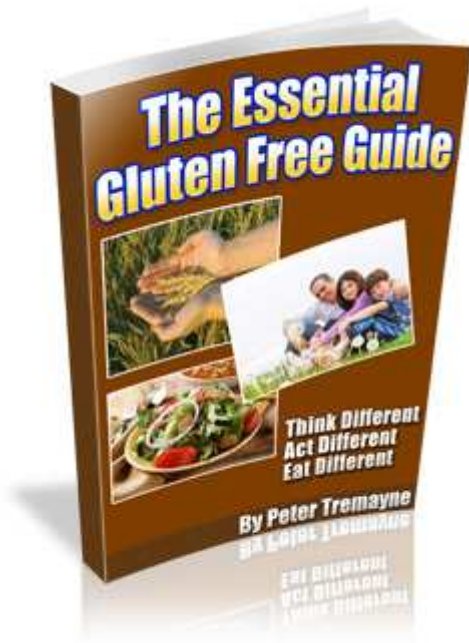


The Essential Gluten Free Guide

By Peter Tremayne



The Essential Gluten Free Guide

Forces You to...

Think Differently...

Act Differently...

Eat Differently.

Are you totally fed up with worrying over food choices? Not sure what you can or can't eat. Fed up with missing out on the foods you really enjoy? No doubt these are obvious concerns for you. Well let me tell you friend, it really dose not have to be that way.

“The Essential Gluten Free Guide” reveals more than just information on a gluten and wheat intolerance. Let me guide you through all the steps you **need** to take, in order to begin a new gluten free life.

I hope you are prepared for a journey. Because that's exactly what you're about to embark on. Open your mind to new possibilities and a new way of thinking. Most importantly, get ready to do some work, both physically and mentally! It's time to get serious folks!

You came to this website for a reason; you bought this book for a reason. Now take the action that is needed to ensure your well-being. It's all here in the book for you.

Stop worrying - Start Reading - Start smiling!

"Riveting...couldn't put it down...have tried the techniques and they are actually working for me! ... A breath of fresh air!"

– **Steve Watts**

“Peter Tremayne recognizes the emotional aspect of this condition and empathizes with the reader in a way that only another sufferer can do. He accentuates the positive, gives advice on how to deal with the negative and helps the reader to gain control of their new way of life.

Shopping, ingredients, reading labels, eating out, eating with friends and helping the family to understand, are all must-read chapters. There is also a chapter dedicated to children.”

- **Carol Harrison BSc (hons) Nutrition, Dip CNE (Nutrition) MBANT**

“Well done! A book that tells you how it is. A relaxed, humorous style made it a really easy read.”

- **Louise Carter**

“I liked the straightforward, informal and easy to read format. Before I read the book, I did not know what my problem was and the symptoms identified made me think, so I went to my doctor for an allergy/intolerance test. It's helped me understand what gluten intolerance is and how it effects my digestion”

- **Eve Hooper**

"The author has successfully utilized proven techniques used more commonly with achieving success in life!"

- **Kevin Barry**

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THE ESSENTIAL GLUTEN FREE GUIDE

Introduction

This book, will show you exactly how you can deal successfully with a gluten intolerance. Whether you are new to the problem or a seasoned campaigner, I aim to provide you with a valuable, **new**, life changing system to help you live a perfectly normal life.

I promise you, you will have never seen anything like it before!

The book has been written to appeal to those people with diagnosed eating allergies such as celiac disease and dermatitis herpetiformis or displaying symptoms that suggest you may have celiac disease. I will assume you do have celiac disease; however, you may have a related condition, which means you should be avoiding gluten and/or wheat. The help and advice I suggest will apply equally.

Whichever way you have come to be reading this book, the good news is you can relax.

Yes that's right, relax! Take a deep breath and smile! ☺

Don't get me wrong, I am not about to trivialize what you may be going through and of course I am not suggesting that you ignore the symptoms you may have. You can relax because I'm about to make an extremely bold statement:

“If you adhere to the practical advice and instruction contained in the chapters of this book, you will, without question, or fear of contradiction, be able to live a normal and perfectly wonderful life without the distressing symptoms you may have been experiencing up until now!”

The path will not be an easy one; it will take determination and resolve, but just keep to the back of your mind that it will be worth the extra effort to live the kind of life you're entitled to.

You will discover plenty of support on the way. There are numerous people in the same situation as you, going through what you are going through and experiencing all the highs and lows that you are experiencing. There are superb organizations and support groups that can offer you the very best kind of help and advice and if any of your questions or problems cannot be addressed within the pages of this book, then I have provided a comprehensive up to date list of all the major, leading authorities on celiac disease. Furthermore, more restaurants and stores than ever before are promoting ranges of gluten free products for the celiac sufferer.

The world is waking up to the extent of this condition. The wheels of action are really turning. But until an outright cure is found, you must adhere to the advice below:

- **Educate** yourself. Do not rely on others to constantly remind you what you can or cannot do, or eat. Keep up to date with latest findings and developments.
- **Learn** from other people's mistakes. Yes, you will make mistakes along the way, but don't make unnecessary mistakes that others have warned you about.
- **Listen** to advice from people that have gone through what you are going through.
- **Believe** that you, and *only you* have total control over your wellbeing.

**Finally....Relax! This is doable.
You must believe it is!**

Hopefully, I've now got your attention! I suggest you waste no time in reading the rest of this book, which as I have said is written with the celiac newbie in mind. However, even the celiac seasoned campaigners amongst you, will discover valuable new information and a step by step, life changing system you've never seen the like before!

The book is intended to provide:

- **A one stop, information source about celiac disease, to save you having to search high and low for the information.**
- **A practical step-by-step, life changing, management plan to help you live your life to the full.**

I recommend you start by reading the book through once, then use the management plan in chapters 12, 13, and 14 to help you start a new life. You can then re-read specific chapters as you feel the need.

You will have to be patient with some of the scientific jargon used, and you will need to familiarize yourself and understand some of the basic terminology. Remember that knowledge is power and essential in dealing with your condition.

Reading the book and using the management plan will change your mindset to a more positive, proactive approach that will be essential in managing your condition. Do not fear, friends and family will accept your condition and help you with it. Your confidence will grow, restaurateurs will be happy to accommodate you and you will see this time in your life as a challenge!

To encourage you, some chapters include positive messages or quotes to help you strengthen your resolve in dealing with celiac disease.

At all times, keep in mind:

“You are unique ... celebrate your difference ... you are interesting!”

Warmly,



Peter Tremayne

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Chapter 1

How Do You Feel...?



Afraid?

Are you afraid of what may happen to you now that you have been diagnosed with celiac disease? Are you afraid of the future, for your friends and family? Are you afraid to eat out in restaurants or at friends? Do you feel like you cannot watch your friends or family enjoy their favorite food whilst you cannot? Are you simply worried about eating in your own home? Sick *literally*, of the many symptoms....

In Denial?

Are you trying to pretend or ignore your condition? Are you still trying to eat as you did before and suffer the consequences? “*Just a small amount of so and so can't hurt me, right?*”

Are you feeling a deep sense of loss at accepting celiac disease and the change in life style that is required?

Lacking the willpower required to avoid all those foods that you still crave and enjoy so much?

What's The Big Deal?

Do you feel it is a trivial problem that you do not need to explain, or burden your family and friends with, especially if they may be suffering much worse things in life than you?

How do you deal with the numerous emotions you're going through?...Well first of all I do not profess to know what your particular situation or worry may be. What I do know is that you *will* be experiencing some or all of these traits. It is perfectly acceptable to go through these emotions; in fact I positively encourage you to do so! Do not beat yourself up about them. Accept them, understand them, come to terms with them and then you can deal with them and move on...

You will soon possess the tools to turn your life around. Embrace the new you, which will unfold. Don't hide away from your new world ...challenge it! Demand it changes with you. You'll be amazed how much in control of your life you will start to feel.

You have a choice, “you take some action or you do not.” You can live a healthy life, or become a victim. What's it to be....?

I suggest you should be willing to:

- Celebrate your uniqueness.
- Welcome and explore the new diet opportunities that are now open to you.
- Find the positives in what will become a new way of life.
- Not be afraid, be in control.

Remember out of adversity comes invention....more help will become available and new solutions will be discovered to deal with celiac disease...New friends will be made...New diets will be created. You will have the opportunity to try food you had never even heard of!.....You will find related foods that taste just as good, (100% brown rice pasta, wheat and gluten free cake mixes, cookie mixes) and much more.

Be prepared to get your social life back in full flow and prepare your taste buds to explore all the new possibilities that lie ahead.



Chapter 2

What's In A Name?

Listed below are the names associated with celiac disease. All the names refer to the inability to tolerate gluten. This list will help you identify and relate to other information and books as you broaden your reading material.

Celiac Disease

Celiac Sprue

Celiacs

Gee-Herter's syndrome

Gluten Intolerance

Gluten Sensitive Enteropathy

Gluten Sensitivity

Idiopathic Steatorrhea

Intestinal Infantilism

Malabsorption Syndrome

Nontropical Sprue

The Celiac Affection

The Celiac Condition

The Celiac Syndrome

Coeliac Disease (European spelling)

The History Of Celiac Disease

I think it is very important to put celiac disease in context, and there is no better way to do that than to start with it's history. For those history phoebes out there, do not worry, I will keep it short and sweet!



The earliest recordings of the illness were documented by a Dutch physician Vincent Ketelaer in 1669; however, at that time it was not known that gluten was the problem. What he did notice was a failure to thrive in some children and the prominence of mouth ulcers which is where the word *sprue* originates from.

It was not until Holland's supply of cereal grains became scarce after World War II (when they had to replace bread with vegetables), that some Dutch children, who it had been noted failed to thrive, started to improve in condition, gaining weight and strength. The link between celiac disease and diet was finally made when the supplies of cereal grain returned to normal and those same children started to show signs of deteriorating again. In the experiments that followed, gluten was eventually identified as the reason.

