

# HOLISTIC HEALTH ONLINE

NATURAL FORCES WITHIN US ARE THE TRUE HEALERS OF DISEASE

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In the past, only people diagnosed with celiac disease or gluten intolerance adopted a gluten-free lifestyle. Although gluten-free is the key treatment of celiac patients, people are flocking to this dietary change for a variety of reasons.

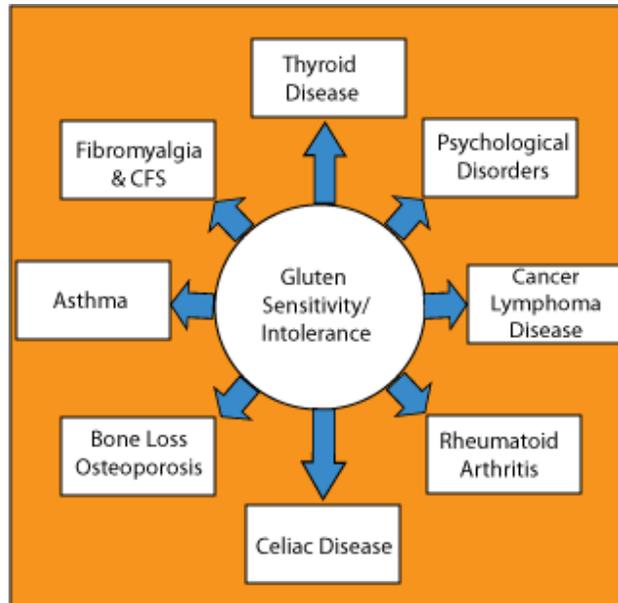
A significant number of autoimmune diseases (examples include, arthritis, lupus, celiac and cancer) are food-induced. This discovery, which has been known since the 1970s, verifies the fact that certain foods can trigger an *auto-immune* process, whereby the immune system begins to attack itself. In this scenario, gluten is a major culprit food for many people – not just celiac sufferers. Today, one can hardly investigate health topics without discovering gluten-free recommendations as the solution to many conditions.

## What is Gluten?

Gluten is a protein that occurs naturally in grains such as wheat. It's used in many foods but especially bread to give it structure, make it rise and give it a chewy (stretchy) texture. Gluten is also a binder that keeps the other ingredients together; it's no coincidence that when you take the T and N out of gluten you're left with glue!

## Gluten allergy, sensitivity, intolerance or celiac?

There are 4 gluten-related designations: *Gluten allergy* denotes an allergy to gluten and produces a typical allergic response. *Gluten intolerance* is the inability to digest gluten, and *gluten sensitivity* is a combination of allergy and intolerance. Celiac is an autoimmune disease produced from the damage created by gluten in susceptible individuals (those genetically predisposed to gluten sensitivity).



**Diagram 1**

In gluten-sensitive individuals, gluten creates a ‘perfect storm’ set of conditions leading to intestinal flora imbalance, leaky gut, and eventually a myriad of vitamin and mineral deficiencies if not corrected. Hence, gluten is ultimately responsible for many more diseases than Celiac (see Diagram 1). For example regarding vitamin deficiencies, there are 20 types of cancer associated with vitamin D deficiency. The two most common deficiencies seen in gluten-sensitive individuals are vitamin B12 and iron.

Now you also may have the genes for gluten sensitivity but that doesn’t *have to* mean you are or will become ill. Genetic predisposition does NOT automatically doom you since genes can be turned on AND off. What having the gene for gluten may mean for you is if you continue to eat that which you are sensitive to, you will, more than likely, eventually become ill. Environment plays a bigger role than genetics; it’s the choices you make that determine your health.

## **THE BIG GLUTEN-FREE SECRET**

What some people and doctors may not fully understand yet is that **gluten is only one of the thousands of proteins found in wheat, barley, rye, etc., and is found in ALL grains.** This discovery warrants serious investigation, especially if you’ve gone ‘gluten-free’ and still feel sick. For example, corn gluten may be just as devastating to your digestion as wheat gluten, even though corn is a popular (commercial) replacement for gluten sensitive individuals. You may need to

experiment with grains other than wheat, barley and rye to determine if you are sensitive to them (see Rotation Diet at end). In this report I am assuming you are like most gluten sensitive individuals suffering from the effects of wheat and other commonly eaten grains that trigger allergic reactions.

