

# Gluten-Free Psychiatry Podcast

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Presented by Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](http://MindshiftCare.com)



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# What is Gluten-Free Psychiatry?

- In a word, expensive.
- Gluten-free psychiatry involves using a specialty, compounding pharmacy that makes pure versions of medications in a vegan capsule.
- Generic trazodone for sleep can cost \$400 (50 mg nightly x 30 day supply), but at least you could take it if you had Ulcerative Colitis or Celiac Sprue!



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**GLUTEN FREE PSYCHIATRY**  
PODCAST



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# Medications Containing Gluten

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2012 © Thomas Land Publishers, Inc.  
www.hospital-pharmacy.com  
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## Special Feature

### Gluten Content of the Top 200 Medications: Follow-Up to the Influence of Gluten on a Patient's Medication Choices

Allison R. King, PharmD,\* and University of Kansas Drug Information Center Experiential Rotation Students, August 2012<sup>1</sup>

Celiac sprue is an autoimmune disease affecting the digestive system and occurs when gluten proteins, commonly found in wheat, barley, and rye, are not fully digested, stimulating an inflammatory process in the small intestine.<sup>1-3</sup> Symptoms can appear at any point in life and can range from gastrointestinal upset, headache, low weight gain (weight loss), osteoporosis, depression, and infertility.<sup>1,4</sup> Due to the variety of symptoms, celiac sprue is often underdiagnosed.<sup>1,2</sup> Current estimates find that the disease affects 1 out of every 100 to 133 Americans.<sup>1,2,4,5</sup>

Treatment for celiac sprue includes complete avoidance of gluten in products that are ingested or come into contact with the mouth, including medications, lip balm, and Play-Doh.<sup>1,7</sup> Ingestion of amounts as small as 30 to 50 mg may illicit an adverse event in patients.<sup>8</sup> However, identification of gluten in products can be cumbersome. For food, per the FDA Food Act 2004, identification of wheat (along with milk, egg, fish, crustacean, shellfish, tree nuts, peanuts, and soybeans) on product labels, including flavorings, colorings, or additives contaminated with such, is required.<sup>7</sup> Allergen identification is not required for medications where gluten can be found within the inactive ingredients (such as starches or starch derivatives) or transferred through the manufacturing process.<sup>1</sup> Ideally, this information would be contained in the package insert; however, inactive ingredients and manufacturing processes can change or are not fully described. Potential sources of gluten are not always recognized by health care pro-

because one "good" resource is not available. Pharmacists are in a prime setting for consultation; however, without reliable resources for determining gluten content and adequate time, their job becomes labor intensive. Available resources include a Web site, [glutenfreedrugs.com](http://glutenfreedrugs.com), that is maintained by a clinical pharmacist and contains a list of gluten-free medications, previous lists published by *Hospital Pharmacy*, and a list of nonprescription drugs published in the Nov/Dec 2011 edition of the *Journal of the American Pharmacists Association*.<sup>6,9</sup> Other resources include the Celiac Disease Foundation ([www.celiac.org](http://www.celiac.org)), Celiac Sprue Association/USE Inc. ([www.celiacawareness.org](http://www.celiacawareness.org)), and National Foundation for Celiac Awareness ([www.natiacentral.org](http://www.natiacentral.org)); these Web sites do not contain a list of gluten-free medications, but they maintain education and support for patients. The National Foundation for Celiac Awareness offers a free continuing education program for pharmacists to provide them with a "reliable understanding of celiac disease and their role in dealing with gluten-intolerant patients."<sup>10</sup> Other continuing education programs are available for allied health professionals, dietitians, mental health professionals, nurse practitioners, and nursing professionals for a nominal fee. These resources are available at [www.celiaclearning.com](http://www.celiaclearning.com).

In addition to answering patient and health care professional questions regarding the gluten content of medications, the University of Kansas Drug Information Center has updated previously published information with the gluten content of the top 200 drugs by total dollars and the top 200 drugs by total

- In 2012, pharmaceutical companies were forced by the U.S. Congress to reveal which medications and manufacturers are making pills with gluten.
- At least half of all medications contain gluten.



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# Current state of affairs

- As a physician, it's impossible for me to know which manufacturer a pharmacy is using so we're all flying blind.

# In my practice...

- The solution is to write a prescription for gluten-free medication from a compounding pharmacy.

# In my practice...

- Most people can't afford, or won't make a priority, medications that cost hundreds of dollars per month so I don't prescribe this often – but it does exist!
- Patients with Alpha-GAL tick-biting, meat allergy disease have to do Gluten-Free Psychiatry, especially if anxiety causes anaphylaxis (which I have seen).
- I would recommend it in all auto-immune diseases as an ideal. More research is needed. If you have an auto-immune disorder and are interested in detoxing, consider doing before and after blood work to help add to the research pool on this very important topic.