- So, celiac disease had been around a long time!
- Because of that, it's well known, by the medical profession.
- People have been coping and living with it for a long time.
- Now, with the practical help and advice contained within this book, you should be able to not only cope, but enjoy your life to the full.

Fact: There is as yet, no prescriptive drug celiac sufferers can take to affect a cure. A lifelong adherence to a gluten free diet however will enable most to live a perfectly normal, healthy life.

Chapter 3

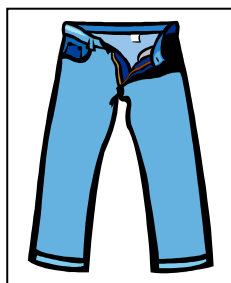
'Celiac Disease', A Lot More Common Than You Think

The disease affects both sexes and can strike at any age. It can develop from infancy (as soon as gluten associated foods are consumed) or at any time after that in later life (even though you may not have experienced any previous effects through consuming wheat and gluten).

The Celiac Sprue Association have reported that an estimated 1 in 4700 Americans are diagnosed as celiac, although according to a new study by the University of Maryland Center for Celiac Research in Baltimore, nearly one out of every 133 Americans are unknowingly living with the disease.

According to the International Eating Disorder Clinic, celiac disease is the most common genetic disease across Europe. In Ireland, about 1 in 150 people are reported to have celiac disease. However, many people are unaware of their condition because of the difficulties of diagnosis or mildness of symptoms.

Back To Basics ... It's All In The Jeans!



To get to the root of the problem its all down to your gene's, that is to say, it is found in people who are naturally (genetically) susceptible. (The two specific genetic markers that have being identified are called HLA subfactors). By default it tends to run in families. Unfortunately you have no choice or control over this. This is a fact that you simply have to accept. But, you can deal with it.

Who Is At Risk?

- It was once thought that it affected mainly whites of North Western European ancestry. But recent studies show that it also affects Hispanic, Black and Asian populations as well
- It affects twice as many females as males.
- People with or who have had an over exposure to wheat.
- People who are experiencing severe stress or emotional and physical trauma.

- People recently out of surgery, or recovering from a viral infection.

Other reasons why someone may develop celiac disease can be attributed to a variety of factors:

- Your environment (over exposure and over consumption of wheat).
- Your life style (severe stress has been known to trigger celiac disease).
- Your physical condition (such as a pregnancy, an operation or a general state of poor health).

These are conditions you should be aware of and for some they may ring true. But this book is not about dealing with each possible attributing factor. But rather an information source and practical step by step, life changing, management plan.

Celiac disease is a digestive disorder that you will need to be fully aware of for the entire duration of your life.

As you continue to read this book, keep in mind that once diagnosed:

- Yes, you have celiac disease.
- No, you are not to blame for having celiac disease. It is not your fault.
- Most importantly, you could have done nothing to avoid it!

All you need to do is manage it. As a close friend said to me “it’s not like I have a life threatening disease, it is manageable”. So take stock of the situation. Read, understand and apply the techniques in chapter 14 and gain control.

You are far from alone. There are an increasing number of people facing the same situation as you. What that means is more people and organizations are working toward developing products, working in support groups and looking for possible cures for celiac disease.

Whenever you get depressed about your situation and your particular symptoms, re-read this book. Select chapters that mean the most to you and draw strength and encouragement from them. I would certainly suggest you re-read chapters 12 to 14 and apply the techniques.

You can log on to the internet and discover the growing number of websites dedicated to providing support, help and information, like www.glutenreview.com Visit the numerous forums and chat rooms, see how others are handling celiac disease. Ask questions and exchange information, recipes, cooking tips etc, etc. Take heart, to get the strength to manage this situation. You can do it!

"A day will never be anymore than what you make of it. Practice being a "doer"! -- Josh S. Hinds

Chapter 4

What Causes Celiac Disease?

So it is genetic, it may be common, but what causes it?

Well the *exact* cause of celiac disease is still unknown. But basically, the problem is that your body will not absorb a protein called gluten from your food.

Know Your Enemy



Ok, by now you know that the problem is GLUTEN. Now let's tackle it, head on!

Gluten is a protein found in all forms of wheat. Get ready for the science bit, but don't worry I will keep it as easy to understand as possible!

Gluten comes from wheat. It is a sticky, elastic protein found in all forms of wheat (including durum, semolina, spelt, rye, barley and related grain hybrids such as triticale, kamut, aspelt, einkorn, and faro and possibly oats).

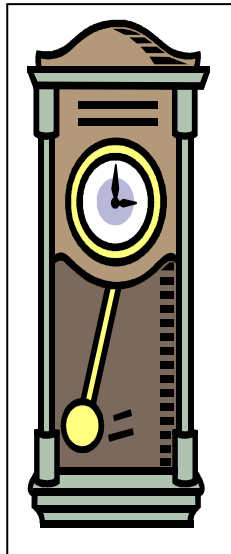
As digestion occurs, starch is removed from wheat. This just leaves gluten proteins that break down into peptides. It is the peptides that are harmful to celiac sufferers.

What Happens To Your Body When You Eat Gluten?

You may already have experienced many of the symptoms of celiac disease, but do you understand what is happening inside your body.

- With celiac disease the body lacks a particular digestive enzyme, (intestinal glutaminase), that enables gluten digestion. This therefore prevents your body from effectively digesting gluten and gluten related products.

- When you eat foods containing gluten, your immune system responds by producing antibodies, known as Gliadin, which attack and damage the small intestine. Specifically, fine hair like protrusions called villi, on the lining of the small intestine become flattened and damaged, making them unable to absorb water and nutrients and less able to sweep along waste products and filter out toxins. This causes the celiac to be susceptible to a variety of other conditions related to malabsorption.
- Without these villi, nutrients from the food cannot be absorbed into the bloodstream. This is what may be causing you to suffer from weight loss and deficiencies of some minerals and vitamins. Obviously, the villi are essential to maintaining a healthy diet.



It is important to note that reactions to ingestion of gluten can be immediate, or delayed for weeks or even months.

So don't think that you got away with eating that last meal, knowing that there was a small chance it may have contained gluten, just because you haven't experienced any adverse symptoms for a week or so.

Whether your reaction to gluten ingestion is very mild or severe, you must understand that *any* amount of gluten could in the future trigger other serious related health problems.

If no gluten enters your intestine the intestinal lining should heal completely allowing most people to live healthy, regular lives.

Remember though, and this is where the life changing process comes in, it is imperative you understand that **even a small amount of gluten can cause your symptoms to reoccur**. If you stick to a gluten free diet, *total* recovery and healing of the intestines should take around 3 to 24 months.

Obviously this isn't an easy thing to do and you will need help. But I will stress again, you must adhere to a gluten free diet for the rest of your life.

Naturally, what I have just stated about maintaining a gluten free diet should be taken seriously. But, there are many positives:

- There are many, excellent support groups and websites available to you.
- All the time there are new advances and increasing awareness, with manufacturers researching alternative food stuff and stores providing extensive ranges of gluten and wheat free products.
- There is an increasing amount of mail order gluten free foods available.
- Public knowledge of celiac disease is increasing, which makes life easier for you when out shopping or eating out in restaurants etc.
- You don't *need* gluten to maintain a healthy, balanced diet!

These factors should help you maintain your diet and still make it possible for you to enjoy eating the foods you like.

Fact: Consuming any gluten, no matter how small an amount, can damage the intestine. This is especially important for those who do not have noticeable symptoms.

Chapter 5

The Symptoms Of Celiac Disease



The name 'Celiac' or 'Coeliac' is derived from the Greek meaning "of, or in the cavity of the abdomen". The condition was named so, due to the many symptoms and effects related to the stomach (or the gastrointestinal tract).

Despite its genetic links, the symptoms of wheat allergies, gluten intolerance, or celiac disease can vary widely and can come and go over time. Celiac disease affects people very differently. Individuals range from having no symptoms (asymptomatic or "latent" forms of the disease) to extreme cases where patients develop a number of symptoms.

Remember, if you have not been diagnosed with celiac disease the symptoms on this list can be indicative of many other problems. It is important to establish if you have celiac disease and the only way to do that is to get diagnosed.

In between these two extremes lie a wide variety of symptoms that you should be aware of:

- Diarrhea
- Constipation
- Steatorrhea (fatty stools that float rather than sink)
- Seizures
- Excessive gas
- Abdominal pain with stomach bloating
- Chronic fatigue
- Weakness
- Weight loss
- Bone and joint pain
- Easily fractured bones

- Muscle cramps
- Including burning, prickling, itching or tingling
- Edema
- Headaches
- Peripheral Neuropathy (tingling in fingers and toes)
- Irritability and depression.
- Mouth sores
- Menstrual irregularities
- Skin rash
- Tooth discoloration
- White flecks on the fingernails
- Fuzzy-mindedness after gluten ingestion
- Burning sensations in the throat

By identifying the fact that you have one or more of these symptoms and been correctly diagnosed as having celiac disease, allows you to accept and therefore manage the condition.

Symptoms In Children

Identifying a child suffering from celiac disease early on in life can be extremely difficult. As with adults, the symptoms may vary and could include any or all of the following conditions:

- A young child may develop abdominal pain, nausea, mouth sores and become anemic.
- Failure to thrive, lack of appetite.
- Irritability or fretful.
- Older children could act irritably, be unable to concentrate, be emotionally withdrawn.
- Wasted buttocks and thin thighs.
- Paleness, malodorous, bulky or bloody stools, foamy or bloody diarrhea.
- Allergic dermatitis (skin rash).
- Teenagers may hit puberty late and may fail to grow properly. They may also lose some hair (a condition called alopecia areata).
- In later stages, malnourished with a pot-belly with or without painful bloating.

