

The Gluten-Free Diet

Some seemingly random symptoms (like chronic loose stools, fatigue, migrating joint pain, headaches, chronic allergies, and frequent kidney stones) can point to chronic systemic inflammation and sensitivity in the gut. There is a condition called Celiac Disease that is caused by a sensitivity to gluten (a protein found in grains, especially wheat). Many people have this disease without realizing it. They suffer with multiple random symptoms for years without realizing that the cause is coming from their diet. If you think you might be gluten sensitive I encourage you to ask your family doctor about the possibility of testing you for a gluten sensitivity and the anti-gliadin antibody. Normally, the best way to check for this is with a blood test or a fecal test, and it's best to perform the test while you are still eating gluten. If any of the results point to gluten-sensitivity (Celiac Disease) then your doctor may want to perform additional tests or give you a biopsy to confirm the diagnosis. Also, you can simply remove the following foods from your diet and see if your symptoms go away. In the case that you do end up testing positive for Celiac Disease you will want to adopt a gluten-free diet for the rest of your life. That's the "bad" news. The good news is that if you have celiac disease, a gluten-free diet could cure many of the health problems you're having right now and prevent other (sometimes worse) symptoms from popping up in your future... a much better prognosis than having to be on medications the rest of your life, no?

Foods to avoid:

Wheat in all forms: durum, semolina, couscous, bulgur, spelt, kamut, einkorn, and faro wheat

Rye, Barley, Oats, and Triticale

Vodka and Beer (there are potato vodkas that are safe)

Malt Vinegar

Malt or Malt Flavoring

Check ingredients in the following foods for gluten:

Breeding, Coating, Mixes	Soy Sauce (there is a variety)
Wheat-free Broths, Soup Bases made by Kikoman)	
Brown Rice Syrup	Stuffing, Dressings
Candy (especially licorice and chocolates)	Thickeners (Roux)
Croutons	Communion Wafers
Cereals	Herbal Supplements
Flours	Prescription and over-the-
counter Crackers	drugs and Supplements
Breads	Beer ☹
Imitation Bacon	Vodka (potato vodkas are OK)
Imitation seafood (Krab)	Playdough ☺
Marinades	
Pastas	
Processed Luncheon Meats	
Sauces, Gravies	
Self-Basting Poultry	

Grains and Starches that ARE allowed

- Rice
- Corn, corn tortillas, corn chips
- Soy and soy flour
- Potatoes, potato chips, French fries, potato flour
- Tapioca...pudding!
- Beans, bean dips, bean and corn chips
- Garfava
- Sorghum
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth

Teff
Montina
Nuts, Nut Butters, and Nut Flours

The best way to approach this diet is to focus on the foods you CAN eat. The above “allowable” ingredients come in many forms and in many foods and offer you a wide variety of good eating. There are many cultures and billions of people who live without wheat for their entire lives and don’t ever miss it. In most countries in Asia and Africa, wheat is an uncommon ingredient. Instead, rice, teff, and millet are the staples. In South America, corn is the staple. Try to think outside the box of the Standard American Diet (SAD) and you may be pleasantly surprised with what you discover.