



GOING
GLUTEN-FREE

*transformation
guide*

THE BIG QUESTION

SHOULD I TRY TO GO GLUTEN-FREE?

If you are allergic to gluten or have celiac disease, then you have your answer. But if you're curious about a gluten-free lifestyle and just want to experiment to see how good you would feel without gluten - GO FOR IT.

Going gluten-free is not always easy, but this is why I created my guide for you: to make it simple to understand how to go gluten-free with ease.

Recent research and many doctors claim that there are multiple benefits to going gluten-free, including anti-inflammation, weight-loss, a decreased risk of heart disease, and more energy.

Experiment with cutting out gluten and even gluten-containing products, and see how you feel. You may be amazed at how fabulous, free, and ready to run a marathon you end up feeling! You will see excess bloat, weight, and brain fog go away.

Let me share one secret with you: If you do eat gluten & you feel or experience fatigue, belly bloating, puffy face, and/or lethargy after eating, then just know that gluten does not work for your unique body.

DIGESTION BREAKDOWN

LEAKY GUT, TOXINS, INFLAMMATION, WEAK DIGESTION, CELIAC/GLUTEN SENSITIVITY

- Difficult weight management
- Constipation/Diarrhea
- Gas/Bloating
- Headaches
- Low energy
- Low sex drive
- Bad skin
- Heartburn/Reflux
- Moodiness/Depression
- Anemia
- Malnutrition
- IBS
- Leaky gut
- Anemia
- Failure to thrive
- Asthma
- Brain fog
- Environmental allergies
- Depression & anxiety
- Disease
- Auto-immune diseases

THESE GRAINS, FLOURS, STARCHES, AND THICKENERS ARE APPROVED FOR CELIAC AND WHEAT ALLERGIES:

- Corn, grits, polenta, and cornmeal
- Buckwheat, buckwheat cereal, kasha, and buckwheat flour
- Rice: white, brown, risotto, basmati, jasmine, sticky rice, rice cereal
- Rice flour: white rice, sweet (glutinous) rice, and brown rice flour
- Quinoa, quinoa cereal flakes, and quinoa flour
- Millet and millet flour
- Sorghum flour
- Amaranth and amaranth flour
- Certified gluten-free oats and oatmeal
- Coconut flour
- Teff flour
- Nut meals and flours: almond, chestnut, pecan, cashew
- Chick pea, garbanzo, soy (soya), and bean flour
- Tapioca (whole) and tapioca starch (manioc)
- Potato starch (used in baking)
- Potato flour (used sparingly as a thickener)
- Sweet potato and yam flour
- Arrowroot starch
- Cornstarch

PRE-MADE INGREDIENTS THAT ARE SAFE FOR CELIAC INCLUDE:

- 100% corn tortillas and taco shells
- pre-made polenta rolls with a gluten-free label
- plain teff wraps made from 100% teff flour
- plain 100% brown rice tortilla wraps
- unflavored mochi
- 100% corn pasta
- quinoa (you can get this at any natural food market, Whole Foods, Trader Joe's, or your local grocery store)
- brown and white rice pasta, rice noodles, rice glass noodles
- 100% buckwheat soba noodles (check label)
- rice paper, rice, and tapioca rice paper wraps (check label)
- 100% nut butters - almond, peanut, cashew, pecan
- 100% seed butters- sesame tahini, sunflower, and hemp
- seed butter
- Gluten-free beer and lager made from rice, sorghum, or a non-glutinous grain.

Gluten-Free Tip when it comes to food:

Yes, I am telling you that you can have these items—but again, going gluten-free is different for everyone so

**TRUST YOUR STOMACH: IF IT DOES NOT LIKE SOMETHING YOU
EAT, DO NOT EAT
IT AGAIN.**

Keep in mind that some people may still be intolerant and sensitive to gluten-free products BEFORE their digestive system has healed.

Others that have never felt great with gluten-free products can find success tolerating whole food-based, gluten-free grains, such as millet, amaranth, buckwheat, and quinoa, to name a few.

Experiment with your own body & always remember that you know your body better than anyone.