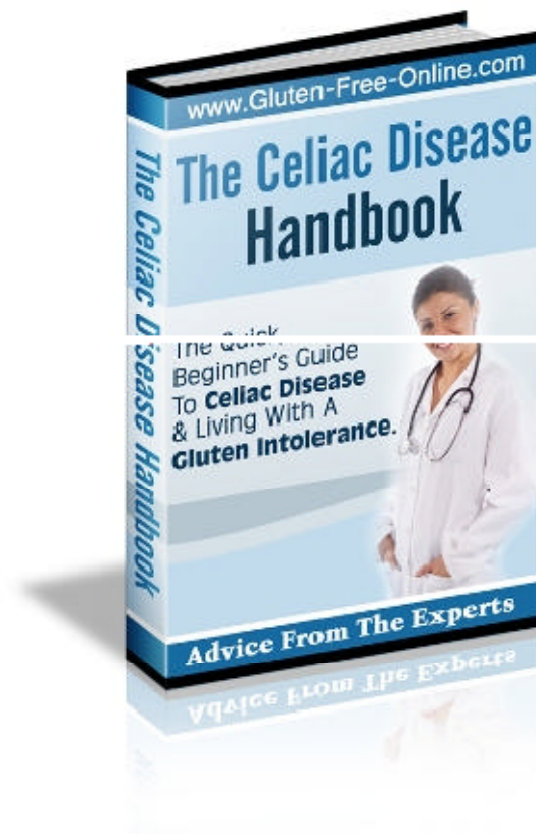


# The Celiac Disease Handbook

For More Useful Information, Recipes, Help and Advice About Celiac Disease  
And Living A Gluten Free Life, Visit: [www.GlutenReview.com](http://www.GlutenReview.com)



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## **Chapter 1**

### **What Are Food Allergies, Intolerances And Sensitivities?**

Food allergies are due to IgE antibodies made for specific foods that an individual has for some reason developed because their body has misinterpreted the food(s) as a foreign invading protein. The presence of IgE antibody to the specific food a person is allergic to results in an immediate immune reaction of the body to the food when it is eaten. The IgE antibody binds its specific food protein and initiates reactions in the body that include the release of chemicals such as histamine that may result in symptoms of itching, swelling, wheezing or difficulty breathing, rash or hives, and if severe, shock resulting in death if not reversed. Vomiting and diarrhea may occur but are less common.

Testing for the presence of allergy to a food or foods can be done by blood test or skin testing or both. One of the most common blood tests is the RAST test that looks for the presence of the specific IgE antibodies to common food allergens and other foods based on a history suggesting that a particular food is suspect. Skin testing is done by injecting or applying extracts of the common and any suspect food(s) to pricked or scratched skin and looking for diagnostic "hive" like reactions at the site of the suspect food. The most common food allergens are peanut, cow's milk, wheat, corn, soy, shellfish, eggs, tree nuts, chocolate, pork, tomato, and citrus.

The terms food intolerance and sensitivity are commonly used interchangeably. They refer to a group of food reactions that occur that are not IgE antibody caused. In more general terms they refer to any adverse or unpleasant reaction that occurs after a food is eaten.

Food reactions that are not allergic in cause may have a variety of causes. A particular food may not be tolerated because it is not digested adequately due to an enzyme deficiency. Lactase, the enzyme that digests milk sugar or lactose, is present on the surface of the intestine lining cells. Lactase deficiency can be inherited or acquired. It commonly occurs whenever the intestine lining is damaged. Because the lactase enzymes are on the outer most surface of the intestine they are more vulnerable to injury. For example, after intestinal flu or in untreated Celiac disease, lactose intolerance is common. Other sugar enzymes can be deficient or the intestine can be simply overwhelmed by too large a sugar load at one time. A classic example is "the Big Gulp" syndrome when someone drinks a giant cola beverage then experiences the "gut ache" from the tremendous amount of fructose. Large amounts cannot be handled by the intestine and that results in bloating, urgency and terrible diarrhea.

Deficiency of digestive enzymes released into the intestine can result in poor digestion of foods. For example, when the pancreas gland is damaged (pancreatitis) chronically, usually from chronic alcohol abuse, or is congenitally underdeveloped or malfunctioning (e.g. cystic fibrosis). The pancreatic enzyme deficiency that occurs results in malabsorption, especially for fats, that cause symptoms of diarrhea and weight loss. Abnormal bacteria types and levels in the gut, also known as dysbiosis, and abnormal excess levels of "bad" bacteria or presence of bacteria in upper small intestine where little or no bacteria normally occur (bacterial overgrowth) can interfere with digestion, absorption or cause fermentation of food resulting in symptoms of abdominal pain, bloating, gas, and diarrhea.