Possible Long-Term Conditions

Early diagnosis of celiac disease is very important to avoid the onset of chronic conditions later on in life. Listed below are some of the possible long-term conditions if left untreated:

- Organ disorders (gall bladder, liver, and spleen), and gynecological disorders (like loss of menstruation and spontaneous abortions). Fertility may also be affected.
- Problems relating to malabsorption, including osteoporosis, tooth enamel defects.
- Iron deficiency (anemia).
- Osteoporosis.
- Vitamin K deficiency associated with risk for hemorrhaging.
- Vitamin and mineral deficiencies.
- Central and peripheral nervous system disorders usually due to unsuspected nutrient deficiencies e.g. abnormal or impaired skin sensation (paresthesia).
- Pancreatic insufficiency.
- Lactose intolerance. Lactose is a sugar found in dairy products. To be digested it must be broken down by an enzyme called lactase. Lactase is produced on the tips of the villi in the small intestine. Since gluten damages the villi, it is common for untreated celiacs to have problems with milk and milk products. A gluten-free diet will usually eliminate lactose intolerance.
- Greater chance of getting certain types of cancer, especially intestinal lymphoma.

Fact: If Left Untreated Celiac Disease Can Lead To Other Long-Term Conditions.

Related Conditions

Many related medical problems should also benefit by adopting a gluten-free diet. Always remember to consult your physician before adopting a gluten free diet. Never self-diagnose.

- Dermatitis Herpetiformis (DH). This is a chronic skin condition, which is another form of celiac disease. It is characterized by an itchy, burning, blistering skin rash. The rash has a symmetrical distribution and is most frequently found on elbows, knees, upper back, neck and buttocks.

A small bowel biopsy of a person with DH will show the identical intestinal damage as seen in celiac disease. However, the symptoms experienced are less severe. Often, persons with DH have no bowel complaints. DH patients can have gastro-intestinal damage without perceptible symptoms.

Genetic factors, the immune system, and sensitivity to gluten, play a role in this disorder. The precise details remain unknown. Diagnosis is obtained by a skin biopsy from a lesion.

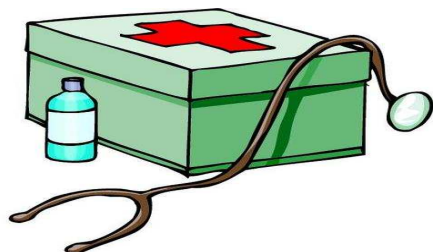
- Insulin-dependent Diabetes Mellitus.
- Thyroid Disease.
- Systemic Lupus Erythematosus.
- IgA Nephropathy & IgA Deficiency.
- Primary Biliary Cirrhosis.
- Autism.
- ADD (Attention Deficit Disorder).
- Rheumatoid arthritis.

I have included this list of symptoms as a part of a holistic research. Do not get depressed. Concentrate on what you *can* do, in particular adhering to a gluten free diet. The help and advice contained later in the book will motivate you and provide specific examples and techniques you can use to help you with your diet.

Fact: If you stick to the correct diet, repair to the intestine will begin within days, complete healing, with the villi intact and working can take place in 3 to 24 months depending on age and previous damage.

Chapter 6

How Is Celiac Disease Diagnosed?



To find out if you have celiac disease you **must as part of the diagnosis**, be consuming gluten.

Celiac disease is diagnosed by:

- Blood test screening.
- A biopsy of the small intestine.
- A dietary trial of gluten elimination.

The blood tests have been developed to help identify certain antibodies produced by the immune system in response to gluten.

It is recommended that patients with positive antibody tests have a small bowel biopsy to confirm the diagnosis and assess the degree of mucosal damage.

This biopsy can be done in either of two ways both of which, although sound unpleasant, are simple, painless procedures, which do not require an operation:

- The tip of a small flexible tube can be passed through the mouth down into the stomach to the small intestine; a tiny knife at the tip of the tube then collects a biopsy. The use of an x-ray is needed to guide the tube.
- Alternatively, an endoscope, which allows the doctor to see, can be passed through the mouth down into the stomach to the small intestine without need for x-ray to obtain biopsies in the small intestine.

If the diagnosis is positive the patient should be monitored to test their response to a gluten-free diet.

In essence, the diagnosis of celiac disease includes:

- A suspicion of celiac disease based on symptoms, physical appearance, delayed growth, or a genetic link.
- A positive blood test.
- A biopsy from the small intestine, which shows damage to the villi.
- A DEFINITE improvement of symptoms whilst adhering to a gluten-free diet. This is confirmed by a follow-up biopsy obtained 4 – 6 weeks after starting on a gluten free diet.

Difficulties In Diagnosis

Most people who have Celiac Disease do not know it, because the symptoms are not severe and often mask themselves as those of other conditions. Because of this, physicians often misdiagnose patients as having irritable bowel syndrome, food allergies, chronic fatigue, anorexia, or malnutrition.

Chapter 7

Shopping



With a gluten-free diet, a completely new approach to shopping and eating needs to be adopted. People with celiac disease have to be extremely careful about what they buy, eat or grab for snacks.

Eating is a challenge. You need to learn to scrutinize foods to find out if they contain gluten, be prepared to write to food manufacturers and question them about possible hidden sources of gluten (see the cross contamination dangers in chapter 9). However, with practice, screening for gluten will become second nature. You will learn to recognize which foods are safe and which are off limits and develop your own list.

At first it will be helpful to seek advice from a dietician, or a nutritionalist, who will help you learn about your new diet. If you cannot afford one, there are plenty of support groups and chat rooms where you can search for advice from other people who are also living with celiac disease and adjusting to a new way of life.

When buying food the critical thing to remember is to '**read the labels**'. Watch out especially for: wheat, rye, oats and barley, pasta, cereal, and many processed foods. Whether people with celiac disease should avoid oats is a topic for debate as many people are able to eat oats without having any sort of reaction. As such, you should follow the advice of your physician or dietician.

Remember the following when reading product labels in stores:

- Take your time. If you are going to have to look at labels then you need to give yourself about three times as long as you normally do. However, as you develop your list of safe foods this time will reduce dramatically.
- Take a pair of glasses with you if necessary or even a magnifying glass to read the small print!
- Take a pen and note-book to write down safe foods you have found which you may be interested in buying another time. That way you can 'check em out' and even contact the manufacturers to question them on the extent to which their product is gluten free.
- Ask for the help of the floor manager or an assistant who can help you in your search for gluten free products.
- Try and schedule your shopping times for when you know the store will be less busy.
- Products labeled 'wheat-free' are not necessarily gluten-free. If you are unsure, Do Not Risk It. Contact the manufacturer and get them to confirm that it is wheat and gluten free throughout the manufacturing process.
- Gluten is often used as a thickening agent.
- Be sure to read the labels on canned soups, catsups, mustards, soy sauce and other condiments.
- The more a food has been processed the more likely it is that gluten will have been used in its production.
- The fresher the food, the less chance of contamination with gluten.

It is always better to buy separate ingredients and prepare the meal yourself. You will know exactly what ingredients you have used, how it was prepared and that no cross-contamination has occurred in the cooking process. You have none of the same certainties if you compare this to pre-prepared or fast / convenience foods.

Despite these necessary restrictions, the fact is you can eat a well-balanced diet with a variety of foods. The other good news is that the things you can still eat include those things you used to love, like bread and pasta! How? Simple, substitute wheat flour for: potato, rice or bean flour, or you can buy products like gluten-free bread and pasta. The list of places and companies providing these products is growing all the time and can be found readily on the internet.

Having celiac disease does not mean that you have to have dull meals and dull diets. There is a whole world of alternatives out there ready for you to explore and experiment with. Just take a look on the internet. There are dozens of free web sites providing an array of gluten and wheat free recipes. Far too many for me to list in this book!

The aim of the list below is to provide you with a basic idea of ingredients that should be avoided and ones that are safe to eat.



This is not an all-inclusive list, but rather guidelines that can get you started in compiling a basic gluten free shopping list. Your aim should be to add and grow the list over time.

On a cautionary note, check all product labels (including items mentioned on these lists) especially for changes to ingredients that occur in manufacturing over time. If in doubt phone the manufacturer or provider.

Make sure that you are clear in your questions and ask them to clarify that the components are free of wheat, rye, tritcale, spelt, kamut, barley or oats and their derivatives. If you are not sure whether it is 100% safe, do not buy it.

