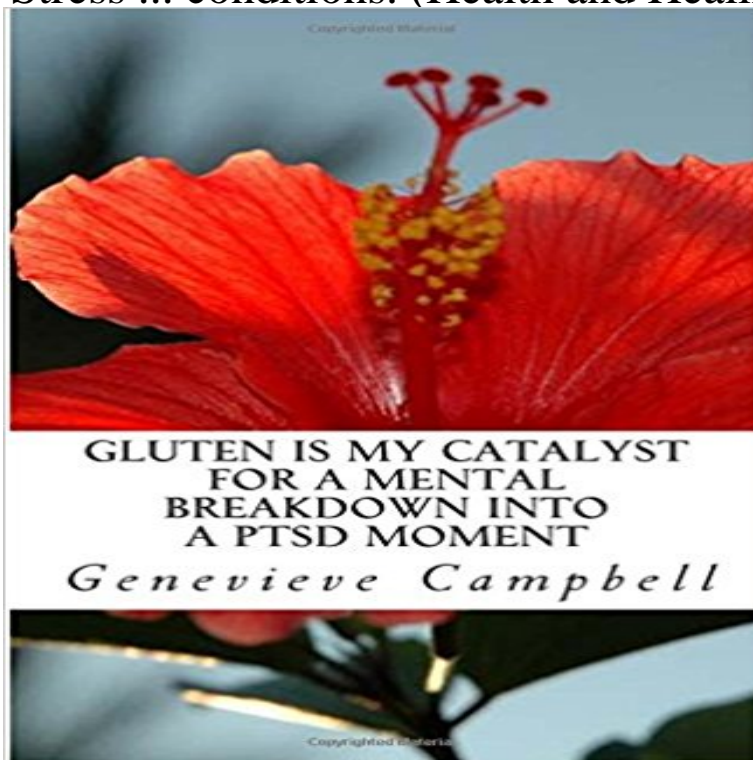


# Gluten is my catalyst for a mental breakdown into a PTSD moment: Gluten complicates the relationship with illness such as Post Traumatic Stress ... conditions. (Health and Healing) (Volume 1)



The Dreams that Led Me to University of Minnesota Biomed Library as well as the work of Dr. Russell Blaylock, a board-certified Neurosurgeon. They repeated over and over. I was walking between all red brick buildings, concrete walkway underneath. The image was comfortable and serene, always a sunny day. I would walk lost for a time but always ended up in an area of lots of hallways, corridors, walking inside then outside following paths, then back inside again. I finally reached a place where everything was blue, sapphire blue. Then one day in 2009, I was instructed travel to downtown Minneapolis and go to the Central Library. As I worked with a librarian there, she informed that the materials I was looking for was at the Biomed Library at U of M. It is open to the public so I will find what Im looking for there. I was instructed to get on a bus, it isnt necessary to drive. So I did. I called ahead to the bus company to find out which buses I needed. As it turned out, there was a city bus straight from my area directly to U of M. Reached the campus with all the kids in college, realizing I had never set foot on this campus before. Luckily, I was dropped off at Coffman Hall on the west bank, the Union Hall for campus, where an information booth was occupied. The young woman got a map and circled where I needed to be. Upon walking out the back door of Coffman Hall, I noticed I was walking between all red brick buildings, concrete walkways on a clear and sunny day. I wound my way over to the East Bank of which I have no remembrance of the path I took. Eventually I ended up at Mayo Complex which includes the Biomed Library. I remember this next part clearly. Upon walking into the library, which is a couple of floors down, the carpeting is all blue, a sapphire blue. The librarian was so courteous, getting me signed onto a computer with her login information and

introducing me to PubMed, the website of the US National Institute of Health. It was at this library that I could research keywords and have access to all the medical publications which I could copy to a flash card. It was the most incredible moment of my life. I am not a researcher or a medical professional. Yet I was sitting at the U of M, in the midst all the medical students and saying to myself how in the world did I end up here. The librarian even asked me which do I prefer PC or Mac. One of the conditions that caught my attention was how much information was readily available, if you knew where to look. The Medical illustrations provided by Dr. Netter were produced in 1953-1976 timeframe. An example of his illustrations and the potential allergens is included in the book. The point I'm examining from Dr. Netter's work is the indication the allergic reaction originates in the mind. The point I'm making is the allergic reaction originates elsewhere in the body (see Section PTSD is Born.) The book goes on further to state how and why the intestines are broken down over time by ingesting gluten, thus setting the stage for additional serious illnesses to develop. Research unexpectedly led me to the work of Dr. Russell Blaylock, a board-certified Neurosurgeon and his experiences with neurodegenerative diseases, and the blood-brain barrier which gave me the resolve to write this book. Best of Health and Good Reading.

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