Some foods and food additives have a direct toxic effect on the gastrointestinal tract. Additives such as MSG and sulfites can cause symptoms, including flushing and diarrhea or the "Chinese restaurant" or "salad bar" syndromes.

All foods contain proteins known as lectins. Some of these proteins are highly resistant to digestion and are toxic to the human intestine especially if they are not pre-treated by soaking, cooking well, or removing toxic portions. For example, inadequately soaked and cooked kidney beans will cause a food poisoning like illness. There are several foods that have lectins that are poorly tolerated by many humans and are lethal to insects and pests. One researcher, Loren Cordain PhD., author of the Paleo Diet, has published extensive research on how the human intestine is not "evolved" to tolerate many of the foods we now eat but did not eat in the ancient "hunter-gatherer" times resulting in many of the illness seen in modern societies and the rising epidemic of autoimmune diseases. Several of the "modern" foods that were not part of the ancient diet but constitute much our diet now have well recognized toxic or poorly tolerated proteins known as lectins. Examples include wheat germ agglutinin (WGA), casein (cow's milk protein), peanut agglutinin (PNA), soyabean agglutinin (SBA) and tomato lectin (TL) that have been shown in animal studies to be toxic to the human gut. There are a few published studies and little active research on the role of dietary lectins in health and disease.

When the reaction is an immune toxicity reaction to a food protein intestinal damage commonly results, frequently referred to as "leaky gut" because of the symptoms of malabsorption or the entry of toxic food proteins and/or bacterial products into the blood stream resulting in a variety of adverse health effects. This reaction may result in autoimmunity, the body attacking itself within the gut or distant organs or tissues. The reaction may be aided by abnormal bacteria types and/or levels in the gut (dysbiosis). The symptoms commonly develop over time and flare in just hours to up to three days after eating the offending food and continue as the food is eaten.

Because the protein in the food is usually the cause and such proteins may be hidden in other foods, especially processed foods, and the toxicity is more of a delayed and cumulative immune reaction, it is very difficult for the person suffering from this to identify the specific food as the cause. For example gluten (the protein in wheat) and casein (the protein in cow's milk) are in many foods and toxic to many individuals. Over time people sensitive to such food proteins typically become more ill and may develop enough intestinal injury that blood tests for other types of antibodies, IgG and/or IgA, to the food or specific food proteins, may be detectable in the blood, stool or saliva.

Delayed immune response to proteins in the food (wheat, cow's milk) resulting in bowel injury, gastrointestinal and non-gastrointestinal symptoms and increased autoimmune conditions is most well recognized in Celiac disease. It is an autoimmune disease resulting from ingestion of gluten in wheat or products made from wheat flour (or gluten like proteins in barley and rye). It used to be considered a disease of children and rare, especially in the United States. However, blood test screening studies have documented that it is present in approximately 1 in 133 to 1 in 100 people worldwide though most of those affected are undiagnosed and untreated. It is diagnosed by positive screening blood tests and confirmed by a characteristic abnormal small intestine on biopsy followed by relief of symptoms and return of the intestine to normal after a gluten-free diet. Untreated it is associated with higher rates of cancer especially lymphoma, osteoporosis, anemia, and other complications of malabsorption resulting in shortened life expectancy. It is treated with a life-long gluten free-diet. Lesser degrees of gluten intolerance or sensitivity may not be severe enough to cause abnormal or diagnostic blood tests and intestinal biopsies but result in symptoms that improve or resolve with a gluten-free diet and may be detected by elevated stool or saliva antibody tests.

Though injury to the intestine tissue may be seen visually as abnormal appearing tissue during endoscopic procedures such findings are non-specific for the cause. The tissue frequently appears normal and therefore many times is not sampled by biopsy, though under the microscope injury may be seen, though not specific for cause or food. If the physician is either not suspecting food intolerance or doesn't routinely biopsy normal appearing intestinal tissue looking for signs of food intolerance, the injury may not be discovered. The immune based food intolerances are commonly associated with many symptoms that can be both gastrointestinal and outside the gut and may include bloating, gas, diarrhea (and sometimes constipation), abdominal pain, nausea, fatigue, headaches, joint and muscle pains, skin rashes, weight loss or gain, anemia or nutritional deficiencies, irritability, depression, mental fogging, and nerve pain (neuropathy). These symptoms may be misdiagnosed or mislabeled as irritable bowel syndrome, chronic fatigue syndrome, reflux, ulcer, and fibromyalgia, etc. without another thought by

patient or physician that food intolerance may be the cause and specific food elimination may be the cure. The common food allergens also are the most common causes of food intolerance reactions.