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## Mastermind Groups

These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

### Live Events Calendar

1. [The 100-Day Mindshift](#). This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
2. [Relapse Prevention](#). Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
3. [DETOX Fit & Fertile](#). This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so **many toxins act like estrogen**. Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:  
[Medication Management](#)

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# A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

## Core Curriculum: How to Mindshift

*Mindshifting* is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

**Mindshift;** noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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# How To Reach Me: [MindshiftCare.com](https://www.MindshiftCare.com)

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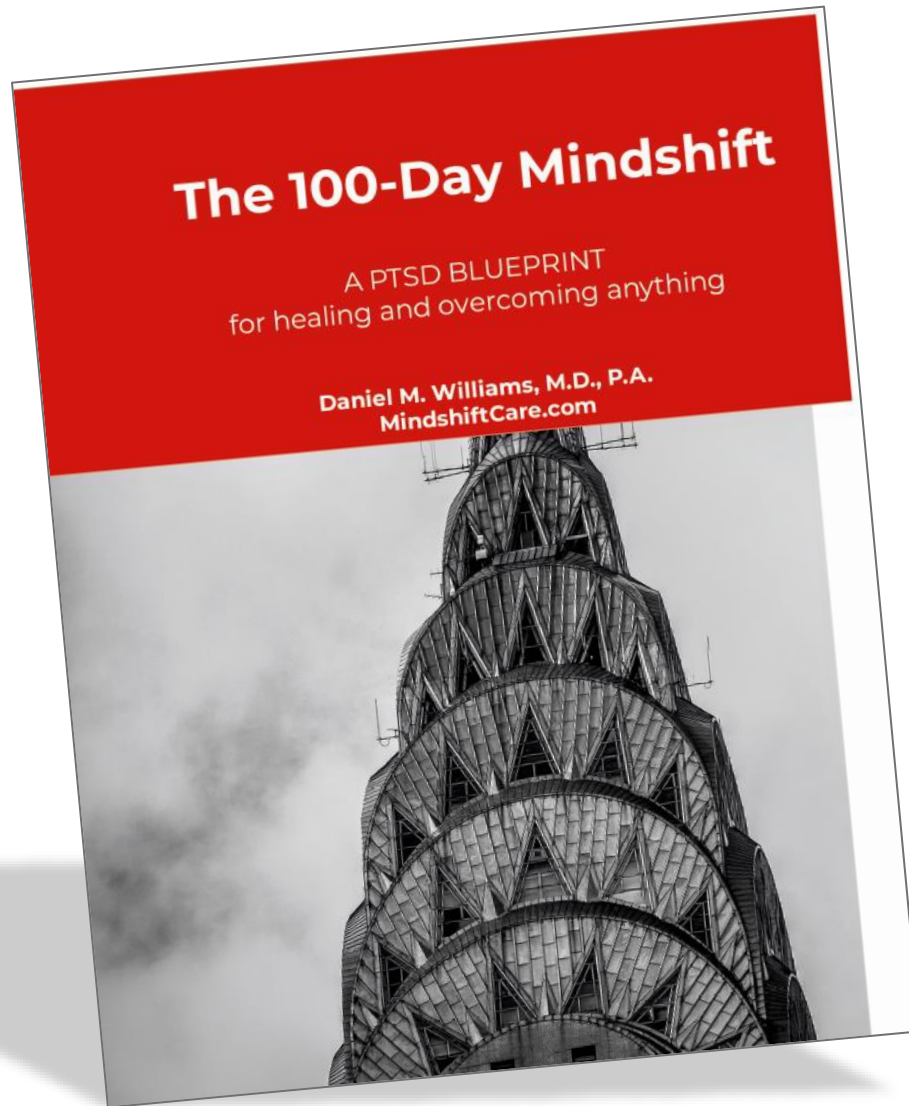
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3. [Support for Infertility](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm samples in the US contain the weed-killer RoundUp™, which destroys their function? Did you know that atrazine, another herbicide, is also in the water and causes sterilization and spontaneous hermaphroditism / sex changes in frogs? This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Couples facing infertility find hope and resources.
4. [Making Mindshifters](#). This is a true Mastermind Alliance following the original principles from the 19th Century. The goal of overseeing the other Mastermind groups, steering their direction, managing their growth, etc. Anyone can participate. We study Napoleon Hill's, [Science of Personal Achievement](#) audio program available for free with Audible (trial offer I think, the link is for Amazon that says 0\$.). This is my Leader Development 2.0 program. The vision is to build a coaching course where I can help you develop your story, market your skills, and **launch an information business or ministry of your own**.



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# Virtual Intensive Outpatient

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