

Gluten Free

"I just don't feel well "

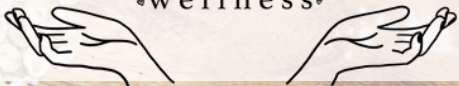
Have you been to the doctors, had tests done only to be told everything is fine ?

BUT deep down you don't feel fine and don't know what to do?

It could be as simple as what you are eating.

Traci Davis

«wellness»



The food you eat can create inflammation in your body.

Inflammation = Pain

The usual culprits are

- Gluten
- Dairy
- Sugar

Simply put, gluten is a protein found in certain grains, it acts like glue that holds food together and gives it a stretchy quality.

If you have ever made pizza dough or bread you will know what I mean. It's also what makes bread and cakes light and airy.



What are the signs I could be sensitive to gluten?

- diarrhoea or constipation
- bloating
- weight loss
- wind
- fatigue
- abdominal cramps
- headaches
- aching or painful joints
- rashes
- depression
- anxiety

How do I know I am sensitive to gluten?

The simple way to find out is to remove it from your diet for a period of time.

It can take up to 3 months to eliminate the gluten proteins from your body, so ideally aim to keep gluten out of your diet for 3 months, and notice how you feel.

This is an easy way to heal your own body.

AVOID

- Wheat
- Barley
- Rye
- Spelt
-

So food such as

- bread
- crackers
- biscuits
- cakes
- pasta
- even beer

Be cautious as gluten can be present in so many products.

You need to become a bit of a detective initially and read food labels carefully.

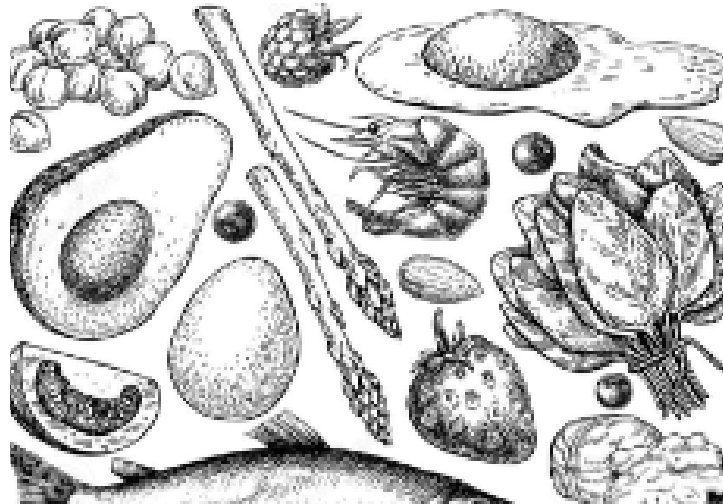
Gluten can creep in where you least expect it.



What Can I Eat?

Gluten free foods have come a long way over the years.

- Eat naturally, meat, fruit and veg.
- You can replace bread with a gluten free alternative, **Thoroughbred** is a local producer and they even do a great sour dough option.
- Rice crackers or rice cakes can replace crackers.
- Gluten free flour can be used instead of regular flour, though you will find a lot of baking won't turn out the same as using regular gluten flour. I have a gluten free flour recipe on my website and it makes great gluten free baking.
- The simplest option is real whole food like meat and veg.



Simple Steps to Success

- Become good at reading labels, gluten is present in so many processed foods..
- Replace wheat flour with gluten free flour.
- Pre plan your meals - meal planning is a great way to save time and set yourself up for success.
- Prepare meals on the weekend
- Make a shopping list
- Let your friends and family know you are going gluten free and why so they can support you.
- If eating out have a look at the menu prior most places have gluten free options, if you are unsure call ahead and ask what options they have for gluten free diners.



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