Ingredients

Foods and Ingredients that must be avoided if following a gluten free diet:

Abyssinian Hard (Wheat triticum durum)
Alcohol (Spirits - Specific Types)
Amp-Isostearoyl Hydrolyzed Wheat Protein

Barley Grass (can contain seeds)
Barley Hordeum vulgare
Barley Malt
Beer
Bleached Flour
Blue Cheese (made with bread)
Bran
Bread Flour
Brewer's Yeast
Brown Flour
Bulgur (Bulgar Wheat/Nuts)
Bulgur Wheat

Cereal Binding
Chilton
Club Wheat (Triticum aestivum subspecies compactum)
Common Wheat (Triticum aestivum)
Couscous

Dextrimaltose
Disodium Wheatgermamido Peg-2 Sulfosuccinate
Durum wheat (Triticum durum)

Edible Starch
Einkorn (Triticum monococcum)
Emmer (Triticum dicoccon)

Farina
Farina Graham
Filler
Flour (normally this is wheat)
Fu (dried wheat gluten)

Germ
Graham Flour
Granary Flour
Groats (barley, wheat)

Hard Wheat
Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
Hydrolyzed Wheat Starch
Hydroxypropyltrimonium Hydrolyzed Wheat Protein

Kamut (Pasta wheat)

Malt
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Macha Wheat (*Triticum aestivum*)
Matzo Semolina
Mir

Oriental Wheat (*Triticum turanicum*)

Pasta, Pearl Barley
Persian Wheat (*Triticum carthlicum*)
Poulard Wheat (*Triticum turgidum*)
Polish Wheat (*Triticum polonicum*)

Rice Malt (if barley or Koji are used)
Rye

Seitan
Semolina
Semolina Triticum
Shot Wheat (*Triticum aestivum*)
Small Spelt
Spirits (Specific Types)
Spelt (*Triticum spelta*)
Sprouted Wheat or Barley

Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein
Strong Flour
Suet in Packets

Tabbouleh
Teriyaki Sauce
Textured Vegetable Protein - TVP
Timopheevi Wheat (*Triticum timopheevii*)
Triticale X triticosecale
Triticum Vulgare (Wheat) Flour Lipids
Triticum Vulgare (Wheat) Germ Extract
Triticum Vulgare (Wheat) Germ Oil

Udon (wheat noodles)
Unbleached Flour

Vavilovi Wheat (*Triticum aestivum*)
Vegetable Starch

Wheat, Abyssinian Hard *triticum durum*
Wheat Amino Acids
Wheat Bran Extract
Wheat, Bulgur
Wheat Durum *Triticum*
Wheat Germ Extract
Wheat Germ Glycerides
Wheat Germ Oil
Wheat Germamidopropyltrimonium Hydroxypropyl Hydrolyzed Wheat Protein
Wheat Grass (can contain seeds)
Wheat Nuts
Wheat Protein
Wheat *Triticum aestivum*
Wheat *Triticum Monococcum*
Wheat (*Triticum Vulgare*) Bran Extract
Whole-Meal Flour
Wild Einkorn (*Triticum boeotictim*)
Wild Emmer (*Triticum dicoccoides*)

**Ingredients you should check with food manufacturers or providers.
It all depends on how and where they were made:**

| | |
|----------------------|----------------------------|
| Artificial Color | Modified Food Starch |
| Artificial Flavoring | Modified Starch |
| | Mono and Diglycerides |
| Caramel Color | Monosodium Glutamate (MSG) |
| | Mustard Powder |
| Coloring | |
| Dextrins | Natural Flavoring |
| | |
| Flavoring | Shoyu (soy sauce) |
| Food Starch | Smoke Flavoring |
| | Soba Noodles |
| Glucose Syrup | Soy Sauce |
| Gravy Cubes | Starch |
| Ground Spices | Stock Cubes |
| | |
| Maltodextrin | Vitamins |
| Maltose | |
| Miso | Wheat Starch |

Try the following Gluten Free Additives, Flavorings & Sweeteners as a substitute:

Additives:

- Acids: Acetic, Adipic, Benzoic, Fumaric, Lactic, Malic, Stearic, Tartaric.
- Calcium Disodium. Propylene Glycol.
- Tartrazine. Titanium Dioxide.

Sweeteners:

- Brown Sugar. Dextrose. Fructose.
- Sucrose. Mannitol.
- White Sugar. Lactose. Molasses.

Flavorings:

- Ethyl Maltol.
- Maltol. Vanilla.

Chapter 8

A Childs Perspective

Eating In - For Children

If your child is diagnosed with celiac disease (remember it can run in families) you will probably toy with the idea of supporting them by switching the whole family to a gluten free diet. After all it seems the obvious way to lessen the blow to your child and show your moral and physical support for them. Even though this would seem the heroic thing to do, I would suggest that it is probably not a workable option. At least not all of the time. While your intentions would be well meaning, your child will grow up feeling smothered and totally unprepared for a world that will not pamper to their needs. I am afraid this is yet another one of those times when even though it seems unnatural, you need to be cruel to be kind. But, only in the sense that you should teach your child to be realistic about their condition.

What I am going to suggest is a process that will keep your child safe, make them feel supported and develop their own ability to manage their condition throughout life. As a parent or guardian, I am sure you will agree is what we should be aiming for.

Whichever way you approach this problem, what you are trying to *avoid* is:

- Making your child feel unusual.
- Making them feel abnormal.
- Making them scared to face up to a future where they have to be assertive and scrutinize what they eat.
- Making them feel unhappy about eating.

The process, like all the best ones is simple and revolves around a technique of helping them to help themselves. If your child is around the ages of 1 to 5 then obviously the emphasis is on *you* preparing their meals. But slowly, with your supervision they should be encouraged to help in the kitchen. Find a quiet time (outside of the normal meal preparation times when things can be a bit rushed) when you can slowly prepare a few snack foods together. Make it fun! Even if your child is very young, they will love passing you ingredients, rolling, whisking or placing things on trays for you. Through the years you are trying to build

their confidence in the kitchen until your child is able to prepare simple gluten free meals.

The process involves:

First and foremost keep in mind the fact that your child is no different to any other child, just that they need to observe a gluten free diet.

You also need to accept that this is going to be a difficult process. With young children who want to eat like their friends (it is particularly difficult with adolescence, as they will often feel excluded from their peer group). The best way to keep to this process is by careful explanation and encouragement.

At all ages you must keep your child included in the family meals, but kept safe from gluten:

- This means where possible, eating at the same time as the rest of the family.
- Try to have 2 or 3 evenings per week where the whole family can sit down to eat a gluten free meal, rather than cooking separate meals. (This is best saved for your busiest days when you have taken them swimming or some other activity and still prepare the family meal. I sometimes wonder just how we manage it!).
- It may be helpful to think about pre-cooking their meals and freezing them. This technique not only saves time but also prevents cross contamination. If *their* meal is prepared at the same time as the family meal your biggest problem will be to ensure cross contamination does not occur. (See chapter 9).

What should develop overtime is a varied, gluten free menu, which will expand as your child grows.

Encourage your child to be involved in his or her meal preparation. This not only promotes development of the necessary skills to prepare and cook their gluten free menu but promotes self-care, self-esteem and leads to them feeling empowered to help themselves.



As I mentioned earlier, start them off at 1 – 5 years helping you to clean surfaces, look for and recognize safe products and eventually make snack foods. As they grow more confident, allow your child to help themselves. They need to know their way around the kitchen and to know what they can and cannot touch.

You may wish to organize your kitchen for a child using a color coding system (try red for “danger” areas they must not go to, or foods they must avoid. Green for “safe” areas it to go, utensils and ingredients that are safe to use.



Try to identify a safe area in the kitchen that is free from gluten, heat and sharp hazards. Nominate a separate cupboard, which can contain the color coded foods that are safe for your child to eat. This will make things very clear for your child and the rest of your family when snacks need to be prepared.

It is very important to ensure the color coding system is made known to your family, close friends, babysitters and visitors.

As I said earlier, snack preparation is where I would start the education process. As they get older preparing parts of larger meals and eventually by the age of 10 or so, a whole meal, (but always under supervision!).

In addition to this, you need to have a gluten free menu that mirrors your family menu, which of course contains gluten free ingredients.

Remember with this condition it is always better to prepare the meal yourself. I know this may be time consuming, and as with most children, your child will love fast, convenience foods! But if you prepare the meals yourself or together, you know what ingredients are going in, you know how it was prepared and can be satisfied that cross-contamination did not occur. With pre-prepared or fast, convenience foods you have none of the same certainties.

Eating Out - For Children



As a parent you of course want your child to be able to enjoy sleepovers, children's parties, staying with the grand parents, visiting friends for tea and all the other activities that any child would like to be involved with. Well relax, here is how you can make sure they enjoy themselves, they do not miss out, confident that you are overseeing their social and development needs, whilst they remain safe from gluten.

The following suggestions will help your child and you, feel far more at ease:

- Firstly, it is imperative your child understands the gravity of the situation. Informing them about their situation and how to manage it is the starting point. If at all possible, explain or re-emphasize what may happen inside of them if they eat the wrong foods and why by doing so will make them poorly. They must understand that they cannot eat a regular cookie or cake because their friends are! Ideally they should be able to identify a few foods that they can eat as replacements or treats when others are having them (this has been made so much easier with stores stocking plenty gluten free treats). They should also know of a few gluten free snacks they can suggest to adults to fill them up.
- The second most important point after explaining to your child, is to inform the host of your child's condition if they are not already aware. Again it is imperative, without overly worrying the host that they understand the gravity and implications of what your child can and cannot eat.

- Give them a list of their safe foods and the ones to avoid.
- Leave them your telephone number so they can contact you if they are not sure.
- Prepare instructions to use each time your child receives an invitation. This will save time in preparing for the next invitation.
- Inform them that your child's food must be prepared and cooked separately from those foods that may contain gluten.
- If you have time and the situation permits, accompany them to the party. This will help you and the host relax as you can oversee what food your child eats.
- Send along some safe foods, or offer to bake a gluten free cake or some other treats. (Remember to tell your child that the cake is safe to eat because you prepared it and it is gluten free).

Chapter 9

Eating In - For Adults

The process for eating in for adults is very similar to eating in for children and in essence includes:

Including *you* in the family meals, by eating at the same time as the rest of the family. If you are preparing food for the family it may be helpful to think about pre-cooking your gluten free meal and freezing it. This de-stresses meal preparation by saving time and not worrying about cross-contamination.

Develop a gluten free menu that mirrors your family menu. That way they won't feel left out whilst you're tucking in to a meal that looks far more delicious than theirs!