Generally, most physician are aware of common food allergy symptoms and how and when to test. However, several studies have confirmed most people's experience that the majority of primary care physicians are unaware of the common symptoms of Celiac disease, that blood tests exist for screening antibodies and the high risk genes, and that it is common and may be diagnosed in adults. This is why the diagnosis is delayed on average over 11 years in most adults, after many of them have irreversible complications such as osteoporosis, cancer, or another autoimmune disease. The awareness and acceptance of non-Celiac gluten sensitivity and other food protein intolerances in the medical community is even worse. Therefore, food intolerance or sensitivity is commonly missed and untreated. Many patients are forced to self-diagnose by discovery of the link of their symptoms to specific foods serendipitously, often as a result of an elimination diet, recommendation of an alternative practitioner or friend/relative, or search for help on the internet or multiple physicians for help. Hopefully, by reading this article you now better understand food allergies and intolerances, why they are often missed and that they are a common cause of many symptoms, not just intestinal, that usually improve if not resolve once the offending food or foods are eliminated from your diet.

Dr. Scot Lewey is a physician who is specialty trained and board certified in the field of gastroenterology (diseases of the digestive system) who practices his specialty in Colorado. He is the physician advisor to the local Celiac Sprue support group and is a published author and researcher who is developing a web based educational program for people suffering from food intolerances, <http://www.thefooddoc.com>

## **Chapter 2**

### **Why Doctors Frequently Miss Celiac Disease and Gluten Sensitivity**

Doctors frequently fail to diagnose a very common condition known as Celiac disease or gluten sensitivity. The average delay in diagnosis is 11 years in adults.

There are several reasons for this delay. Celiac disease was once considered to be rare and affect only young children. This is what most doctors practicing today were taught in medical school and they are unaware of how the spectrum of Celiac disease has changed.

Screening blood donors only recently confirmed Celiac disease occurs in 1 in 133 people in the U.S. Most physicians are unaware of this for several reasons:

Celiac disease is treated by a gluten-free diet not a drug. Drug companies subsidize much of the continuing medical education received by doctors and most of the medical research in the United States. Without drug company money and marketing, Celiac disease does not appear in medical journal ads or get mentioned by drug reps detailing doctors. It is rarely a topic of major conferences or research grant proposals. It is a disease that is largely "out of site, out of mind" for most doctors.

Doctors who actually remember Celiac disease envision in their mind a very young, pale, emaciated child with skinny limbs and a big "potbelly" like the picture they were shown years ago in medical school. The medical history linked with this image is a malnourished child that is not growing and has numerous, bulky, and foul smelling diarrhea stools. Surveys of primary care providers have confirmed that most are unaware that Celiac occurs in adults. If they do think it could occur in adults they do not believe it can occur in someone who is overweight and constipated or has no intestinal symptoms.

They lack awareness that symptoms such as fatigue, bone and joint pain, headaches, and skin rashes are common in Celiac. Most are also unaware that it is associated with other autoimmune conditions like thyroid disease, diabetes, rheumatoid arthritis and lupus.

Malabsorption complications such as anemia and osteoporosis are often not recognized as common presentations of untreated Celiac disease. Over 250 symptoms involving nearly every part of the body have been reported in Celiac disease. Unless you provide your doctor distinct clues such as a family history of Celiac or mention the possibility that you think you might be gluten sensitive they do not even consider the possibility of it to be the cause of your being ill.

Many doctors are unfamiliar with the specific blood tests or genetic tests for Celiac disease. Others are not thinking about the possibility of Celiac while listening to your symptoms so they never consider ordering the blood tests.

Either way you never have a chance of being diagnosed unless you ask them to test you. Even then your request may be ignored unless you insist because of your family history, advice of family members or friends, or you present to them your own research.

Their preconceived biases or misconceptions about Celiac may be difficult to break. If you have little to no symptoms you still may need to be tested because of risk factors but your doctor may be unfamiliar with the indications for screening of high risk individuals.

