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## CHAPTER 1 – WHAT THE HECK IS GLUTEN FREE?

If you've chosen to open this book and begin reading, you've taken the first step to a new slimmer and healthier you. So let's start at the beginning. What is a gluten free diet?

A gluten free diet is a diet which contains foods that lack the protein gluten. This protein gluten is found in barley, malts, wheat and rye. In most cases it is as a thickening agent or as dextrin. This diet is the only diet that is proven medically to help in treating the Celiac disease commonly referred to as the wheat allergy. Eating of this diet helps in controlling the signs and symptoms of the disease.

This diet presents the individual with very minimal levels of gluten other than complete absence. This is because the exact levels that cause the celiac disease are not defined but to be on the safe side one is required to stick to the diet.

Just like any other diet that is aimed at checking medical

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conditions, this diet is not an easy one to get used to. This is because in the early stages of the diet plan, one may feel deprived by the restrictions involved. But an individual is required to get used to it and with time he or she will find how many more gluten free products are available to their disposal.

Some of the gluten free foods include whole nuts, beans, fresh meat, poultry, fresh eggs, seeds, green leafy vegetables, fresh fruits and most dairy products. From these, one can see that although the diet might be challenging to stick to, there are varieties of gluten free foods.

During this diet it is very important to watch out for some other foods that contain gluten but can be ignored. A good number of grains and starchy foods also do not contain this protein. A good example of this includes arrowroot, millet, amaranth, flax, buckwheat, corn, rice, potato, soy and even sorghum.

In our day to day life it is a daunting task to avoid wheat because of the other wheat products that come in varieties. But one suffering from the celiac disease has to

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avoid wheat and its products at all costs. Some of the products to avoid include Farina, spelt, Bulgur, Graham flour, Kamut, Durum flour and even Semolina.

During this diet, one has to avoid other products that may be contaminated with wheat not unless they are labeled 'gluten free'. Some of these products can include beer, French fries, candies, pastas, some salad dressings, bread, gravies, crackers and cookies, self basting poultry, seasoned rice mixes, also seasoned snack foods and soup bases.

Sticking to this diet helps the individual suffering from the celiac disease to fight the harsh signs and symptoms of the disease. Therefore it is important to constantly use gluten free foods throughout their life. Unfortunately this diet alone cannot cure or completely bring to an end the signs and symptoms of the disease therefore other medications can be prescribed by a doctor to aid in the curing process.

So as we move deeper into this beginner's guide one will understand what a gluten free diet is in a bit more depth. Learn about the benefits, and also the remedy for the

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celiac disease. This diet is medically proven to reduce the adverse effects of the disease in the body as seen and discussed above

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## CHAPTER 2- GLUTEN AND AUTISM

It is important for every person to be health conscious and be more aware of the things that we do to our body especially to the food that we eat. It is important to know that the "good" foods presented to you are not always what they seem. Take gluten for example. Many people may not know the connection between gluten, autism and behavioural disorders like ADHD (Attention Deficit Hyperactivity), which can have negative effects on a person's personality like depression.

You may be surprised to know that gluten also is present to most of the processed food that we eat. Gluten can be very dangerous to everybody's health when eating it is not controlled.

Believe it or not it has also been proven to affect a person's behaviour especially to those people who are already suffering from a disease particularly Autism and other behavioural disorders like ADHD (Attention Deficit Hyperactivity).

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It has been known to be the source of neurological and psychiatric disorders for people who are sensitive to this protein.

For people with autism, taking in gluten can cause undesirable effects on their behaviour. One major effect is that they suddenly become high which includes repetition in body movements as well as staring at particular parts of an object.

In other words gluten acts like opium for their body. That's why studies have shown that patients with behaviour disorder show major improvements when on a gluten-free diet. Other diseases like bipolar disorders and schizophrenia which includes emotional breakdowns and delusions are also improved by excluding gluten from their diet.

Gluten as mentioned earlier is present in almost every food that we eat. That being said, if you happen to be one of those people who are recommended by your doctor to be on a strict gluten-free diet, you might find it very difficult to follow.