(NOTE: According to Sarka-Jonae Miller of Natural News, "People with gluten sensitivity/intolerance do not respond to simple allergy tests like someone with a milk or nut allergy might. The gentlest way to figure out if you are sensitive to gluten is diet therapy: avoid gluten for several weeks, then reintroduce it and observe any reactions.")

Most of these commercial products contain gluten:

- Bread
- Cereals
- Spreads
- Biscuits
- Cakes
- Chocolate
- Lollipops
- Soda
- Crackers
- Pre-made meals (frozen meals)
- Pies

The list could reach Antarctica!. On the shelves at the supermarket, soups, salad dressing, pasta sauces, and most if not all processed foods usually contain gluten. And the amount of gluten in our food is increasing. According to Dr. David Brownstein - the author of *The Guide to a Gluten Free Diet*, genetically modified crops has increased the amount of gluten in our diets by as much as 50% - more than it was just 20 years ago (see the movies: Genetic Roulette and GMO OMG for eye-opening health information on GMOs - genetically modified organisms - in our food supply.) Brownstein also suggests that people who aren't sensitive to the protein would still benefit from a gluten free diet.

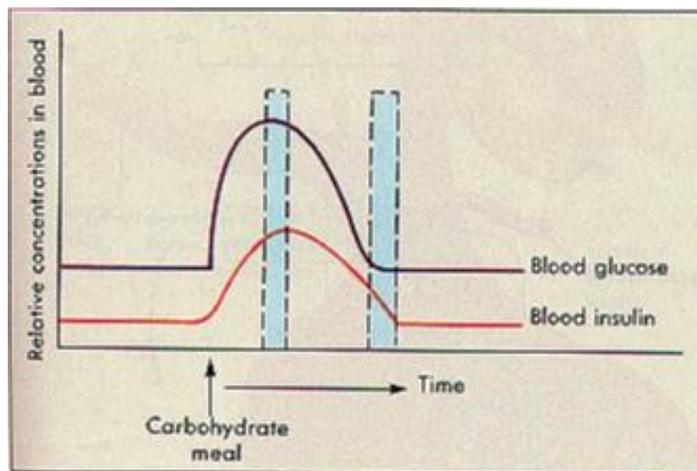
Regarding digestion, if you don't tolerate gluten well, your body is not able to absorb the nutrients in the food you are eating. This can either cause you to lose or gain weight depending on your

digestive system. For example, your body may be holding onto the fat in the food you are eating to compensate for the lack of nutrients, and you have been putting on the pounds.

## Why does gluten-free weight loss work?

A gluten-free diet is a way of eating that allows the small intestine to recover from damage due to gluten, and makes it easier for vital nutrients to be absorbed.

Since most of the foods commonly associated with gluten are high in carbohydrates, eliminating this food group can help you shed the pounds. Carbohydrates play a big role in weight gain. For starters, they are dense in calories and too many calories always equal too much weight. The other effect of this type of carbohydrate is that since it is a high-glycemic food it has a tendency to take your blood sugar levels on a roller coaster ride, the effects of which is quite possibly the leading cause of [sugar cravings](#) and unnecessary calorie intake. (See Graph 1 – blood sugar fluctuation leads to excess insulin production. When produced, insulin is ALWAYS looking for sugar in the body = sugar cravings).



**FIGURE 5-15**

Blood levels of glucose and insulin after a carbohydrate meal. Note that the peak of blood insulin is reached shortly after the peak of blood glucose, and that insulin levels remain elevated for some time after the glucose has returned to within the normal range. These are indications of the time lag in this feedback system.

**Graph 1**

## Blood tests for gluten-sensitivity are misleading

Gliadin is the main type of gluten found in wheat, and is the only gluten protein that is currently measured in mainstream medicine. What about the other gluten proteins? Some researchers have shown there are forty glutens more toxic than gliadin for gluten-sensitive people. Because conventional lab tests only measure anti-gliadin antibodies, others may be wreaking havoc in your body.

What some people and doctors may not fully understand yet is that **gluten is only one of the thousands of proteins found in wheat, barley, rye, etc., and is found in ALL grains**. This discovery warrants serious investigation, especially if you've gone 'gluten-free' and still feel sick.