It should be noted that many doctors do not like to change a diagnosis they have made and therefore may fail to consider an alternate diagnosis when new symptoms present. Instead they may attempt to fit the new symptoms into an existing condition or diagnosis.

Because people with untreated Celiac disease frequently have neuropsychiatric symptoms your doctor may label you depressed, anxious, stressed, neurotic or just plain crazy. As a result they may stop listening or taking your concerns seriously and you may be tempted to stop mentioning your symptoms or concerns.

Lastly, doctors are under tremendous pressure to keep medical costs down. Diagnostic tests are one the biggest expenses in medical care and are ordered by doctors.

Many insurance companies track individual doctors according to the number of tests they order. Therefore, your doctors may feel pressured to avoid ordering any perceived "unnecessary tests". For some doctors who still believe Celiac disease is rare, blood tests or endoscopies required for diagnosis may not be ordered for these reasons. If ordered, however, blood tests may be misinterpreted or falsely negative.

Endoscopy may be done but no biopsy performed or poorly interpreted. You and Doctor may be under the false assurance that Celiac disease and gluten sensitivity have been excluded.

I recommend you help your doctor if you believe you may have Celiac disease or gluten sensitivity by:

- 1) Writing down all your symptoms and your understanding of how they may be due to gluten sensitivity.

- 2) Sharing your family history, including your ancestry and any genetic tests done.
- 3) Being familiar with the diagnostic tests for Celiac disease and gluten sensitivity and their limitations.
- 4) Politely ask your doctor to test you for Celiac disease pointing out why you believe it may be a cause of your symptoms.
- 5) Being willing to undergo adequate and appropriate evaluation.
- 6) Being prepared to obtain a second opinion if necessary. Being educated and prepared will help your doctor help you.

Dr. Scot Lewey is a physician who is specialty trained and board certified in the field of gastroenterology (diseases of the digestive system) who practices his specialty in Colorado. He is the physician advisor to the local Celiac Sprue support group and is a published author and researcher. He is developing a web based educational program for people suffering from food intolerance and Celiac disease <http://www.thefooddoc.com>

## Chapter 3

### **Gluten Intolerance Symptoms - How Do You Know If Gluten Is Making You Sick?**

**What are gluten intolerance symptoms?** Are people with gluten intolerance just fussy eaters with a new excuse for their picky food habits? Research shows that gluten sensitivity in some form, including celiac disease and mild gluten intolerance, **affects approximately 15% of the US population**. These statistics are likely to be similar in Western countries with similar health issues and dietary patterns. Are you one of these people? How do you recognize gluten intolerance symptoms?

First of all let's **identify the difference between celiac disease and gluten intolerance**. Celiac disease is an immune reaction, a severe sudden onset allergic reaction, to the protein called gluten. This is commonly found in grains such as wheat, rye, barley and oats. While celiac disease is initially an autoimmune disorder, it is also a disease of malabsorption, because essential nutrients are not absorbed. Therefore one of the most devastating symptoms of long-term undiagnosed celiac disease is malnutrition.

**Gluten intolerance often has a slower onset than celiac disease**, and may be hard to diagnose due to the broad range of symptoms and causes. If you imagine a continuum of gluten intolerance symptoms, celiac disease is usually at the most extreme end with immediate autoimmune reactions. Some people with celiac disease may not have symptoms, but internally malabsorption and malnutrition can erode health over many years.

Both celiac disease and gluten intolerance can be **exacerbated by emotional stress**, infection, surgery, pregnancy and childbirth. Every individual with some level of gluten intolerance or allergy may experience different shades of symptoms, hence the challenge for medical practitioners to diagnose.

### **So what are the specific symptoms of gluten intolerance and celiac disease?**

- Weight loss or weight gain
- Nutritional deficiencies due to malabsorption e.g. low iron levels
- Gastro-intestinal problems (bloating, pain, gas, constipation, diarrhea)
- Fat in the stools (due to poor digestion)
- Aching joints
- Depression
- Eczema
- Head aches
- Exhaustion

- Irritability and behavioral changes
- Infertility, irregular menstrual cycle and miscarriage
- Cramps, tingling and numbness
- Slow infant and child growth
- Decline in dental health

Undiagnosed for long periods of time, food intolerances have been found to contribute to diabetes, bowel cancer, anemia and osteoporosis.

