

Eliminating Gluten

Your health challenge suggests that removal of toxins from your body is an important aspect of regaining your health and function. Exposure to toxins is a daily occurrence for every individual which occurs secondary to air pollutants (such as carbon dioxide and coal smoke from generators), water pollutants (such as arsenic and e. coli) and the food we ingest. In completing the gluten elimination diet, you will take a burden off of your over burdened detoxification systems in the liver and kidneys allowing the systems to recover and regain efficient and effective function. This allows your body to then work in detoxifying all toxins in a way which will assist your body in healing and reaching all goals that you establish for yourself.

Your current health challenge would benefit from avoiding gluten. Gluten is a protein-carbohydrate insoluble mixture which is contained in wheat, oats, Barley, and rye. This handout will assist in educating you regarding products to avoid and make suggestions for appropriate substitutions.

Your reaction to the diet may vary, but in general, you may expect to see an increase in your energy level, a decrease in mental fogginess, and a decrease in body pain with corresponding increased functional levels. Some individuals experience an adjustment phase as the body begins the detoxification process. This phase usually lasts approximately one week. Symptoms may vary from changes in sleep patterns, joint stiffness, gastrointestinal function and headaches or lightheadedness.

A _____ week gluten elimination diet has been suggested for you.

Foods containing gluten should be avoided during your elimination diet:
Wheat, Oat, Barley, and Rye products.

The following is a list of foods to avoid followed by foods which may be substituted while you are eliminating gluten from your diet.

| <u>Product</u> | <u>Avoid</u> | <u>Allowed</u> |
|----------------|--|--|
| Grains | Wheat Oats Rye Barley Bulgur Triticale | Amaranth Quinoa Buckwheat Corn Rice Millet |
| Beverages | Beer Ale Gin Whiskey Grain Vodka Instant coffee Postum Ovaltine Root beer | Green tea Tea Herbal tea Coffee Cocoa Rum Tequila Wine Clear sodas Some dark sodas |
| Vegetables | Creamed or Breaded Vegetables Canned baked beans | Fresh or frozen Vegetables Beans Split Peas Lentils |
| Pastas | Semolina Pasta Couscous Rye,Barley,or Wheat pasta Vegetable flavored pasta with wheat or seminola base | Rice,Lentil, Bean threads, Corn, Tapioca, or Quinoa Pastas Rice noodles Soy or Potato Pasta |
| Cereals | Oatmeals Dry Oat Cereal Granola with oat,wheat,rye or barley Dry cereals with barley malt or malt flavors | Hot Rice cereals, Dry cereals of of Quinoa,rice,corn,no malt Perky's Nutty Rice and Corn Hominy and Grits |
| Bread/crackers | Wheat bread,Oat bread, Wheat flour Barley bread, Rye bread, crackers Croutons, Bread crumb mixtures, biscuits Doughnuts, Graham crackers, soda crackers Wheat Tortillas, Pie crust with wheat flour base | Rice breads, Potato flour breads Quinoa breads, soy flour breads Bean flour breads, Rice crackers Rice cakes, Corn Tortillas Corn crackers |

| <u>Product</u> | <u>Avoid</u> | <u>Allowed</u> |
|-----------------|---|--|
| Protein Sources | Meat in gluten based sauces Eggs in gluten based sauces Seafood in gluten based sauces Hydrolyzed vegetable protein | Red meat, Fish, Tofu, Poultry Tempeh, eggs, beans, lentils Hummus, Baba Gannouj |
| Condiments | Soy sauce, some ketchups Some prepared mustards Some curry powders | Salt, pepper, herbs, Most rice, cider and wine vinegars Gluten free soy sauce Braggs liquid amino acids Gluten free curry powder Baking powder, baking soda |
| Fruits | Canned Friut with gluten Thickeners such as pie filling | fresh fruit, Frozen fruit |
| Desserts | Cookies, cakes, candy Pies with gluten base for flour For filling or base. Most puddings, ice cream cones Dessert with malt flavor Some confectioner's sugar | Cookies, cakes, pies, candies with gluten free base. Puddings with Rice, tapioca, cornstarch, gelatins, custard |

Books

Books which may assist you in meeting your gluten-free suggestions include (but are not limited to);

1. Gluten Free Gourmet Cooks Fast and Healthy Wheat free recipes with less fuss and less fat.
Author; Bette Hagman and Joseph A Murray
2. Gluten Free Gourmet; Living Well Without Wheat
Author: Bette Hagman
3. Gluten Free Kitchen; Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat allergies.
Author; Robin Ryberg
4. Gluten Free: More than 100 Delicious recipes Your Family will Love.
Author; Micheal Cox

Web sites

1. gfkitchen.server101.com
2. glutenfree.com
3. celiac.com/recipes.html
4. kinnikinnick.com
5. gfcfdiet.com

This information was shared by The Center of Integrative Manual Therapy and Diagnostics "Center IMT"
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