

GLUTEN-FREE FOOD PLAN

GLUTEN is a substance contained in many grains - including wheat, oats, rye, barley and buckwheat. The gluten acts as an intestinal irritant for those intolerant of it.

SYMPTOMS of Gluten intolerance include, but are not limited to :

diarrhea, constipation, bloated abdomen, gas, increased appetite, overweight or underweight, fatigue, weakness, rashes, cravings for breads, sugars & baked goods, mouth sores, arthritis, depression, joint pains, disorientation, lack of concentration, headaches, water-retention and puffiness, insomnia, behavioral changes, dry skin and hair, premature graying of hair, nasal stuffiness, acne.

1. Avoid ALL grains EXCEPT Rice & Corn. After healing, you may be able to tolerate Millet, Amaranth and Quinoa. Try them one-at-a-time.
2. Avoid dairy - since the intestinal damage inhibits digestion of lactose in dairy. Avoid all beer and hard liquor (all grain-based).
3. AVOID hidden Gluten: often used in soups, gravies, MSG, HVP, TVP, modified food starch, sulfites, miso, soy sauce, some salad dressings, some restaurant condiments (catsup, mayo), processed foods, caramel color, and WATCH FOR barley malt as a flavoring agent.
4. READ LABELS - they should say "gluten-free" not just "Wheat -free"
5. You may have Candidiasis also.
6. With a strict gluten-free diet, the intestine will heal, in a few months. Some people have a permanent condition requiring strictly limiting gluten. For some people, it is the overabundance of gluten in the diet that causes a problem. After a rest and healing period for the intestines, gluten containing foods may be tolerated, when used carefully.
7. Easily assimilated supplements are important since the absorbing capacity of the small intestine is badly damaged. There is usually vitamin and mineral deficiencies.

IF YOU ARE NOT SURE YOU ARE GLUTEN-INTOLERANT - COMPLETELY AVOID GLUTEN FOR 14 DAYS - THEN REINTRODUCE INTO DIET AND WATCH FOR SYMPTOMS.

REINTRODUCE ON THE 15th DAY or later, BY HAVING A GOOD PORTION OF IT FOR BREAKFAST AND LUNCH, AND THEN NOT AGAIN FOR 2 DAYS. RECORD HOW YOU FEEL, INCLUDING PULSE RATE, ALLERGY SYMPTOMS, GASTROINTESTINAL SYMPTOMS, ENERGY AND EMOTIONS. DON'T CHALLENGE WITH GLUTEN DURING PMS OR ILLNESS.

Even if not intolerant/allergic, most people feel better limiting gluten in their diet.