### ***Why are gluten intolerance symptoms so varied?***

It is still a bit of a mystery; gluten intolerance and allergies affect adults and children in a variety of ways, but we do know that the less stress the better. Anecdotal evidence suggests ***emotional trauma and stress play a large role in worsening of symptoms***. Some studies have shown that there is a lower chance of developing celiac disease, the longer a baby is breastfed; the later they started eating gluten containing foods and the less gluten containing foods they ate. However completely avoiding gluten through pregnancy and in a child's younger years may also increase allergic reaction, as the developing digestive system does not recognize the substance at all. Perhaps a moderate approach is best when preventing celiac disease, especially if there is a genetic predisposition. Mother might reduce but not eliminate gluten foods when pregnant, breastfeed for a longer than average period, and introduce low gluten grains as first foods for baby.

### ***How to diagnose celiac disease and gluten intolerance?***

Until recently it was challenging to diagnose celiac disease because the ***symptoms are varied and similar to other diseases***. For example, crone's disease, chronic fatigue, iron deficiency, irritable bowel syndrome and intestinal infections can all have similar symptoms. In fact there may be a cross over between gluten intolerance and some of these illnesses; an individual may have a combination of issues worsened by unsuitable food choices. Now doctors test for raised levels of certain auto-antibodies in their blood. These antibodies are produced when the body senses a dangerous intruder allergen, like gluten. If the results indicate an allergy to gluten the doctor may perform a small intestine biopsy. This will reveal the damage to the villi in the small intestine. It is important to eat an ordinary diet including gluten, before being tested.

#### ***Author: Anna Wilde***

Anna and Roger Wilde know "Healthy food heals!"

Their [website](#) and classes inspire ***people who want healthy food to be easy, delicious and great value***. Get Anna and Roger's free yummy recipes: [Gluten free buckwheat pancakes](#) and [Mango Lassi](#)

## **Chapter 4**

### ***Natural Ways of Addressing Celiac Disease and Gluten Sensitivity by Dr. Rita Louise***

Celiac Disease, celiac sprue or gluten sensitive enteropathy is an autoimmune disorder of the small intestines.

In our bodies, the small intestine is responsible for the absorption of the foods we eat. When someone with Celiac Disease ingests foods that contain gluten, the body produces antibodies that attack the small intestines and in particular the villi.

The villi are tiny hair-like projections that line the small intestine that allow nutrients to be absorbed into the blood stream. Without healthy villi, the body is unable to absorb the proteins, carbohydrates, fats, vitamins and minerals we need, regardless of how much we eat or how high the quality foods we eat are. Without our ability to absorb nutrients, over time, it can lead to malnutrition and/or secondary health concerns.

The cause of celiac disease is unknown but it is thought to have a genetic association.

It can appear at any time in a person's life, but has been known to be triggered for the first time after pregnancy, childbirth, surgery or severe emotional stress.

Because of its potential genetic association, it is strongly suggested that family members of individuals diagnosed with celiac disease take a simple antibody test to rule it out, even if they have no symptoms.

Recognizing celiac disease can be difficult because many of the symptoms are similar to other diseases and disorders. Because of this, it is commonly misdiagnosed or under diagnosed.

Some common symptoms of celiac disease can include abdominal cramping, intestinal gas, bloating, chronic diarrhea or constipation, fatty stools, anemia, weight loss or weight gain.

Because of its interference with our body's ability to absorb nutrition, conditions associated with nutritional deficiencies such as anemia, osteoporosis, or vitamin K deficiency can occur.

Other more varied symptoms can include dental enamel defects, bone or joint pain, fatigue, weakness, infertility - both male and female, depression,

irritability, behavioral changes, muscle cramps, seizures or digestive disorders.

Although there is no cure for celiac disease there are a number of natural and alternative health remedies you can incorporate into your life to help restore health and eliminate further damage to the intestinal tract.

### ***Recommendations For Wellness***

Adhere to a gluten-free diet. Avoid foods that contain grains, including wheat, spelt, kamut, einkorn, faro, rye, barley and triticale . Make it a habit to read all food labels and learn to identify ingredients that may contain hidden gluten.

When adhering to a gluten-free diet, most people begin to experience improvements in their symptoms within a few weeks.

Avoid milk and milk products until your symptoms have started to clear. Individuals with celiac disease often find themselves lactose intolerant as well.

Over time, dairy products can slowly be reintroduced into the diet. Have your bone density checked. It is very common for individuals with celiac disease to experience bone loss and osteoporosis.

