

Healing Diet

There is life beyond a diet of gluten containing foods! If we stop and consider for a moment, most of our primitive ancestors never ate grains. They were hunters and gatherers whose **diets** were **rich in fruits, vegetables, nuts, seeds, proteins and natural fats**...all of those foods that could be gathered from the earth's harvest. We are genetically predisposed to thrive on this diet. There are a number of studies and research findings that show how native tribes experienced a profound sense of health that has been negatively impacted by the introduction of processed foods.

Not OK / Intolerable Foods:

Wheat
White flour products (baked goods, cookies, pastries)
Rye
Kamut
Teff
Spelt
Soy
Pasteurized cow's milk products

OK / Tolerable Foods:

Corn
Bean flour
Rice/Wild Rice
Oats/Millet
Buckwheat
Arrowroot /Amaranth
Quinoa/Wheatgrass
Tapioca/Taro
Barley Grass/Barley Malt
Vinegars -Apple Cider/Balsamic/Rice

Enjoy a diet rich in proteins (chicken, beef, eggs, lamb, turkey, fish), vegetables, fruits, nuts, seeds, and the gluten free grains including rice, millet, amaranth, quinoa, oats, wild rice and buckwheat. You will feel better for your efforts! Please note that the digestive system healing process takes a minimum 2-3 months on the healing diet.

Hidden Glutens:

Read food labels carefully. Gluten can be hidden under such names as *hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings."* Gluten might also be found in the *alcohol used in flavorings such as vanilla* and in *distilled vinegar and veined cheese such as Blue Cheese and Roquefort*. Even the smallest amount could be enough to keep you from feeling the best that you can, so you will want to take extra care in finding those places that it might be hidden.

Restaurants:

Any restaurant that serves grilled, poached or sautéed fish, chicken, turkey, beef and lamb - ask that bread basket not be delivered to table and ask if your menu choice has any hidden flours (see below). Accompany your meal with a Salad, Vegetable, Rice or Potato. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

Books/Stores:

These books discuss the gluten issue in detail. "Dangerous Grains" by James Braly M.D. explains the effects of gluten on a variety of conditions and "Eating Gluten Free" by Shreve Stockton also gives a wide variety of recipes and eating options. Go to the Trader Joes website for gluten-free products. <http://www.traderjoes.com/Attachments/NoGluten.pdf>