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But you do not need to worry; nowadays various foods now come in a gluten-free variety. People who are intolerant with gluten need to follow a gluten-free diet to improve the health of the body and most especially the health of the mind.

We are haunted by the common misconception that wheat products are good and healthy for our body like what the food industry tells the people. It is very important to know that our body has the tendency to accept and also reject the food that we eat; oftentimes for most people their body finds gluten as foreign. As a result this may cause the body to attack some of your tissues even the good ones.

Gluten intolerance used to be rare among people, but with what's happening to our industry today, gluten sensitivity got spread among many people. You might not know that the reason behind a simple headache or a muscle pain is gluten and other wheat related food that you so enjoy eating every single day.

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## CHAPTER 3 – IS A GLUTEN FREE LIFESTYLE FOR ME?

Taking foods that are gluten free entails more than a change in diet. This is because one's lifestyle has to completely change, for instance, careful consideration of food has to be taken even when one is hungry but not act on impulse. The question that may run through your mind is: Is it worth adopting a gluten free lifestyle?

Reasons why people take to this kind of lifestyle:

There are three major reasons why people are opting to cut wheat and other gluten containing grains from their diet. These are:

1. Celiac disease - This is an inherited, autoimmune disease. Intake of more gluten leads to deteriorating the health of the patient as their bodies are not able to digest this kind of protein. Grains containing this type of protein should therefore be eliminated from their diet.
2. Gluten intolerance - This is whereby the body produces allergic reactions and stomach cramps due to intake of wheat or cereals containing gluten. This condition forces one to eliminate gluten in his or her own diet.

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3. Healthy living - People have come to realize the importance of living healthy. Our bodies should be taken care of through the diet we take since our bodies are not designed to intake all kinds of food. Proper diet leads to weight loss in a healthy way and also eliminating possibilities of suffering from diseases like migranes, fatigue and depression.

Will your social life be affected?

Many people are worried about their social lives and places at which they can take meals when they adopt the gluten free lifestyle. Acquiring a gluten free lifestyle does not restrict you from attending social places or eating at restaurants. One can attend parties and social functions and still be careful on the choice of food you take. You can contact your host in advance to inform him or her on your condition.

There is a significant number of restaurants that offer special menus for gluten free foods. This is due to the increased number of people who are watching their diet. Therefore one does not have to make his or her own dish at home but can occasionally eat out.

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Before we cover it in a bit more detail in the next chapter, here are some of the benefits of living a gluten free life:

Getting rid of gluten in your diet and products that you use comes along with various and beneficial results.

Some of these benefits are:

- i) Reduced or eliminated chances of acquiring certain diseases such as cancer and diabetes.
  
- ii) Weight loss - This type of diet does not contribute to gaining weight but can lead to weight loss.
  
- iii) The diet helps people suffering from autism spectrum disorder - This is scientifically proven that eliminating gluten from diet of people with autism greatly improves their health.
  
- iv) Eliminates the chance of experiencing stomach pains for those who do not tolerate gluten intake.
  
- v) It makes one conscious of the food him or her intakes and therefore gains a vast knowledge on nutrition. A person therefore tends to take food of higher energy.

Adopting a gluten free lifestyle is the best decision one

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can ever make. It shows that you care about your health as you will be taking healthy diets for each meal.

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## CHAPTER 4: BENEFITS OF A GLUTEN FREE DIET

As we have covered, Gluten is considered as one of the primary sources of nutritionally protein. However, there are some people who are suffering from certain health conditions that cannot stand the presence of gluten. Upon consumption, these individuals display symptoms of gluten intolerance and in this case, a gluten-free diet can be extremely beneficial.

### Gluten Free Diet Benefits

A gluten-free diet is normally prescribed to treat various health conditions along with certain medications.

Considering this, most people opt for this diet for medical reasons. Some of the benefits of this diet include the following:

- Celiac Disease: As we have just covered this is a hereditary health autoimmune disorder that results to injuries on the linings of the small intestines after the consumption of gluten. Following a diet that is free of gluten is important for individuals suffering from this condition in order to heal the injuries and strengthen the small intestinal lining.