Listed below are a number of essential dos and don'ts when eating in:

- Ensure the person preparing the gluten free meal washes their hands before handling the gluten free ingredients. (Obvious, but may be overlooked).
- Have a set of your own kitchen utensils that should be marked or color coded so they are easily identifiable from the rest. If it is not possible to have separate utensils, the cook needs to ensure all surfaces are clean from gluten contaminated foods and residue. This includes grills, toasters, griddles, BBQ grills and the utensils that are used such as ladles, knives and pans. Otherwise the sad fact is your gluten free food will pick up gluten revenants that you will be digesting.
- Try to identify a safe area in the kitchen that is free from gluten. This is where you should prepare *all* and *only* gluten free food.
- Look for the different methods of cooking. For example, is it poached or cooked in oil? Could that have previously contained gluten traces before your food was cooked in it? If it had or you are in any doubt, change it.
- Nominate a separate cupboard, which can contain the foods and ingredients that are safe for you to eat. In any shared cupboards, you may wish to adopt a color code system for the foods that are safe for you. This system should be made known to your family and visitors etc.

- Use food that has not been processed. If it has, the likelihood is that gluten will have been used in its production. **The fresher the food is, the less chance of contamination with gluten.**

Further Tips To Avoid Cross-Contamination

Use metal cooking utensils over wooden utensils to reduce the absorption of gluten from food and promote easier cleaning.

Where possible use a dish washer to clean eating utensils over hand washing and drying for more effective cleaning.

Avoid buying open packaged products from bulk buying food bins. They are open to cross contamination from other people's hands and food scoops.

Always request fresh spoons for use in buffets.

Always speak to the person serving or preparing your food to inform them of your requirements (use the 'Restaurant Card' in chapter 11, if necessary).

Not only does cross-contamination come from food you have prepared, you need to be aware that gluten is used in lots of areas that you could unintentionally be exposed to. Be especially aware of the following products and situations:

- When carrying gluten free food with other food, always ensure everything is well wrapped, especially on picnics.
- The adhesive on postage stamps, mailing slips and envelopes may contain gluten. Always use a damp sponge not your tongue.
- If you come into contact with Play Dough, modeling clay or finger-paints when helping the children, be aware these may also contain gluten. Always wear gloves or wash your hands after use, (don't forget to clean under your nails!!) especially before having a meal.
- Always consult your Pharmacist when purchasing drugs and vitamins. Some of these products may contain gluten. Avoid any substance where you cannot be sure of its contents.

- Manufacturers of toiletries sometimes use flour during production. Always inquire about how the product is made. Watch out for talcum powder, shampoo, toothpaste, body lotion, lipstick, perfumes and denture adhesive. If you think you're having a reaction to any product, call the manufacturer or try taking a break from the product. If the problem clears up, it was probably caused by that product.

You will always pick up more helpful tips by visiting related web sites and by joining chat rooms.

Chapter 10

Eating Out

You should be able to enjoy going to parties, staying with friends or whatever the social occasion. Here is how you can make sure you do not miss out on the occasion but *do* miss out on the gluten:

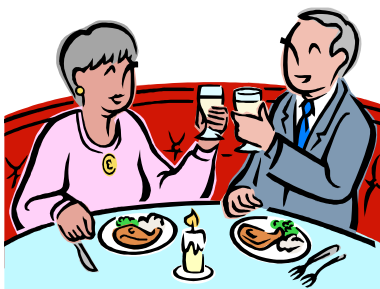
Eating Out At Friends

Firstly, and I know it is stating the obvious, you must not forget the fact that you are adhering to a gluten free diet even though it seems like you may be putting people out. Your host must understand what you can or cannot eat.

Give your host advanced notice by phoning up and sending them your safe foods list to save them remembering. Again, inform them that your food must be prepared and cooked separately from those foods that may contain gluten.

Take along some safe foods, or offer to cook some gluten free dishes for everyone; this is bound to make you popular with your host!

The Restaurant Experience!



When eating out at restaurants, the chapter:

- Gives you ideas that will help you choose a restaurant.
- Helps you choose a restaurant if you have not managed to book ahead.

- Takes you step by step through things you should do when ordering a meal and gives you a simple check-list to help you order a gluten free meal.
- Tells you things to remember once your meal arrives.
- Tells you what to consider when you have finished your meal.

OK, I know what you're thinking, "eating out in a restaurant, what a nightmare! I just cannot be confident it will be safe, I usually end up regretting I'd gone".

You are bound to have reservations about the eating out experience, especially if you arrive unprepared. The whole 'eating out' experience can be at best extremely boring (choosing a dull salad) and at worst can make you ill.

Both these situations are unacceptable; you should be able to enjoy eating out at restaurants as much as possible. This chapter helps you prepare for the eating out experience. Follow the advice below and enjoy your food.

Waiters may initially give you blank looks when you request gluten free meals. Chefs need to understand the importance of why your food should not become cross-contaminated. You will need to be assertive enough to visit the kitchen to look at how the food is prepared. Do not be put off.

You must be confident with how the food is being prepared especially if you are going to eat there on a regular basis.

With patience and time you will be accepted and the restaurant will be a great place to eat. Generally a good chef will find this a challenge and will want to excel.

In no time you will have a list of restaurants you can confidently dine at. Do not forget to tell other sufferers when you find a good or bad restaurant.

Even fast food restaurants are now more aware of the numerous food allergies. They are becoming very proactive in redesigning their menus, as well as openly listing their ingredients and highlighting which foods contain gluten, wheat etc.

You will discover many restaurants are now willing to cook your meal made from ingredients you take with you. Contact the restaurant manager before you book, to confirm that the chef can accommodate this. You will be surprised at the amount of help and information there is out there.

The 'Pre-Restaurant Check List':

If you decide to eat out, the first thing to do to ensure you enjoy your meal is **prepare**. Use the ideas listed below to help you make the right choice about which restaurant to eat at:

- **Try a variety of restaurants**

Such as Indian or Chinese (they tend to use rice, corn and potatoes rather than wheat). Remember though you still need to ask for hidden sources of gluten.

- **Make a reservation**

Use a restaurant that other celiac sufferers have recommended is an obvious choice. Try to book at least a week ahead.

- **Phone before you leave**

So you can confirm with the chef what you will be able to eat. If the person taking the reservation is not sure about your questions ask them to consult with the chef as to whether they can meet your dietary needs. Ask the chef for his name; strike up a rapport. This way he or she will feel like he is developing a customer relationship with you and be more accommodating. Get them to phone you back if necessary.

- **Ask the following:**

“Hello, my name is and I would love to eat at your restaurant. However, I have a severe reaction to gluten and need to observe a strict gluten-free diet. Are you aware of this intolerance?”

Depending on what answer you get, you can then decide on how much more you need to ask. Some restaurants may be able to offer you a list of gluten free options available, whereas others may require you to delve a little deeper. For example...

“Would you mind if I read through the following list of items I must avoid to see if you can prepare a safe meal?”

I cannot digest the following:

Wheat, rye, oats or barley, bread, breadcrumbs, flour, whole wheat flour, semolina, soy sauce, rye breadcrumbs and rye flour, barley malt, pearl barley, orzo, oats, oat flour or oatmeal, starch (unless it's from corn, tapioca, or potato), modified food starch, hydrolyzed vegetable or plant protein, cakes, cookies, buns or rolls, and sauces made from canned or powdered stocks, croutons, low fat mayonnaise, yoghurt, marinated foods, most sauces and gravies.”

Again, depending on the response, you may have decided that you would not be totally confident eating there until you have established how *your* meal will be prepared.

“I also need to ensure there is no chance of cross-contamination:

My food is not made in pans that have flour or crumbs on them from other food preparation.

When cooking my food, any oil is clean and not previously been used for frying breaded foods.

I cannot eat sauces unless ingredients are known. If in doubt simple, plain food will be fine.

I can phone back if necessary but, do you think you can prepare a safe gluten free meal for me?”

- **If they do not have any gluten free options.**

Ask them if they would be willing to prepare a gluten free meal if you supplied all or part of the ingredients.

- **Find out when their quiet night of the week is.**

If possible make your reservation for a quiet night of the week. Phone ahead to find out when this is. On a quieter night staff will be happier to take time with your ordering.

- **Have a snack before your meal.**

By having a light snack before your meal you will not be tempted to rush your order due to impending starvation!

After you have read through this ideas list and made a reservation you will have:

- Mentally prepared you for a meal out.
- Confirmed with the restaurant that they can cater for a person who needs to avoid gluten and wheat.
- Given you confidence and reassurance with your restaurant choice.

What If I Have Not Managed To Book Ahead Of My Meal?

Do not panic!!

I know it seems the worst-case scenario, but it is also one of the most exciting ways to choose where to eat. There is nothing wrong with strolling the streets looking for a restaurant.

Just remember to:

- Look for the menu outside before going in.
- Once again, be assertive enough to question the waiter or chef about possible sources of gluten, including the hidden gluten used in the food preparation.
- Your focus should be on what you will be able to eat; it may not matter for example if you cannot eat the sauce with your meat.

When You Arrive For Your Meal

If you have not been able to ask questions ahead of your visit and it is busy, be a little more patient. Remember to have that snack before you go so you are not too hungry.

Ask for help. Let the waiter know about your food intolerance. This will make the waiter feel valued. Do not get angry or impatient if they do not know answers to your questions. They will almost always have to question the chef. Let the waiter know you are prepared to wait and take your time when ordering. This will stop them feeling rushed.

The card below is ideal to carry with you to help you order your meal with confidence. Cut it out and keep it in your wallet:

***RESTAURANT CARD ***

“I would love to eat at your restaurant, however, I have a *severe* reaction to gluten and need to observe a strict gluten-free diet.

Please ensure none of the following ingredients are used in preparing my meal:

Wheat, rye, oats or barley, bread, breadcrumbs, flour, whole wheat flour, semolina, soy sauce, rye breadcrumbs and rye flour, barley malt, pearl barley, orzo, oats, oat flour or oatmeal, starch (unless it's from corn, tapioca, or potato), modified food starch, hydrolyzed vegetable or plant protein, cakes, cookies, buns or rolls, and sauces made from canned or powdered stocks, croutons, low fat mayonnaise, yogurt, marinated foods, most sauces and gravies.