Take a high quality vitamin and mineral supplement to help restore any nutritional deficiencies that may be present. Be careful to ensure that the supplements you are taking don't contain hidden gluten. Many companies, for example, use wheat starch as a binding agent in tablets and capsules.

Supplementing with colostrum and other probiotics can help to heal the lining of the intestinal tract.

Add a digestive enzyme to your health routine. Studies have shown that people with celiac disease often do not produce sufficient amounts of pancreatic enzymes.

Fish oils, such as those found in omega 3 oil has been shown to help reduce inflammation of the intestinal lining.

Dr. Rita Louise, Ph D is a Naturopathic Physicianm Medical Intuitive & founder of the Institute Of Applied Energetics and the host of Just Energy Radio. Let Dr. Rita assist you bringing health, healing and wholeness back into your life. Visit <http://www.soulhealer.com> or listen live online to Dr. Rita on <http://www.JustEnergyRadio.com>.

## **Chapter 5**

### **Depression And Celiac Disease**

Depression is a condition which affects about 15% of the population. Women are more likely to be affected than men.

It is quite common for people who have been diagnosed as having Coeliac Disease to find themselves feeling depressed and anxious. For many there is a link between food and a sense of control over their lives. Celiacs are faced with something over which they feel no control.

A diagnosis of celiac disease, the restriction the new diet places upon you, and a sense of isolation created because you feel you are not able to join in with everyone else can bring on symptoms of depression.

Poor absorption of vitamins and minerals can make the celiac sufferer feel unwell, feeling depressed can be a side effect of not having the correct balance of foods which affect your mood and have a significant impact on how you are feeling emotionally. For some of you simply sticking to a strict gluten free diet will be enough. For others, counseling and psychological support can be very helpful.

Taking control of your life, finding alternatives to foods you previously enjoyed and living with celiac disease rather than letting the condition rule your life are the key. See it as an opportunity to take control of your life, to eat better, fewer processed food, less junk food. A shopping trip is an adventure – what new gluten-free food can I find?

On a personal note I have become much more adventurous since becoming a celiac – I'll try anything once! I have extended my range of food; I can eat better and more healthily.

Gina Gardiner author of "Live Well Eat Well With Celiac Disease" writes from first hand experience of being a celiac. For more information go to <http://www.celiacliving.com>  
Works as a professional life coach working with people developing their leadership skills, preparing people for promotion and supporting their ongoing development once in post. For more information contact [gina.gardiner@ntlworld.com](mailto:gina.gardiner@ntlworld.com)

## **Chapter 6**

### ***Eating With Allergies - Forget Those Cardboard Food Substitutes and Enjoy Nearly Normal Food Again!***

Millions of us deal with food allergies or intolerances every day. Problems can range from the simple to the severe, but no matter what the type of food intolerance, it affects every social aspect of your life.

If you or someone you know struggles with food allergies or intolerances, you already know that ordinary things like dining out, parties, business luncheons and family events can become a nightmare when you have to avoid eating what is offered, and make excuses for being rude.

Another common problem we share is finding food that actually tastes good. There are plenty of food substitutes out there on the market, but unfortunately, they are either far too pricey or they don't even resemble the real thing in flavor or texture.

There is hope though! Don't think you have to resign yourself to a life of bland "special" foods anymore, and forget about enjoying meals, both at home and out!

As someone afflicted with celiac disease, an autoimmune disease which causes a severe reaction to gluten (one of the most common ingredients found in Western foods), I've struggled with finding food that will keep the painful and embarrassing symptoms at bay, but still tastes good enough to serve to others.

Fortunately, since awareness of food allergies and intolerances is on the rise, you can benefit from fabulous recipe experimentation done by others who share in your restrictions. There are great resources available now in book form and on the Internet for nearly every gustatory limitation.

#### ***Here are some of my easy tips for gluten-free eating:***

- Avoid mixes and recipes which use too much rice flour – it makes the food taste gritty and leaves an aftertaste.
- Add dairy or soy yogurt to your recipes for moist, non-crumby baked goods.
- Applesauce is a great fat replacement that has the added benefit of holding your gluten-free goodies together.
- Be sure to check ingredients for hidden gluten – as an example, Rumford baking powder is gluten and alum free, while Calumet is not.

- Many cooking and baking sprays also contain flour, so check cans carefully while shopping.

You can also take steps to enjoy social eating again. Many restaurants and catering services are now making accommodations for food allergies and gluten intolerance – don't hesitate to ask your neighborhood food businesses whether they would offer choices like this.

