

Eliminating Gluten

Your health challenge suggests the 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 established 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 foginess, 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.

Foods containing gluten which should be avoided during your elimination diet:

1. Wheat products
2. Oat products
3. Barley products
4. Rye products

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

Product	Avoid	Allowed
Grains	Wheat Oats Rye Barley Bulgur Tritcale	Amaranth Quinoa Buckwheat Corn Rice Millet Flax
Beverages	Beer Ale Gin Whiskey Grain Vodka Instant Coffees Postum Ovaltine Root Beer	Green Tea Tea Herbal Tea Coffee Cocoa Rum Tequila Wine Clear Sodas Some Dark Sodas
Vegetables	Creamed Vegetables Breaded Vegetables Canned Baked Beans	Fresh Vegetables Frozen Vegetables Beans Split Peas Lentils
Pastas	Semolina Pasta Couscous Rye Pasta Barley Pasta Wheat Pasta Vegetable Flavored or Pasta with Wheat or Semolina Base	Rice Pasta Lentil Pasta Bean Threads Corn Pasta Tapioca Pasta Quinoa Pasta Rice Noodles Soy Pasta Potato Pasta
Cereals	Oatmeals Dry Oat Cereal Granola with Oat, Wheat, Rye, or Barley Dry Cereal with Barley Malt or Malt Flavors	Hot Rice Cereals Hot Quinoa Cereal Dry Cereals of Quinoa, Rice, Corn no Malt Perky's Nutty Rice and Corn Hominy and Grits

Breads/Crackers	Wheat Bread Oat Bread Wheat Flour Barley Bread Rye Bread Crackers Croutons Bread Crumb Mixture 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 Millet Bread Flax Seed Bread
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 Bragg's Liquid Amino Acids Gluten Free Curry Powder Baking Powder Baking Soda
Fruits	Canned Fruit with Gluten Thickeners such as Pie Filling	Fresh Fruit Frozen Fruit
Desserts	Cookies, Cakes, Candy, Pies with Gluten Flour in Fillings or Base Most Puddings Ice Cream Cones Dessert with Malt Flour Some Confectioner's Sugar	Cookies, Pies, Cakes, Candy with Gluten Free Base or Filling Rice Puddings Tapioca Cornstarch Gelatin Custard

Books

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

- The Gluten-Free Gourmet Cooks Fast and Healthy: Wheat-Free Recipes with Less Fuss and Less Fat
Author: Bette Hagman and Joseph A Murray
ISBN: 0805065253
- The Gluten Free Gourmet: Living Well Without Wheat
Author: Bette Hagman
ISBN: 08805064842
- The Gluten-Free Gourmet Bakes Bread
Author: Bette Hagman and Peter H.R. Green
ISBN: 0805060782
- Gluten-Free Kitchen: Over 135 Delicious Recipes For People with Gluten Intolerance or Wheat Allergies
Author: Robin Ryberg
ISBN: 0761522727
- Gluten-Free: More than 100 Delicious Recipes Your Family Will Love
Author: Micheal Cox
ISBN: 0068487251X

Web Sites

Web sites which may assist you in meeting your gluten-free suggestions include (but are not limited to):

- <http://gfkitchen.server101.com>
- <http://glutenfree.com>
- <http://www.celiac.com/recipes.html>
- <http://www.kinnikinnick.com>
- <http://gfcfdiet.com>

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