I also need to **ensure**:

My food is not made in pans that have flour or crumbs on them from other food preparation.

My food is not prepared on surfaces that have flour or crumbs on them from other food preparation.

My food is not prepared using utensils that have being used with flour or crumbs on them from other food preparation.

That when cooking my food any oil is clean and not previously used for frying breaded foods.

If in doubt simple food is what suits me best.

Thank you for your help”.

Once the waiter has taken your card to the chef they may have highlighted on the menu what is safe for you to eat. If not, give the waiter 2 to 3 menu choices at a time. In this way, if your first choice isn't safe, the waiter can inquire about your second and third choices without returning to the table.



When looking at the menu don't be put off if you cannot choose a whole meal that is gluten free. It may be the sauce or the pasta that you cannot have but the meat may be ok. So mix and match. This should not prove to be a problem to the chef or the restaurant.

Remember even if you've eaten at the restaurant before and the menu choice you made last time was fine, you should still check if it is ok this time. Remember chefs change and/or they may not remember you.

If they are happy for you to take your own gluten free ingredients, remember to watch out for how your food is prepared and cooked. Again this is on your Restaurant Card.

When Your Meal Arrives

When your food arrives and you are still unsure about the contents, be assertive, ask the chef to clarify the ingredients in your meal. Remember it is just not worth taking the risk. You have to feel confident in what you are eating to enjoy your meal, after all that is why you are going out in the first place. You are a paying customer, why shouldn't you expect good service? It is their responsibility to ensure as far as possible that they provide you with a meal that will not cause you harm.

Post Meal Appreciation

Now that's a mouthful! If you had a good experience at the restaurant, show your appreciation. If you've enjoyed your meal, a personal thank you to the waiter and/or chef works wonders! What's more, they will be more willing to accommodate you or others with celiac disease the next time.

So, the eating-out experience should not be quite so daunting to you now. In fact, with a little planning you should be able to enjoy dining at restaurants, confident that what you are eating is gluten free.

Bon Appetite!

Chapter 11

On The Move ... Travelling Tips



When travelling, remember, the basic rule is that *any* “fast food” should be considered inedible for you. It is not even worth thinking about. Be prepared to go hungry for a while or have your own supply of gluten free snacks.

When you're booking any travel arrangements where meals will be provided, mention your gluten free diet. Offer to fax or e-mail them the Restaurant Card. Most travel operators can now accommodate the celiac diet. Remember, if in doubt, pack your own snacks.

Carrying the following items while travelling, will allow you to eat fresh produce on the move:

- Disposable gloves to handle non gluten free food or when you cannot wash your hands.
- ‘Wet Wipes’ or pre-moisten wipes to wash your hands.
- Your own small metal spoon and fork for you to eat from.
- A small can opener to get quick access to tins.
- A small plastic cutting board.
- A small pen knife (reconsider this if travelling by air).
- Small, sealable containers to fill with your gluten free foods. This has the added bonus that they are able to be used as dishes once the food runs out!

Chapter 12

The Immediate Action Plan

This chapter is your new beginning. An actual plan you can follow, with practical advice and steps to take. By now you should be under no illusion as to the seriousness of your condition. But, looking on the bright side, you have in your hands the necessary tool kit to lead a perfectly healthy life.

The Immediate Action Plan describes the steps that you can take to manage your condition. It is a systematic process that will undoubtedly help you...

Step 1

Diagnosis



You may or may not have already been diagnosed with having celiac disease. If you have not and you are experiencing any symptoms that are attributed to it, as discussed in chapter 5, then you must arrange an appointment to see your physician immediately. Without 100% confirmation, it is pointless taking the steps outlined in this management plan. By doing so, at the very least you'll know what you're up against and how to deal with it.

Step 2

Informing Your Nearest And Dearest

It is imperative that you explain your condition to your family or the people most close to you. You will need their help and support both physically and emotionally. Furthermore, they will need to understand and come to terms with what will effectively become a new way of life for you all. It will take time for you and your family to learn about celiac disease, how to avoid wheat and gluten in your diet and how to go on living without it ruining your lives.

When explaining your condition to friends and family emphasize how difficult it is not being able to eat the foods you long to, whilst watching others do so. Try to help them picture the world as *you* see it. They will need to understand your eating and food preparation habits in order to help you. Describe to them the symptoms you suffer and the possible long-term effects it could have on your health. Don't pull any punches here. The more graphic you can make it, the more it will encourage them to be extra careful!

Remember to listen to *their* concerns and worries as you explain your needs and fears. It is extremely difficult to expect people's long established habits to change over night, especially the younger ones around you. Be patient. Allow time for them to get used to your condition, and allow for the occasional mistake. Involve them in all the stages of the Immediate Action Plan. Their help will be a benefit in all areas. Ask for their ideas on how a workable system may be developed in the kitchen. For example, color coding utensils, having a separate cupboard for all your food items etc. You may already have a pretty good idea how things could be altered but you never know what new and imaginative ideas your friends or family may come up with. This has the potential to be an exciting time. The support of your friends and family will be a great asset.

There will be occasions when family members just want to go out for a good ol fashion pizza! Let them go, with your blessing, encourage them to do so. It might be hard for you to sit at home while they tuck into some of your previous favorite dishes but stay positive. Anyway, there are a growing number of popular restaurants that are now catering for customers unable to eat gluten or wheat and so you should have plenty of opportunities to eat out with your friends and family.

Step 3

Education, Education, Education

Well done, you have already started your educational process by reading this book. I would suggest you read it and then read it again. You'll be amazed how much you take in the second time. Read it as emotional support when you're feeling low. Read it to strengthen your resolve when you're finding it tough, especially this chapter.

You need to educate yourself about the symptoms you are experiencing and the causes. You should always keep abreast of the latest information on your condition, research, changes in food labeling and food manufacturing.

Once you have become totally familiar with the contents of this book, you should contact one of the celiac support groups some of which are listed in the further reference chapter. These groups are excellent sources of information and advice. They'll help you find gluten and wheat free foods and excellent recipes. Plus handy tips and advice for successfully living with celiac disease.

As you become more able to manage your own condition, try informing and helping others. It's surprising how good it makes you feel to help others who maybe in a similar situation to yours.

The First 3 Steps Of The Immediate Action Plan Establishes A Positive Mind Set:

- Put a name to the symptoms you have been experiencing. This enables you to deal with your condition on an emotional and practical level. Being correctly diagnosed should have come as a relief to you. At least now you know what you are dealing with.
- It ensures your family and close friends are aware of your condition, the effect it will have on their lives as well as yours. You will need their support.
- The educational process rationalizes the initial fears that you have been experiencing, especially now you understand that you are completely able to manage your situation.
- Finally, the Immediate Action Plan starts working at a sub-conscious level. It will provide you with encouragement and belief to go forward in a positive and hopeful frame of mind.

Step 4

Your Emotions

The final part of the Immediate Action Plan is to deal with your emotions. By working through these emotions you will start to develop a new positive mindset. The order they are presented is not necessarily the order you will experience them.

Fear/Anger

Why me? You live a normal sort of life right? No real excessive indulgences. In fact, you should be in pretty darn good shape! So why should you be inflicted with this horrible condition? Well you're right, it's not fair, but that's just the way your cards have been dealt. It's as simple as that. Go ahead, stamp your feet, beat your fists, scream and shout, but do not keep these emotions bottled up. There will be times ahead when you'll experience the same emotions all over again. It is perfectly natural. We're all human and we all need to let our emotions out. It is unhealthy to keep them in. You are bound to be fearful of what lies ahead especially when you read about some of the possible long term effects. But remember, through education, adherence to a strict diet, the help of a well thought out action plan, these fears will fall into insignificance.

Grief

You will, beyond a shadow of a doubt, grieve for the loss of freedom in what you now cannot eat. You need to experience a time for mourning to successfully move on. Acknowledge the pain it's causing you. Don't belittle or trivialize your condition just because other people around you may be experiencing (and in your eyes) a lot worse that life has thrown at them. This is a life-changing event that has happened to you, and yes, it is upsetting. It's more than crying over spilled milk here. We're talking a major life changing condition. You go ahead and grieve. Then you can dust yourself down, accept that it's here to stay and start making the necessary changes.

Acceptance

You *must* come to terms and accept your condition. Ok, easier said than done, I'll grant you that. There is no time-scale on these emotions and they will be revisited on more than one occasion, but unless you reach a point of acceptance, you're going to be beating yourself up for quite some time. Once you have been diagnosed with celiac disease and you're through with the anger and grief that this has brought about, you need to accept that this is now part of *you* and your life. By realizing this and accepting your condition, you have completed a major step in your progress.

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."

William James (1842-1910)

Having worked through the four steps of the Immediate Action Plan you will have developed the much needed momentum to help you succeed in making your new beginnings come to fruition.

The more steps of this plan you work through the more the Immediate Action Plan develops your belief at a sub-conscious level, in that you have the ability to cope with celiac disease and not let it ruin your life. It is this belief that you will start to reinforce and build on from now:

Understand The Power Of Belief

"Our belief at the beginning of a doubtful undertaking is the one thing that assures the successful outcome of any venture."

William James (1842-1910)

American psychologist, philosopher, "The Will to Believe"

Once you have worked through the Immediate Action Plan, you should have started to establish a sub-conscious belief that you can deal with your condition. You are now ready to develop a *conscious* belief in yourself.

There are certain conditions that you must be clear about and accept without question or deliberation:

- The only recognized treatment to date for celiac disease is the **life-long** adherence to a gluten and wheat free diet.
- You can and will live a normal healthy life.
- You **DO** have the power to change your life and manage your condition.

To dramatically improve your resolve and to realize the life long benefits of adhering to the gluten free diet you need to explore the powerful effect the mind can have in accelerating and bettering your determination.