If you take part in business luncheons, it's a good idea to let the meeting planner know about your intolerance ahead of time. Chances are, they'll be happy to make accommodations when they know in advance what to expect.

For parties and social gatherings, why not offer to bring a dish to share? You can introduce everyone to gluten-free or allergy-sensitive food, and you'll know there will be something at the event you can eat, so you won't feel awkward or left out.

Dealing with food allergies and intolerances takes a little bit of extra preparation, but it does not have to restrict your life. Happy nearly normal eating!

Jules Shepard is the author of *Nearly Normal Cooking for Gluten-Free Eating*, a combination cookbook and guidebook offering tips, tricks and recipes for those eating gluten-free of necessity and by choice. Visit her online at <http://www.nearlynormalcooking.com/>.

## **Chapter 7**

### ***Gluten Free Foods Are Becoming Tastier And More Popular***

Companies who make gluten free foods did quite well in 2006 and are doing even better now, in 2007. This is thanks to expanded distribution taking place throughout the United States and Canada.

There are still many companies who desire to sell these products, however they need to seek certification first so that consumers are sure that these companies are able to meet their unique dietary restrictions.

It is also important for these companies to be fully committed to bringing consumers great tasting gluten free foods.

### ***The Availability of Gluten Free Foods***

When it comes to gluten free foods there are a lot of exciting opportunities available. This is because there is an increasing, strong demand for gluten free foods.

With this in mind, manufacturers and retailers are looking to develop more types of foods for distribution. Some of the most common products include soft baked cookies, snack bars, granola, bagels and semisweet chocolate chips.

### ***The Need For Gluten Free Foods***

Approximately twelve million Americans have at least one food allergy and three million of these people have celiac disease.

This is an autoimmune disorder of the small bowel for which the only effective treatment is changing your diet and avoiding gluten in foods because you are unable to process grains such as wheat, barley or rye.

You are not alone though. In fact, approximately fifteen percent of Americans cannot eat such things as breads, pastas and pastries without damaging their intestines.

For those people who ignore the gluten free foods that are available even though they know that they should be eating them can have numerous problems.

These can range from having no symptoms to having some very extreme symptoms, which include bloating, diarrhea and weight loss that is caused by

an inappropriate absorption of nutrients. All of these symptoms take place in the digestive system whenever wheat or gluten is consumed.

### ***Finding Tasty Gluten Free Foods***

Many of the current gluten free baking companies produce products that are very bland tasting. Finding gourmet baked goods can be difficult.

Thankfully there are some very tasty recipes available on the Internet though. For instance, recipes for such things as sweet potato casserole and coffeecake can easily be located online.

So, while you may have a lot of restrictions, you do not have to live in fear, only eating bland foods. Instead, you simply must make sensible choices when it comes to your gluten free foods.

Caroline Bourke is a full time dietary therapist in Florida. Check out these great [Gluten Free Food](#) resources and articles or the more general [Gluten Free Diet](#) advice.

## **Chapter 8**

### ***Benefits of a Gluten Free Diet - Why Going Gluten and Wheat Free Can Change Your Life***

What are the benefits of wheat free diet? Are the results worth more than the effort of change ? You may be thinking a transition to being gluten free will be tricky. Will you be deprived of your favourite foods? Is gluten free cooking complicated? Will your family like gluten free recipes?

Perhaps a practitioner has suggested the change. Or it maybe you have a 'gut instinct' about wheat connecting with the painful symptoms you experience. It can be overwhelming to discover you or a family member has an intolerance to gluten or wheat products.

### ***Going wheat or gluten free can tremendously enhance your quality of life.***

Countless people suffer needlessly from the consequences of gluten intolerance, enduring a variety of uncomfortable symptoms. Relief may come easily through altered food habits – and you won't know until you try. Alex, one of my clients remarked that her lifelong problems with chronic constipation, bloating and diarrhea vanished when she gave up wheat. Jane, a woman in one of our healthy cooking classes, lost at least 5 kilos within three months of changing to a gluten free diet.

See going gluten free as a nutritional experiment - a research project in which you are the star! Usually it takes 3-6 weeks without any wheat or gluten products to notice improvement, but some people feel better within a couple of days.

### ***What are the benefits of a wheat free/gluten free diet?***

There are multiple benefits of enjoying a gluten free or wheat free diet.

