



## JOAN MARGARET, D.C.

*Chiropractor & Applied Kinesiologist*

6536 Telegraph Avenue. Suite A102, Oakland, CA 94609

(510) 658-9066 • Fax: (510) 658-9079

---

### **Gluten-Free Diet Instructions**

If you are sensitive to gluten you will need to avoid gluten in all of its forms. If you have celiac disease, a genetic sensitivity to gluten, you will need to avoid gluten at all times in order to stay healthy. Dietary avoidance of gluten is the only current cure for celiac. Not everyone who is sensitive to gluten has celiac, but many people have hidden or undiagnosed celiac and benefit greatly from maintaining a gluten-free diet.

#### **How long will I need to be on this diet?**

The rate of healing is different for each person. If the problem is that you have difficulty digesting gluten, time is needed to allow your digestive system to repair itself. It generally takes at least 1 week and often 1 month for a person to begin to feel better while following these diet recommendations to the letter. Complete healing may take months or even years. Cravings for the (often) favorite offending foods are intense for the first week. If there is even occasional consumption of foods on the avoid list before inflammation is reduced, the cravings will continue and sometimes can last for months. After you have totally eliminated the irritating foods, your body will begin to adjust and heal.

#### **What is gluten?**

Gluten is one of the proteins in wheat, rye, barley, spelt, kamut, triticale, and oats (due to contamination). Gluten is very difficult to digest and, in people with celiac disease (possibly 30% of the population), gluten can severely damage the small intestine.

Gluten is what makes wheat bread rise. It is sticky and glue like (hence its name).

The foods that contain gluten are: wheat, rye, barley, spelt, kamut, triticale, wheat grass juice, barley grass juice, and oats (due to contamination with wheat, rye or barley) flour, bread, noodles or pasta made from any of these, sprouts made from any of these, couscous, wheat germ, vinegar. On labels the terms for gluten-containing substances are: bran (unless it is rice or corn bran), breaded; barley malt, bulgur, cracker crumbs, durum, enriched flour, farina, flour, graham flour, malt, oat bran, semolina, starch, thickener. When a label says "wheat free" or "low gluten" it is not gluten-free. In households where gluten-containing foods are prepared or eaten you may need to have separate toasters, cutting boards and butter.

#### **What about gliadin?**

Some people are only sensitive to a portion of the gluten molecule known as gliadin. Grains that contain gluten, but do not contain gliadin are buckwheat, millet, teff, amaranth, quinoa, and job's tears. Some people may tolerate these, but some may not. Carefully observe symptoms when these are consumed to see how you react.

To reduce inflammation it is important to avoid foods that are indigestible and irritating. Inflammation is now considered to be the source of all chronic diseases including heart disease, diabetes, osteoporosis, Alzheimer's, Parkinson's, cancer and many others.



# JOAN MARGARET, D.C.

*Chiropractor & Applied Kinesiologist*

6536 Telegraph Avenue. Suite A102, Oakland, CA 94609

(510) 658-9066 • Fax: (510) 658-9079

---

## What can I eat?

**Grains that do not contain gluten:** organic com products- com bran, com pasta, com starch, hominy grits, masa, polenta, corn grits, com meal; rice products- basmati rice, brown rice, rice bran, rice flour, rice pasta, rice polish, wild rice.

To maintain proper acid/alkaline balance make sure to have 3 to 4 times as many vegetables as meat, eggs, fish, or dairy. This ratio will also help prevent constipation.

**Vegetables:** Arugula, asparagus, avocado, basil, beets and their greens, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chard, cilantro, collard greens, cucumbers, dandelion greens, eggplant, fennel, garlic, ginger, green beans, kale (all kinds), lettuce (all kinds) lima beans, mushrooms, mustard greens, nettles, okra, onions, parsley, peas, peppers (all kinds), pumpkin, radish, rapine, shallots, scallions, snow peas, spinach, squash (all kinds), string beans, tomato, watercress.

**Fresh fruits** apple, apricot, avocado, blackberries, blueberries, cantaloupe, cherries, figs (fresh preferably), grapefruit, grapes, kiwi, lemon, lime, nectarine, orange, peach, pears, plums, raspberries, rose hips, watermelon.

Dried fruit are often dusted with flour and are not allowed.

**Organic meats:** including organ meats and poultry, eggs, cold-water ocean fish, fresh or frozen only, organic (and preferably raw to improve digestibility) cow, sheep and goat dairy.

**Legumes:** Lentils, dried beans, split peas. Soak overnight and slow cook.

**Nuts and seeds:** nut butters and tahini are allowed. Read the labels to avoid added sweeteners.

**Oils and fats:** coconut and its oil, extra virgin olive oil, unrefined sesame oil, palm oil (Avoid all hydrogenated oils as they are causes of inflammation.) Flax oil or cod liver oil are rich in omega 3 fatty acids and can reduce inflammation.

Be careful of reusing fats that have had gluten-containing foods cooked in them, especially at restaurants. This is often a source of hidden gluten consumption.

Apple cider vinegar is ok, but white vinegar may contain gluten. When labels are not specific white vinegar is used.

In general avoid all hydrogenated and partially hydrogenated oils and refined sugar, as they are causes of inflammation.

## References:

Allan Ph.D., C.B. Lutz MD., W., Life Without Bread, McGraw Hill, NY, NY, 2000.

Bland, Ph.D., J., Nutritional Management of the Underlying causes of Chronic Disease, Institute for Functional Medicine, Gig Harbor, W A, 2000.

Gaby, Alan, Alternative Medicine Review, 3(2):90-100;1998.

Gershon, MD, M., The Second Brain, Harper Perennial, New York, NY, 1998.

Gotts-hall, Elaine, Breaking the Viscous cycle, Kirkton Press, 1999

Lipski, Elizabeth, Digestive Wellness, Keats Publishing, Los Angeles, CA, 2000.

O'Bryan, D.C., Thomas, Unlocking the Secrets of Gluten Sensitivity, Lecture, Millbrae CA, April 20, 2008.