*~\*~\*~ There's no such thing as a gluten-free grain ~\*~\*~*

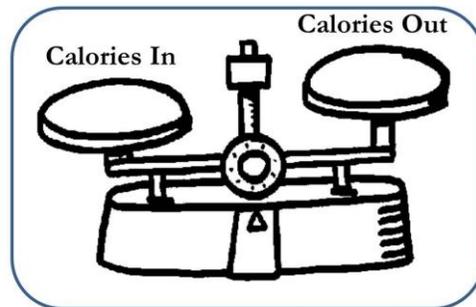
## Why gluten allergy? Paleo-Nutrition vs. Modern Day Eating

According to the book *The Gluten Connection*, the shift in diet when our ancestors switched from hunter-gatherer to farmer did not have a positive effect on our health.

The nutritional needs of today's humans arose through an evolutionary process that is at least 2 million years old. For most of this time, and certainly during the Paleolithic era, humans were hunter/gatherers; eating only wild game, uncultivated vegetables (including tiny amounts of grain) and the occasional fruit.

Approximately 11,000 years ago agriculture appeared on the scene and humans began cultivating grains for their food. Less than 2 centuries ago the Industrial Revolution began, and we have seen an increase in grain foods vastly different from the quality and quantity that our ancestors ate. Ten thousand years, and certainly 200 years, is just not enough time (on the geologic/evolutionary scale) for the human body to adjust to this change in food types. This is especially true for the refined grains typically selected from the supermarkets of today's industrialized nations (cereal, pasta, bread and anything made with grain flour).

Skeletal remains show that our Paleolithic ancestors typically developed lean body mass in considerable excess of that common among us today. This is certainly no surprise as the demands of life of a hunter/gatherer society are strenuous. The demands of the agricultural period were also strenuous, but it took the Industrial Revolution to create a situation where productivity and human caloric expenditure did not equal out, and people began getting modern day diseases.



Pre-agricultural humans were unavoidably physical, and required a caloric intake greater than that of most 21st century Westerners. The game and wild plant foods they ate contained less fat, more protein, more roughage, and more micronutrients (vitamins & minerals) than do foods commonly eaten today (and zero hormones, antibiotics, and all the extra substances that are fed to feed lot animals). Some fruit, roots, legumes, nuts and other non-cereals provided 65-70% of the average forager's daily diet. These foods were generally consumed within hours of being gathered with minimal or no processing, and often uncooked.

The typical carbohydrate intake of our ancestors constituted 45-50% of daily energy, much like current affluent countries, but there was a marked qualitative difference – very little was from cereal grains, and absolutely none was from refined flours. Only 23% of American carbohydrate consumption is derived from fruit or vegetable sources, and for Europeans the proportion is lower still.

Pre-agricultural humans consumed roughly three times the vegetables and fruit that typical Westerners today do, and much current carbohydrate intake is in the form of sugars and sweeteners. Such products, together with foods made from highly refined grain flours provide 'empty calories' (food energy without essential amino acids, essential fatty acids, micronutrients and phytochemicals). Energy sources of this type were much less available to hunter-gatherers; they were fond of wild honey, but as a seasonable delicacy, and it was not always accessible even then.

Not only are sugars and highly refined flour products devoid of nutrients other than those that create energy for us, they are also low in bulk, so they can be eaten quickly and occupy only a small proportion of the stomach. The bulky carbohydrate sources that fueled human evolution had to be eaten more slowly and usually produced more gastric distention. This stimulates neurotransmitters in the brain that tell the body it is full.

So even though we have made huge leaps in so many areas as an advanced civilization, it is no mystery that we will go down in history as the era plagued with degenerative diseases seen only in the most affluent countries. Be informed.

P.S. I am so very sorry if my vegetarian/vegan readers take offense to this article but it may be a lifesaver for someone else.

## Gluten-free lifestyle

Now that we know gluten is in every grain on the planet (found in the endosperm), is it enough for 'gluten sensitives' to stop eating wheat only? This depends on the individual. Although there are many wonderful substitutes for wheat on the shelves, claiming to be gluten-free, perhaps it is the gluten in corn or rice that one is sensitive too as well as wheat gluten. These might need to be avoided as well. As each individual is different with regards to grain sensitivity, please experiment with the [Sample Diet Menu](#) below to see what you may need to eliminate that will give you the most benefit.