- Going wheat or gluten free is a great opportunity to increase whole food variety in your diet. Whole vegetables, fruits, grains, beans, nuts, seeds and lean meats have more vitamins, minerals and phytonutrients than refined products.
- Eating healthier food can actually cost less, especially if you eat more seasonal vegetables. Plus you will literally get more value in nutrients per mouthful, than processed snacks and meals.
- Your body will thank you for it. Unpleasant symptoms may vanish, cravings can disappear, and many people find the kilos dropping away.
- Your family will be blessed by your newfound passion in the kitchen.

Get the kids involved in making some of the healthier sweet treats.

### ***How to make gluten free easy***

- Become a label reading detective. Even better is to reduce your intake of packet products and increase your use of wholefoods. Introduce one new ingredient and recipe into your repertoire at a time. Take it gently.
- Make big batches of dips like hummus, soups, and main meals in the weekend. Freeze in small portions.
- Keep extra loaves of gluten free bread sliced in the freezer. Toast it when you need it.
- Pre-soak your breakfast grains: we soak our yummy Bircher muesli the night before. If you feel like a hot grain, soak the grain over night. Soaking grains overnight in the pot will make cooking the next day faster.
- One way to make lunch box prep easy is to do it the night before. You may like to make extra dinner and take some for lunch the next day.
- Containers of natural yoghurt with fresh fruit alongside are good choices for work.
- Canned salmon or tuna with avocado on top of a big green salad is sustaining and won't weigh you down, plus you get those healthy brain omega oils.
- Try to keep a stash of snack food for the inevitable times when you're out and can't buy something good to eat. Nuts and seeds are one option. Boiling eggs in the morning is a good idea, plus containers of hummus with lots of dipping veggies.
- A gluten free diet for children is achievable. Let them help you in the kitchen. Encourage them to help you find their special gluten free treats at the supermarket or health food store.

Author: Anna Wilde

New Zealander's Anna and Roger Wilde at Wild Health know that "Healthy food heals!". Their mission: To encourage and support people who want to experience full health through better food and lifestyle choices.

Get the 'how to' of delicious healthy food at <http://wildhealthfood.com>

Free recipes: [Gluten free Christmas Pudding](#) and [Gluten free Muesli Bar](#)

## **Chapter 9**

### ***Gluten-Free and Lovin' It!***

Not long ago, following a gluten-free diet was tantamount to a kiss of death as far as pleasurable food and eating were concerned.

Why? For the simple reason that most foods made without gluten had objectionable tastes and were dry and dense; acceptable alternatives simply did not exist.

Since gluten is found in so many processed foods, it certainly put a damper on dining pleasures! Not so anymore. Eating gluten-free has become more mainstream, as advancements in food product development have led to the availability of many high quality gluten-free foods.

What is gluten, and who needs a gluten-free diet? Let's start at the beginning with a short lesson in food chemistry. Gluten is a protein group found primarily in wheat but also in rye and barley, and to a lesser extent in oats. Composed of two other proteins, glutenin and gliadin, gluten is responsible for both the elasticity and strength of dough in baked products.



## Chapter 10

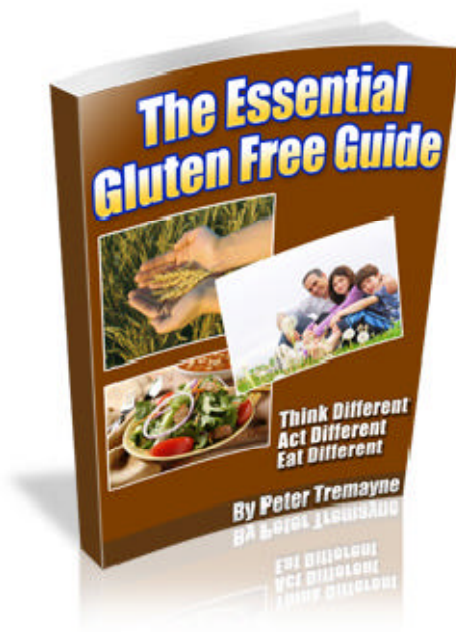
### Closing

There are many resources available about celiac disease and living gluten free, both in literature and on our website. For more information visit [www.GlutenReview.com](http://www.GlutenReview.com)

We offer updated articles, news, recipes, expert advice, current research, videos and a fully interactive discussion forum to share tips, tricks and techniques to cope with Celiac / Coeliac Disease.

### Recommended Reading:

### 'The Essential Gluten Free Guide'



Visit the website → [www.AGlutenFreeLife.com](http://www.AGlutenFreeLife.com)