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- Gluten Intolerance: gluten intolerance is gluten allergy. Individuals suffering from such condition are incapable of tolerating gluten consumption and a gluten-free diet is normally recommended as treatment for the condition.

- Dermatitis Herpetiformis: this is a chronic skin condition caused by the formation of blisters filled with fluid. Burning sensation and severe itching are the most common symptoms of the condition and the most effective treatment for it is gluten abstinence.

- Migraine: most individuals suffering from migraine reported that their condition worsen when consuming foods containing gluten. It was also found that migraine patients also have celiac disease and these can be dealt with by simply following a gluten-free diet.

- Autism: based on research, one of the risk factors of autism is the excessive amount of gluten in the body. Due to this, experts believe that children with autism should not be given foods containing gluten in order to reduce the complications of the condition.

- Improved Digestion: according to experts, approximately 8 percent of the entire population experience stomach upset and other digestive problems

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when consuming gluten foods. Consuming gluten-free foods can help provide a safe diet for people with celiac disease and this can ease the symptoms of digestive problems, such as mild discomfort due to the consumption of gluten.

- **Weight Loss:** a gluten-free diet is helpful in preventing water retention and bloating, thus resulting to weight loss. Following a gluten-free diet means you have to eliminate foods that are rich in calorie, such as cookies, pizza, cakes and wheat bread. However, take note that there are certain foods that do not contain gluten but are not recommended for diet, as it contains high amount of calories like butter and bacon. That is why you have to be very careful when purchasing gluten-free foods and do not forget to read the labels on every product to ensure that it can actually help you lose weight.

However, you should know that although a gluten-free diet is beneficial, you might have a hard time following such a diet. This is due to the fact that the base for most filling products is cereals and grains.

If you are serious about following a gluten-free diet, it would be best to make sure that you examine the labels of the food products that you will be opting for and make

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sure that they are not processed or packed with gluten contents. You can also seek your doctor's advice regarding the gluten-free diet plan and all the other foods that you can include into it in order to reap its health benefits.

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## CHAPTER 5: BEST FOODS FOR LIVING GLUTEN FREE

In this chapter we will endeavour to provide you with a variety and wholesome list of the best foods for living gluten free. Although it is sometimes difficult to ascertain which foods would be best if you are aware of the foods that can be included in the diet, it makes it a whole lot easier

### Grains & Flours

- Arrowroot, amaranth, almond flour, brown rice, cassava, buckwheat, tef, bean flour, brown rice flour, chickpea flour, yucca, corn flour, cornmeal, cottonseed, tapioca flour, soy flour, rice and rice flour, pulses, sago, job's tears, flaxseed, Milo, quinoa, potato flour, millet and pea flour

### Vegetables

- Brussels sprouts, garlic, broccoli, cabbage, cauliflower, peas, lettuce, peppers, mushrooms, spinach, potato, sweet potatoes, pumpkin, radish, turnips, avocado, carrots, watercress, squash, artichokes, beans,

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asparagus, beets, onions, celery, okra, corn, parsley, eggplant and cucumber

## Fruits

- Mandarin, limes, oranges, mangoes, carobs, acai berries, cantaloupe, cherry, grapes, cranberries, kumquat, dates, kiwifruits, figs, quince, apples, strawberries, raspberries, tamarind, watermelon, apricot, tangerines, blueberries, lemons, bananas, papaya, persimmons, passion fruit, peach, pear, plums and pineapple

## Poultry and Meat

- Turkey, rabbit, quail, eggs, lamb, chicken, veal, goat, venison, duck, beef, buffalo, goose and pork

## Dairy Foodstuffs

- plain yogurt, milk, butter is also gluten-free but make sure that you check on the gluten additives on the package, various types of cheese are gluten-free except for blue cheese

## Food Additives

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- Gelatin, honey, algin, yeast, pectinase, soy lecithin, apple cider vinegar, guar gum, rosin, saffron, annatto, sucrose, xanthan gum, karaya gum, maltodextrin, pectin, galactose, vanillin, lactose, acacia gum, tagatose, tragacanth gum, maltol, isinglass, lecithin, tara gum, ester gum, corn sweetener and white rice vinegar

### Nutritional Supplements

- Lipase, spirulina, papain, whey protein isolate, casein, hydrolyzed soy protein, hydrolyzed caseinate, casein, whey, pure vitamins, whey protein concentrate and soy protein isolate

Celiac disease is considered as a very common condition and a serious intestinal problem. Early diagnosis of the problem was difficult before but now a simple blood test can be done in order to detect the condition.