*~\*~\*~ Foods labeled 'gluten-free' at the supermarket*

*are only referring to gluten from wheat ~\*~\*~*

Completely avoiding grains is difficult and probably not practical, but there is still a lot you can do to reduce your grain intake:

- Try replacing at least some of your grain intake with an increased consumption of vegetables (especially fresh vegetables) and protein.
- Depending on your blood type, meat and fish may be the most appropriate source of protein. For others, vegetarian-based protein such as beans and pulses are preferable.

- Maintaining a constant source of fresh fruit in your diet is also important.
- When you do consume grain products, avoid processed foods completely. Whole grains are better than processed grains (e.g., such as flour).

Anyone on a gluten free diet will have become aware of just how much the standard diet relies on flour and other wheat, rye and barley derivatives. It's quite difficult to fill a shopping trolley with gluten free food in the average supermarket, even though many do make an effort to provide a small selection of such products on a couple of shelves at the back of the store. Because in the main, the store's grocery buyers do not have this condition, the selection available is usually small, and may consist of items which are picked with little regard for quality, purely on grounds of easy availability.

Because wheat and its derivatives are so versatile, substitutes for wheat and its partners in crime are many and varied, depending on exactly what they are being used for. For example, gram or chickpea flour (besan or garbanzo flour in the US) makes a great batter for coating vegetables or small pieces of meat, rice flour can be used to make pancakes and for thickening gravy and sauces, buckwheat flour is often used in baking.

We don't have millennia of experience of this type of cooking, so we can't rely on recipes and methods handed down from one generation to the next to balance our diet, but by watching our bodies, and taking note of information we find on packets and elsewhere, it becomes easier.

## **Transitioning Strategy**

You've made the decision to go gluten free. This decision may be prompted by a serious disease or illness (such as celiac, Crohn's, IBS, etc.) or by the need to handle complex behavioral issues (such as ADD, ADHD, or any of a number of disorders on the autistic spectrum). However you have reached this decision - you now face a dilemma. If you pull the plug on all the family favorite foods, and suddenly made one to one substitutions of gluten free versions of those foods - you face full rebellion. The gluten free substitutions do not have the same taste or texture. There is nothing wrong with them - and you may even like them better - but the difference will be noticed if you make the substitutions overnight.

Sometimes in a panic to 'do the right thing' we clean out the pantry, buy all 'gluten free' substitutes, and simply assume the family and friends will not notice. If they do notice, we assume they will dutifully convert without complaint because you, or little brother, need to. This attitude often backfires on you - and you are left with grouchy, grumbly meals, or having to run a split kitchen with half gluten free and have gluten-containing foods. Then you have to deal with cross contamination and someone always feeling like they are different, or even a burden.

Rather than overnight conversion - think in terms of transition. The way we process information about our foods is complex. The combination of aroma, taste and texture are processed in conjunction with the processing of emotions. Have you ever experienced a smell while walking down a street - and suddenly you had vivid recall of your grandmother's kitchen when you were 3? Or a 4th of July picnic when you were 10? This complex interplay of memories feeds back to our hormonal response system, which can give us a sense of comfort, or anxiety.

If you have chosen to make the gluten free conversion - you want this to work. There are some tricks to help - working with the concepts of how we perceive with our senses and how we record and react with our brain.

1. Understand and acknowledge that gluten free products will vary in taste and texture from gluten containing products. Don't just assume you can take the crackers away with one hand and give the new gluten free crackers with the other, and no one will be the wiser.
2. Take a vacation from the gluten foods in your old diet WITHOUT any gluten free substitutes for at least 3 days. There are plenty of things to eat without gluten - so just remove the gluten from your current meals without trying to make ANY substitutions. This will also allow the taste buds to 'reset' a bit so the introduction of the new products will be easier.
3. Introduce one gluten free substitute at a time - at times when you know a pleasurable experience can be achieved. Not all gluten free substitutes are equal - some will go over better than others. But you will have a hard road ahead if you associate the substitution with a really rotten experience.
4. Bring everyone in on the transition in an important role - in choices, in cooking, and hopefully as cheering section. Encouraging the entire family to be in on selection, reading labels, trying various brands, looking up recipes, and meal preparation will create a more positive environment - make it an adventure.