To tackle celiac disease and stick rigidly to the gluten free diet you need to develop a confident and positive frame of mind. **Belief** is quite simply the most important factor in your success. If you are not successful in developing this belief, you will not succeed.

"Whether you think you can successfully manage celiac disease or not, you are probably right!"

Exercise Your Emotions



Try this right now:

First of all you need to be sitting. Now think of a time when you were at a low point in your life....Remember it in as much detail as possible. Remember the emotions you felt... tired, unsure, frightened or sad....Hold on to these feelings for 10 to 20 seconds.

Now try and stand up and note what you are feeling, physically and emotionally.

Sit down again and think of the opposite; a time or an event or occasion when you were happy and things were going wonderfully well for you....Remember it in as much detail as possible, remember the emotions you felt... Confident, laughing, proud, happy....Again, hold on to these feelings for 10 to 20 seconds.

Now stand up again and note what you are feeling.

What you will have demonstrated to yourself is that there is a mind and body link that makes it easier to stand up when you are in a positive frame of mind than when you are not.....

In the same way our belief about *ourselves* tends to be self fulfilling. By this I mean if you believe without question that you will succeed in something, you stand a far better chance, than if you do not.

“Believe you can manage celiac disease and you will do so.”

It really is that simple. Before you even think about all the new foods to buy, recipes to look over and color coding your kitchen, you need to have the correct mind-set from the start.

By completing the Immediate Action Plan you have taken the first and most difficult steps by establishing sub-conscious beliefs. Now you are at a stage where you can really start to progress:

Before we look at goal setting, which is the real mechanics of your Management Plan and where you will start to see the fruits of your labor, you need to understand that someone is waiting to sabotage your new found, positive beliefs!

Yes *you* are often your own worst enemy and you need to be aware there will be occasions when you will doubt your commitment and resolve.

Firstly recognize what these negative influences might sound like:

“It is too difficult to stick to this diet”.

“It is too time consuming to constantly plan for family meals”.

“I miss the old foods too much”.

“It is just my luck to have an allergy to wheat, I never get the breaks!”.

“Other people are well, but not me, and I just have to accept it”.

You need to realize what this dark, inner voice can do to your health. When you do notice these thoughts you must challenge them head on with counter positive thoughts.

For example:

“By using this management plan and the information in this book, I have a proven system to help me and encourage me when I feel down”.

or

“I may miss some of those old foods but I am discovering lots of new, delicious foods and recipes to enjoy”.

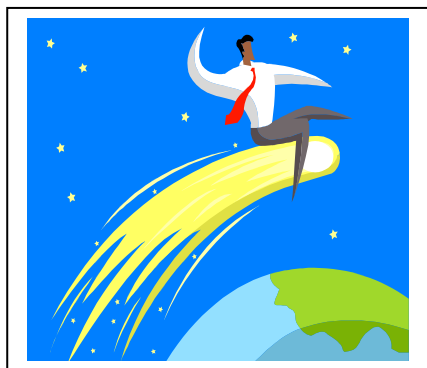
In this way you are not letting the negative thoughts reinforce your negative self-image.

“BELIEF IS 75% OF SUCCESS”

Believe me, your **mental attitude** is virtually all that is standing between you and success!

Chapter 13

Successful Goal Setting



Goal setting is a very simple and extremely effective method of helping you stick to a gluten and wheat free diet. It is an easy technique that thousands of successful people use every day. You can use the goal setting steps in many areas of your life, but in this book we will be concentrating on managing your wellbeing.

What Is Goal Setting?

It is a simple method of **WRITING DOWN** exactly what you wish to achieve, **READING IT OUT LOUD** at regular intervals and **VISUALISING** the goal coming true.

Goal setting needs the 3 ingredients above to make it effective:

1. Write Down Your Goals

Write down exactly what it is you wish to achieve. You will have emotional goals and physical goals. Your emotional goals need to be written in the present tense as if they are actually happening already.

For example:

“Every day I feel more confident in dealing with my condition; I am eliminating negative thoughts and feelings”.

For your physical goals you must state the *exact* nature of the goal and state a deadline by which time the goal will be achieved.

For example:

“On Sunday, I will prepare a family meal with the help of as many family members as possible”.

It is very important to realize the difference between the two types of goals and to use the correct tense. It is a system that is tried and tested and will **GUARANTEE** results.

2. Read Your Goals

Read your goals out loud to yourself at regular intervals. Choose a place where you feel comfortable and at a time of the day when you will not be disturbed. Try to do this twice a day, it will only take a few minutes. I suggest you do this, first thing in the morning and last thing at night. I know that it sounds strange but you will have to trust me, it is important. Sound *and* vision will help your sub-conscious absorb the information more effectively.

Before you read out your goals you need to be in as a relaxed state as possible. Choose a place where you feel comfortable and are unlikely to be disturbed. If you have your own bedroom, then this is ideal; otherwise, choose a time when you are likely to be alone and select a place (like a comfy armchair) where you can read your goals from.

You will not always be able to do your work in this special place, but you should aim to do so as often as possible. Two sessions a day is all that is required to make this method bring BIG RESULTS for you. Don't think too hard about this, believe me, it works ... Just Do It!

3. Visualize Your Goals Coming True

Ok, you're sitting or lying in your chosen place, totally relaxed. Unfold your sheet of paper upon which you have written your goals. Read each one slowly, (out loud if possible) and as you read each goal IMAGINE it coming true.

For example:

If one of your goals is to have a meal out with your family, then vividly imagine yourself speaking to the waiter or waitress about your condition. Feel your confidence. You may see yourself speaking directly to the chef and handing over your restaurant card. See and feel the positive emotions.

THIS VISUALISATION IS MOST IMPORTANT AND SHOULD NOT BE SKIPPED.

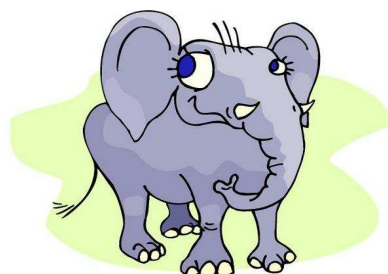
What this system is achieving, is to plant into your sub-conscious mind the idea you are deadly serious about these goals and you will not accept excuses for not achieving them.

Over the next few days, make absolutely sure that you carry out your physical goals (if they are short term ones). This is VITAL to your success. DO IT! That way you are telling your sub-conscious that you are the master of your destiny. That you are going to call the shots from now on.

If you decide that YOU want to change, then your sub-conscious WILL change in accordance.

By setting small, short term, achievable goals, you should see quick improvements. From seeing these you will develop belief and confidence. Not only that but, they represent the first battles between the inertia of your subconscious, and your will power. There can be only one winner!

The key to goal setting is to plan using small achievable goals at first, which you will see results from and then build on these successes with longer term goals. Stick with me on this and lets do it one achievable step at a time.



Question: “How do you eat an elephant?”

Answer: “One bite at a time!”

Listed below are some suggested short, medium and long term goals. This suggested list is not prescriptive or exhaustive. Use it as a starting point. Add your own goals into the list or make amendments to the ones already there. They have got to be personal to you **and** achievable. I suggest you start with one or two short term goals and as your confidence grows start to think about medium to long term goals.

Remember, the fact that you decide on a goal and write it down, is critical to your success.

When you are happy with your list of goals, you will need to decide on an appropriate time frame in which you will achieve them.

The target time for these goals should be the first four weeks of your plan. Try to give a specific date when you want to have achieved each goal.

Suggested Examples Of Short Term Goals:

- **By Monday 17th August, I will have started a food diary.**

Having a food diary is an absolute **must** and will help you eliminate foods that make you poorly. Try to record all in-take, amounts of food and reactions. Keep lists of tolerated foods and beverages, but more importantly identify intolerances and what type of reactions you suffered. Note the time, how long the symptoms went on for, the severity etc.

- **By ... (set your date), I will identify a separate food cupboard from the rest of my family. It will only be used for gluten free foods and I will inform the rest of my family of this.**
- **By ... I will have labeled (using color coding) all the eating utensils that I intend to use.**
- **By ... I will have labeled (using color coding) all the cooking utensils (saucepans etc.) that I intend to use and I will inform my family of this.**
- **By ... I will have a separate shelf in the fridge for storage of gluten free products and I will inform my family of this.**
- **By ... I will have developed a standard “Core” shopping list of gluten free products.**
- **By ... I will have started to list my symptoms.**

Suggested Examples Of Medium / Long Term Goals:

The target time for medium term goals should be in the first 4 months of your plan. For long term goals you should be looking at planning your goals for up to 12 months in the future.

- **By ... I will have kept strictly to the gluten free diet and as a reward I will treat myself to (your favorite restaurant, a new shirt/blouse etc.)**

Do this by using the gluten free lists you developed as part of your short term goals.

- **By ... I will build on the “Core” shopping lists by trying new foods.**

When trying new foods you are not sure about, do it in small quantities and wait 2 – 4 weeks for symptoms to develop before you decide to include it as a tolerated food.

- **By ... I will develop a gluten free recipe book.**

You should aim to make this a living document. Visit the various websites listed in this book. There are hundreds of them. Say goodbye to boring meals!

- **By ... I will prepare a gluten free family meal.**

The benefit of this goal is that it makes life easier for you, if you are the one that cooks the family meal. At the same time, other family members or friends may like the gluten free foods, so it will be easier for you to cook for them in the future.

- **By ... I will go to a restaurant, use the card and techniques described in this book to order a meal.**

By carrying out this goal you will start to increase your confidence and expand your social life.

- **Every time I have a good experience at a restaurant I will make a note of it.**
- **I will maintain a regular health check protocol of a full check up every 12 months.**

This will help to identify the correct levels of vitamins and minerals and keep a check if your condition degenerates.