If someone in your family is suffering from the condition, visiting your physician for a checkup is necessary in order to conduct proper diagnosis. More importantly, follow a diet that contains the foods mentioned above in order to prevent the condition from worsening and to maintain a healthier body. You can also check the internet for

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various gluten-free recipes that you can opt for using the ingredients listed above, as part of your gluten-free diet

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## CHAPTER 6: TIPS ON KEEPING TO A GLUTEN FREE DIET

### **Allowed:**

#### **Grains/Flours**

Rice, corn (maize), soy, potato, tapioca, beans, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, Montina®, flax, and nut flours

#### Oats

Research indicates that pure, uncontaminated oats consumed in moderation (up to 1/2 cup dry oats daily) are tolerated by most celiacs. Gluten-free oats are currently available in the United States. Consult your physician or dietician before including oats in your diet and for regular monitoring.

Distilled alcoholic beverages and vinegars are gluten-free. Distilled products do not contain any harmful gluten peptides. Research indicates that the gluten peptide is too large to carry over in the distillation process. This process leaves the resultant liquid gluten-free.

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Wines and hard liquor/distilled beverages are gluten-free. Beers, ales, lagers and malt vinegars that are made from gluten-containing grains are not distilled and therefore, are not gluten-free. Gluten-free beers are available in the United States.

**NOT ALLOWED IN ANY FORM:**

Wheat (einkorn, durum, faro, graham, kamut, semolina, spelt), rye, barley and triticale

Frequently overlooked foods that may contain gluten and need to be verified:

- Brown rice syrup
- Breading & coating mixes
- Croutons
- Energy Bars
- Flour or cereal products
- Imitation bacon
- Imitation seafood
- Marinades
- Panko (Japanese bread crumbs)

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- Pastas
  - Processed luncheon meats
  - Sauces, gravies
  - Self-basting poultry
  - Soy sauce or soy sauce solids
  - Soup bases
  - Stuffings, dressing
  - Thickeners (Roux)
  - Communion wafers
  - Herbal supplements
  - Drugs & over-the-counter medications
  - Nutritional supplements
  - Vitamins & mineral supplements

**If In Doubt Go Without!**

When unable to verify ingredients or the ingredient list is unavailable - DO NOT EAT IT. Regardless of the amount eaten, it is not worth triggering your immune system and the damage to the small intestine that occurs every time gluten is consumed, whether symptoms are present or

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not. A person with celiac disease may have additional food sensitivity not related to gluten.

Many other products that you eat or that could come in contact with your mouth may contain gluten. These include:

- Food additives, such as malt flavoring, modified food starch, and others
- Lipstick and lip balms
- Medicines and vitamins that use gluten as a binding agent
- Postage stamps
- And Toothpaste

Whatever your reason for following a gluten-free diet, here are some tips that can help whether you are at home, at the store, or eating out:

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**At home:**

Eat plenty of "plain" or unbreaded meat, fish, and poultry, as well as rice, fruits, and vegetables. These foods do not contain gluten.

Consider using gluten-free versions of foods such as breads and pastas. You can find them at your local bakery or grocery store.

Check out gluten-free cookbooks. They can give you great ideas for adjusting recipes.

**At the store:**

Read the label before you purchase any food product. Some foods that might appear acceptable may contain gluten. A registered dietician can be a great resource for helping you learn how to read ingredient lists and can make suggestions about gluten-free alternatives.

If you still cannot tell by reading the label if a food contains gluten, check with the product's maker.

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Some medicines contain gluten. Ask the pharmacist about whether or not the medicines you take contain wheat.

**When dining out:**

Call the restaurant ahead of time and ask if it serves gluten-free foods.