5. Plan substitutions based on small portions of the meal - not the centerpiece - for at least 2 weeks. Again, the brain is interpreting new tastes, textures, and subtle variations of the substitute foods. If this is integrated into 'normal' meals, the brain will place less focus on the new - and the transition will be far easier.

## Program Gluten-Free: Sample Diet Menu

The key is to avoid gluten, a primary component of grains. Gluten issues can range from undiagnosed or delayed food sensitivities, where wheat and gluten are the prime triggers, to a full-blown gluten allergy known as celiac disease. The main goal of this eating plan is to restore proper flora to the digestive tract, provide an adequate amount of fiber, and eliminate possible allergens.

### Gluten-Free Menu Outline

#### Breakfast

2 – 4 oz Protein  
1 serving Fruit or Vegetable  
1 Starch (optional)  
1 Fat

#### Lunch

4 – 6 oz Protein  
1 serving Vegetable  
0 Starch  
1 Fat

#### Dinner

4 - 6 oz Protein  
1+ servings Vegetables  
1 – 2 servings Starch  
1 Fat

### Optimal Food Choices

**Protein:** Lean Meats (Buffalo, venison, lean beef, chicken, turkey, pork); Fish/Shellfish (Salmon, halibut, cod, mackerel, red snapper, tilapia, trout, tuna, crab, crayfish, lobster, mussels, oysters, scallops, shrimp)

**Vegetables:**

Artichoke, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collards, cucumber, eggplant, kale, lettuce, mushrooms, onions, parsley, peppers, pumpkin, radish, rutabaga, seaweed, spinach, squash, Swiss chard, tomato, turnips, watercress, zucchini

**Fruits:**

Apple, apricot, banana, blueberries, blackberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, kiwi, lemon, lime, mango, melon, nectarine, orange, papaya, peach, pear, persimmon, pineapple, plum, pomegranate, raspberries, rhubarb, strawberries, tangerine, watermelon

**Nuts & Seeds:**

Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, pecans, pine nuts, pistachios, walnuts, pumpkin seeds, sesame seeds, sunflower seeds

Note: Peanuts are legumes, not nuts.

**Starches:**

Amaranth, corn, millet, potatoes, quinoa, rice, tapioca, and possibly oats (only when certified as gluten-free)

**Fats:**

Olive oil, olives, flaxseeds, flaxseed oil, avocado, coconut

**Beverages:**

Herbal Teas (Chamomile, Licorice, Slippery Elm)

**Possible Acceptable Grains (starch)**

Amaranth, corn, millet, potatoes, quinoa, rice, tapioca, and possibly oats (only when certified as gluten-free). Food for Life brand offers a variety of gluten-free breads. Check local health food store, or health food section of your grocery store.

**Grains to Avoid**

Wheat (including white flour, whole wheat, wheat berry, and wheat germ), kamut, spelt, barley, bulgur, couscous, graham flour, matzah, rye, semolina, triticale

### **Other Possible Sources of Gluten**

stabilizing agent or thickener for many foods such as ice-cream and ketchup, canned soups, processed meats (lunchmeats, sausage), certain over-the-counter (OTC) medications, certain cosmetics (lipsticks/lip gloss)

### **Other Foods to Avoid (for support of a healthy digestive tract)**

Sugar in all forms, processed foods, hydrogenated oils, fried foods, safflower, sunflower, and corn oils

### **Sample menu/recipes for 3 meals:**

#### **Breakfast (choose one)**

- ½ cup goat yogurt with ½ cup strawberries, 1 T flax oil on 2 brown rice cakes
- 2 poached eggs, ½ cup hash browns cooked with 1 tsp sesame oil, 1 slice melon
- 1 cup hot amaranth cereal, 1/2 oz. protein powder, 1 dollop of goat yogurt, ½ cup raspberries
- 2 oz. smoked salmon, sliced cucumbers and tomatoes, 2 corn tortillas, green tea
- 1 slice ham with 1 slice rice cheese, 1 peach (use fat later)