Start a regular health check protocol by using your team of health professionals. Consult your physician regarding specific nutritional supplementation, to correct any vitamin / mineral deficiencies. Primarily, B12, folic acid, iron and calcium.

Remember to identify gluten free medication sources. Also, consult your dentist, pharmacist, psychologist and other health professionals to help you manage your condition. Your aim should be to maintain optimum immune system function, to keep your body and mind defenses up.

- **I will pre prepare and freeze gluten free meals.**

This will save you time effort and will de-stress your life, especially if you are cooking for a family.

- **I will identify and eliminate any immune response triggers that may exasperate my condition.**

For example, severe stress may trigger additional symptoms.

- **I will keep abreast of all current celiac disease developments.**
- **I will become a celiac disease mentor.**

Do this by being willing to offer your help and advice to others. Take part in chat room discussions/forums etc., sell your success!

You can now start the practical work:

Sit quietly and relax. Try and clear your mind of all other thoughts of the day. Take your goals out and read them out loud (if possible), otherwise whisper them under your breath!

“Write your goals down, read your goals out loud, visualize them coming true and you will achieve them”

Chapter 14

Techniques To Help You Change

You have now reached the stage in the process where you need to employ techniques that will help you change your conscious and subconscious beliefs. Remember how difficult I said it was to change unconscious thoughts? These techniques will help you:

Technique 1

Affirmations

An affirmation is a positive statement. It states how you want to be, the way you want to be and why you want to be that way.

Try to structure a positive sentence using the following method:

Describe the **Personal** specifics of what you want, e.g. I want to be symptom free.

State in a **Positive** way **Precisely** what you want, e.g. To stay on the gluten free diet.

Use the **Present** tense, e.g. I am symptom free by staying on a gluten free diet.

Once you are happy with your sentence you should repeat it back to yourself. Try 10-20 seconds every day, to reaffirm your resolve.

As you repeat it back to yourself:

Visualize achieving the affirmation. Imagine being perfectly healthy and symptom free.

Immerse yourself in what it will be like achieving the affirmation. Think of the relief you will feel in not being afraid of the symptoms.

Concentrate on the different feelings you will experience and the different way the world feels for you now. The new you, confident and able to lead a normal healthy life.

Enjoy what you feel during the experience.

By doing all the above you should try to incorporate as many of your 5 senses as possible. This gives the whole experience greater meaning and will take stronger root in your subconscious.

Give it a go! Try making about five more of these sentences and make their repetition part of your daily routine. Always try to sit comfortably and relax your mind and body when you are using the techniques. Try listening to gentle, relaxing music in a private place for maximum effect.

Technique 2

Break Old Patterns By Dealing With The Negative

You have probably been here before, if not dealing with celiac disease then on the cusp of another life changing event. Unfortunately, instead of realizing and achieving your goals you fell short. Why? Because the negative influences in your life, have influenced your thoughts.

It is natural and it is expected. Not only is your subconscious mind working against you but your environment and other people may be influencing you (even though they may be well meaning). This is one of the most powerful and commonly used techniques. It will help you combat anything that tries to break your resolve in achieving your goals.

You know what I am talking about:

- **Self limiting beliefs** that sneak into you head.
- **Negative people** that influence you, even though they may be well meaning.
- Your **environment or personal situation** can make accepting your condition difficult.

The above situations will attempt to break your resolve. By breaking old patterns you can stop any negative experience from ruining your resolve.

Apply the following:

Identify any self limiting beliefs you have. They are your unconscious mind trying to exert its strength and make you fail. If you find it hard to ignore these thoughts, try distracting yourself by pinching yourself, shouting “NO!” in your mind, or repeat your affirmations over the top of the negative thought. Do this to exert your conscious will over your subconscious.

When you experience ‘**negative people**’. - As I have said people will be negative because they want you to fail, do not believe in you, or believe they are helping you. It matters not. In all cases be assertive and tackle any suggestion that you will not succeed.

If your **environment or personal situation** makes it difficult to accept and deal with you having celiac disease. - You need to revisit the Immediate Action Plan to allow you, your family, your work or any other facet of your environment to accept celiac disease.

Once you have distracted yourself from these negative influences:

- Repeat your affirmations again to strengthen your positive resolve ... and congratulate yourself!

You have taken the first steps in building your self confidence. You have proven to yourself that you can tackle the negative and win!

Technique 3



Create A Positive Anchor

By remembering the experience of winning over and tackling difficult and trying situations, you can create a **positive anchor**. This technique involves using positive experiences from the past, as a basis for repeating the experience in the future.

The technique is simple:

- Identify a forthcoming negative situation (thought, feeling, person or situation).
- Identify the feelings you would like to exude in dealing with the situation (confident, assertive and positive).
- Remember your anchor (the last time you overcame a negative experience).
- Remember how it felt to have won over the situation (what emotions, sensations and strengths you felt).
- Hold on to these powerful thoughts and use them by believing it will happen again.

You can now deal with any negative situation. With the powerful, positive anchor on your side, this will enforce a positive outcome!

This system works. It is tried and tested and will work for you if you're determined enough.

- Re-read chapters that you feel will benefit you most.
- There is not a quick, easy fix. It is a long, ongoing process of education and conditioning.
- Do not beat yourself up when you make mistakes, we are all human!
- Consider this point onwards, as a challenge...

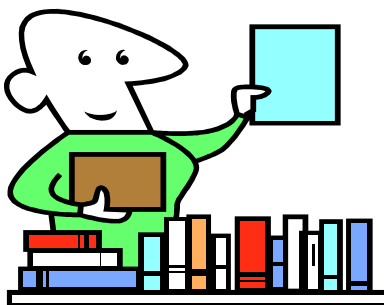
“...Enjoy the Challenge, Enjoy your Life!”



Chapter 15

Further Reference

Books



There is a massive array of good quality books to read. The following books are all well worth a look at:

Living Well With Celiac Disease by Claudine Crangle. Provides tips on how to keep children with celiac safe and healthy.

Against the Grain by Jax Peters Lowell. Provides a fun and informative guide to living gluten and wheat free.

Gluten-Free Diet by Shelley Case. A good resource guide providing specialty foods and creative ideas for meals and snacks.

Wheat-Free, Worry-Free: The Art of Happy, Healthy Gluten-Free Living by Danna Korn. A good practical guide.

Waiter, Is There Wheat In My Soup? by L.Ries. Looks at a guide to make dining out easier.

All About Food Allergy by F.Dong. Provides a general guide to food allergies and how to deal with them.

No Wheat-No Problem. This book shows a great selection of wheat and gluten-free recipes as well as strategies for living gluten-free. It is available to order on line at www.nowheat-noproblem.com

New Gluten-Free Cookbook. This book gives a fresh innovative approach to cooking real food gluten free. It is available to order on line at www.glutenfreeandeasy.com

The Essential Gluten Free Guide. This is an electronically downloadable book available at www.aglutenfreelife.com The book informs the reader about celiac disease, whether they are a celiac newbie or a seasoned campaigner. It delivers a valuable new life changing system - quite unique within its field.

Internet References



This selection represents only a small amount of information that is available to you on the internet. Use any popular search engine and you can see how much information is out there. In the mean time, try this selection for good, up to date information:

www.GlutenReview.com

Celiac Disease and Gluten Free Diet Information - **Help and advice** with celiac/coeliac disease, gluten intolerance or wheat allergy. Includes **recipes**, tips, an on-line dietitian and much more.

www.celiac.com

Celiac.com provides an excellent information service including gluten-free and wheat-free diet resources as well as providing support for people with celiac disease or gluten intolerance.

www.csaceliacs.org

Understanding food labels. This website provides comprehensive information on food labeling.

www.enabling.org

Basic information about celiac disease is provided on this website which lists a comprehensive information and reference service.

www.glutenfreeholidays.com

Gluten Free Holidays lists holiday options for Celiacs. Over 60 holidays are covered in over a dozen different countries.

www.wholefoods.com

Whole Foods Market are suppliers for those with celiac disease, wheat allergy and food allergies.

www.glutenfreeforum.com

Gluten Free Forum lists diet information, recipes and provide links to support organizations.

www.penny.ca

Celiac Canada.com provides regularly updated gluten free product information and gluten free links.

www.GFlinks.com

GFlinks.com The Web Site includes description pages, journals, media, images, associations, organizations, commercial sites, cookbooks, gluten free vendors, mailing lists and discussion groups.

www.specialdiets.org

The Special Diets Resource Guide includes a directory of products, suppliers and information for celiacs.

www.Glutenfreeda.com

For an online cooking magazine which shows many varied tasty and useful menu choices.

www.Glutenfreeliving.com

For information to help celiacs make the gluten free diet interesting and varied. Lots of interesting articles on essential topics from food labeling to Osteoporosis risks.

www.Livingwithout.com

For access to a magazine with useful information for celiacs.

Organizations

The list of organizations available for you to join or contact is growing as the public and the medical experts become more aware of the problems with gluten and wheat.

The following is just a selection of the organizations that are available for you to access. You can discuss your concerns and share ideas by using the forums and chat rooms to communicate with people in your area or around the world who share your situation:

www.celiac.org

Celiac Disease Foundation is a non-profit, public benefit corporation. It is dedicated to providing services and support, to persons with celiac disease and dermatitis herpetiformis, through programs of awareness, education, advocacy and research.

www.csaceliacs.org

Celiac Spruce Association/United States of America, Inc. This site provides pamphlets, cook books, commercial product listings and a newsletter.

www.gluten.net

Gluten Intolerance Group site includes a quarterly magazine, educational materials, and information on kids' camps, educational meetings, patient information, restaurant tips and product information.

This is just a sample of what is available on the internet today. You have a whole host of other resources at your finger tips in the Gluten Free Directory.