#### **Lunch (choose one)**

- 4 oz. turkey white meat, Dijon mustard, 2 cups spinach salad with 1 tsp. flax oil, vinegar
- Large mixed green salad w/ 2 tsp. olive oil and lemon juice, 4 oz. of tuna, chopped yellow and sweet red pepper
- 4 oz. broiled sole/flounder or other serving of seafood, steamed vegetables, 2 tsp. flax/olive oil dressing
- 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce, raw carrots and cucumbers
- 4 oz. albacore tuna sandwich made with celery, red onion, sugar -free unrefined mayonnaise, lemon juice, alfalfa sprouts, herb seasonings and 1 oz. sesame seeds on gluten-free bread

#### **Dinner (choose one)**

- 4 oz. broiled red snapper, 1 cup steamed broccoli, 1 baked yam, drizzled with olive oil
- 4oz. lean London broil, 1 small baked potato, 1 tsp olive oil, sautéed leeks or onions and mushrooms in wine

- 4 oz. wood-smoked or broiled salmon, ½ cup cooked brown rice vermicelli pasta (Pastariso or Trader Joe's brand),
- ½ cup tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables
- 4 oz. chicken breast with rosemary, ½ cup millet, roasted onions or garlic, broccoli sautéed in 1 tsp olive oil
- Salmon burger patties made with 4 oz. chopped salmon, onions, dill, 1 egg, and ¼ cup ground sesame seeds, sautéed in skillet with 1 tsp. olive oil, 1 cup cauliflower, ½ c. quinoa
- Albacore tuna broccoli custard made with ½ lb. fresh chopped broccoli, 3 oz. tuna, 1 egg, ¾ cup
- 1% milk, ¼ cup crumbled goat cheese, 2 Tbsp. lemon juice, seasonings, ½ cup brown rice

## Four Day Rotation Diet

Here is a typical rotation diet which is meant to encourage you to rotate your foods based on food families. When following a 4-day rotation diet, you eat certain foods in a 24-hour period and do not eat them again until 4 days later. Food families are biologically related foods and are important in rotation diets because they enable you to avoid consuming the same food families (in different forms) on a daily basis.

A rotation diet will help you determine food allergies that you may not be aware of or have not been tested for. For example, if you eat a food on Monday, by Friday your antibodies (allergy cells) specifically for that food will be diminished and you will know that you are reacting to that food, even though you did not have obvious symptoms when you ate it on a daily basis.

### Day 1

#### Breakfast

2 poached eggs, tomatoes, whole wheat toast

#### Lunch

Tuna, tossed green salad, flax dressing

#### Dinner

Salmon burgers, cous cous, sautéed broccoli and sun-dried tomatoes

## Snacks

Fruit, almond butter

## Day 2

### Breakfast

Cottage cheese with fresh fruit and pumpkin seeds

### Lunch

Grilled turkey and spinach salad with vegetables and Caesar dressing (with parmesan but no anchovies) and sprinkled with walnuts

### Dinner

Turkey sausage sautéed zucchini, tomatoes, and onions

## Snacks

Fruit and cheese

## Day 3

### Breakfast

Oatmeal with fruit and soymilk and soy sausage links (wheat-free)

### Lunch

Tofu (eggless egg salad) with avocado, mixed green salad with olive oil and rice vinegar

### Dinner

Flank steak, sautéed leeks, green peppers, and potatoes with olive oil

## Snacks

Tofu yogurt

## Day 4

### Breakfast

Rice pancakes and syrup with Canadian bacon

### Lunch

Lentil soup with pork sausage and marinated string beans, rice crackers

## Dinner

Buffalo burger with lettuce/tomato/condiments and stir fry vegetables with brown rice

## Snacks

Rice crackers/peanut butter/fruit

## Day 5

### Breakfast

Fruit salad and pecans

### Lunch

Grilled chicken over mixed vegetable salad, olive oil, honey mustard dressing

### Dinner

Chicken fajitas with refried black beans, sautéed onions and peppers with guacamole and corn tortillas

### Snacks

Fruit and cashew butter

## Day 6

### Breakfast

3 egg omelet with mushrooms and spinach and one piece whole wheat bread

### Lunch

Tuna salad over spinach salad and olive oil and vinegar dressing

### Dinner

Grilled salmon, sautéed onions, and mushrooms and lentil salad

### Snacks

Celery and carrots with hummus

## Day 7

### Breakfast

Cottage cheese with berries and crushed walnuts and sunflower seeds

### Lunch

Open face turkey sandwich with avocado, tomato and melted cheese on one piece whole grain bread

### Dinner

Grilled barbecue shrimp with steamed asparagus, sweet potato, and butter

### Snacks

Yogurt, cheese, fruit, celery, carrots

## Day 8

### Breakfast

Oatmeal with soy milk, berries and soy sausage patties (wheat free)

### Lunch

BBQ tofu and mixed green salad, olive oil, honey mustard homemade dressing

### Dinner

Beef stir fry with vegetables and barley salad (olive oil, green onions, tomatoes)

### Snacks

Tofu yogurt

## Day 9

### Breakfast

Rice pancakes with syrup and Canadian bacon

### Lunch

Buffalo burger with lettuce, tomato, onion, condiments, spinach salad with olive oil and rice vinegar dressing, rice crackers

### Dinner

Pork tenderloin, sautéed Brussels sprouts, rice pasta salad (with olive oil, sun dried tomatoes, garlic, and spices)

### Snacks

Rice cracker, peanut butter, fruit, vegetables

## **Day 10**

### **Breakfast**

1/4 cup cooked amaranth with almond milk, berries

### **Lunch**

Curry chicken salad over greens with quinoa

### **Dinner**

Grilled chicken breast, snap beans baked sweet potato fries

### **Snacks**

Fruit, pistachios, leftover chicken

## **Day 11**

### **Breakfast**

2 poached eggs, tomato slices and whole wheat bread

### **Lunch**

Tuna salad sandwich, lettuce, tomato, onion, on whole wheat bread, mixed green salad and vinegar and olive oil dressing

### **Dinner**

Grilled scallops, whole wheat spaghetti, tomato sauce, zucchini

### **Snacks**

Fruit, whole wheat cracker, cashew butter

## **Day 12**

### **Breakfast**

Yogurt, walnuts, and berries

### **Lunch**

Cottage cheese stuffed tomato, sesame and broccoli salad

### **Dinner**

Sautéed shrimp and snow peas/olive oil/garlic, and wild rice

### **Snacks**

Fruit, cheese

### **Day 13**

#### **Breakfast**

Oatmeal with soy milk, berries, and soy sausage (wheat-free)

#### **Lunch**

Tofu (eggless egg salad), mixed vegetable salad, olive oil honey mustard dressing

#### **Dinner**

Beef burger, sautéed mushrooms and onions, string beans and baked sweet potato

#### **Snacks**

Fruit, hummus, celery, carrots, cucumbers

### **Day 14**

#### **Breakfast**

Rice pancakes/syrup, and Canadian bacon

#### **Lunch**

Buffalo burger with tomatoes and onions, condiments, stir fry vegetables and rice

#### **Dinner**

Pork tenderloin, Rice noodles with olive oil and garlic and spices, sautéed spinach and Mushrooms

#### **Snacks**

Fruit, rice crackers, peanut butter

### **Day 15**

#### **Breakfast**

Amaranth flakes, berries, pecans, and almond milk

#### **Lunch**

Turkey tarragon salad over salad and wild rice

#### **Dinner**

Turkey burger with broccoli and baked sweet potato

#### **Snacks**

Fruit, pistachios, left over turkey

## Day 16

### Breakfast

2 scrambled eggs frittata with onions, peppers and whole wheat toast

### Lunch

Tuna salad sandwich on whole wheat bread with green salad and lentils

### Dinner

Salmon steak, sautéed mustard greens, cous cous and sun dried tomatoes

### Snacks

Hard boiled egg, fruit, wheat crackers, cashew butter

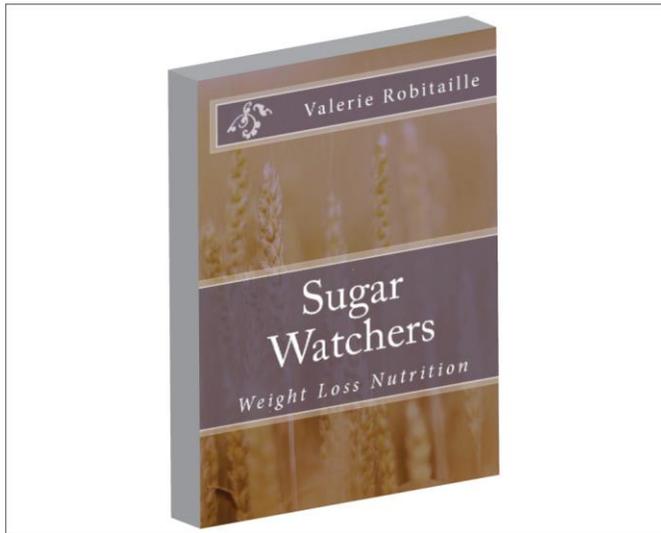
### Beverages

Water, herbal teas, green drinks, nut milks (different ones each day)

## Suggestions And Goals

The goal of this program is to vary your exposure to foods to limit food allergies. By rotating foods so that you are only exposed to proteins from highly allergenic foods such as dairy products, eggs, grains, and other foods once every four days, you help your body achieve a greater state of health. Often, weight loss, improved immune and digestive function and enhanced mood result.

*NOTE FROM AUTHOR: I hope I have provided some value in your health journey. I can personally attest to problems digesting gluten. Interestingly, I developed a gluten sensitivity/intolerance/allergy in my 50s, and now that I'm 60 am happy to have found solutions – some of which are provided in this report.  
Valerie Robitaille, MS, PhD(c) Nutritionist/Health Educator/Herbal Medicine*



**NEW!!** [The Sugar Watchers Weight Loss Nutrition Course](#) now on Amazon!

Focus on eliminating cravings, and the relationship between the food you eat, your hormone levels (particularly cortisol and insulin), and weight loss.

The course also addresses one's mindset toward food and conscious living, and other tools that have been shown to be effective when contemplating major lifestyle changes.

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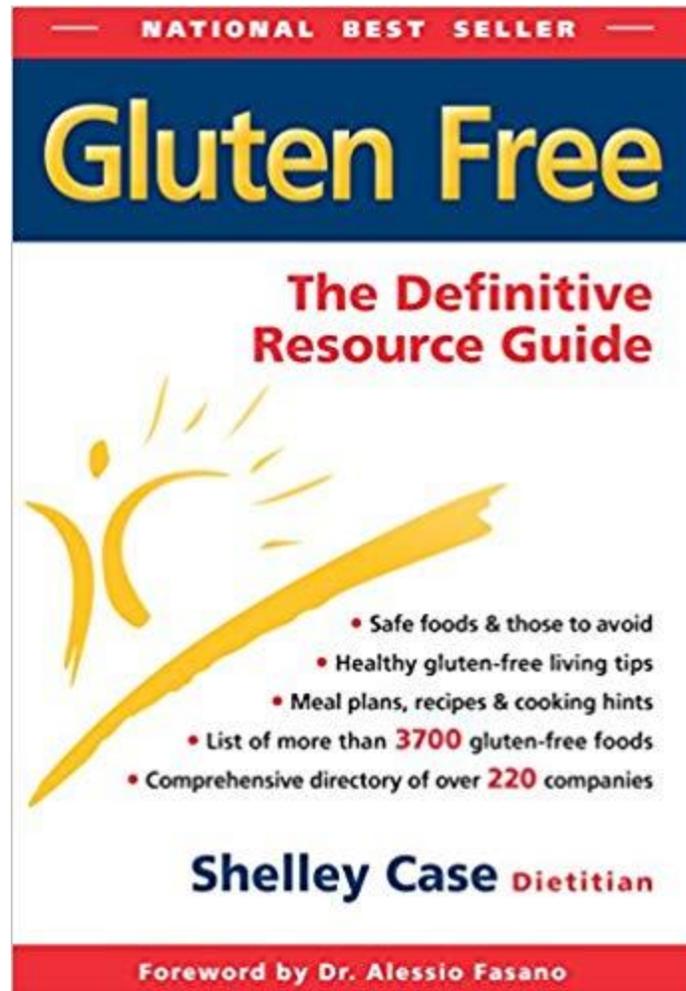
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DC Rona <http://ezinearticles.com/?Gluten-Free-Food-Transition&id=6644058>

[RECOMMENDED READING ON AMAZON CLICK HERE:](#)



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