Even if you call ahead, be sure to ask your server about whether the foods you order contain or are prepared with gluten.

Once you find a restaurant that meets your needs, stick with it. You'll become more familiar with the menu, and the wait staff can become more familiar with your dietary needs.

Keep in mind that following a gluten-free diet can seem overwhelming at first. You may have trouble figuring out what you can eat, what you need to avoid, and how to fit gluten-free foods into your diet. However, over time and

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with some patience and creativity, you will find that there are many foods that you can still enjoy.

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## CHAPTER 7: SHOPPING TIPS FOR LIVING GLUTEN FREE

Finding out that one has Celiac disease does not have to be a limiting factor in one's life. All it takes is proper research and care in order to be able to shop for food and drinks that do not contain gluten and are safe for consumption.

Here are some shopping tips for living Gluten free:

1. Take the time to research as much as you can regarding Gluten rich foods - it would be best if you will have time to make informed decisions because this will directly affect your health. You need to take the time to know the foods that are rich in Gluten that you may avoid then. When shopping for food make sure that you will have ample time and that you are not rushing. In this way you would be able to read the labels. You need to set a time for shopping and go during off peak times so that it would be less stressful.

2. Create a list of brands that do not contain gluten and stick with it- you can research online regarding the foods that contain gluten. Not every product would be providing gluten-free labeling but it does not mean that they

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contain gluten which is why it would give you advantage to reach through the websites of these companies and research. If you are not sure of the product then it would be best to create a list of the phone number of the company and verify the ingredient. There is no need to worry because in an average supermarket you would be able to choose at least 2,000 products that are gluten free. You do not have to see Celiac disease as something that is restrictive you just have to be creative in finding out foods that can apply to your diet.

3. Spend more time in the produce section- it would be best if you can focus your energy on organic vegetables. Vegetables and fruits are packed with nutrients including fiber and folic acid and best of all they do not contain gluten.

4. Focus on getting items that did not go through any processing- foods like dairy and eggs are naturally gluten free. But be careful in taking items that contain processed cheese, spreads as well as yogurt of those that contain labels like "enhanced milk" or those that contain thickeners or flavored egg substitutes.

5. Buy meats, poultry and fish- but before purchasing make sure that they do not contain any gluten-containing

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broths and flavoring. Avoid any imitation of crabmeat called the sirimi and avoid purchasing any marinated items.

6. Choose gluten free-grains- focus on getting gluten-free flours beans, pastas, quinoa, millet as well as teff. If you buy them in canned varieties make sure that they do not contain sauce.

If in case you plan to dine out you can research for restaurants that offer gluten free menus. There is a list of celiac friendly restaurants online. The menus are already posted online and you can even learn some tips on how these meals are created.

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## CHAPTER 8 – AN EVERYDAY MEAL PLAN FOR LIVING “G” FREE

To plan a meal, be it one meal or a series of meals that are gluten free, it is best to know what gluten is. Gluten is found in certain grains which people commonly eat, such as rye, wheat and barley. Manufacturers add gluten to foods low in protein and to soups and dressings to thicken them. The only option available to people who suffer from celiac and other gluten intolerances is to eat a gluten-free diet. What exactly does a gluten-free diet consist of? This article will attempt to create a typical menu for a gluten-free day.

### Gluten Free Foods

At the heart of a typical menu for gluten free day will be foods that are naturally gluten-free. These will typically be grains such as buckwheat, brown rice and others such as quinoa and amaranth. It is important that the list of foods include protein rich foods. Good gluten-free sources of protein include most nuts, meat milk, eggs, tofu and cheese. As always, vegetables and fruits must be part of any balanced diet. Corn and its products also are helpful

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if they are gluten-free.

## Food for the Day

When planning a typical menu for a gluten free day, the best approach is to take the day as a whole. This makes it possible to include the needed daily intake of all the food groups (carbohydrates, fiber, proteins, and fats) and the essential vitamins, minerals, which the body needs. It also makes it possible to include the necessary amounts of sugar and fat that the body requires. The more balanced each of the meals is the healthier the overall daily nutrition will be.

## Breakfast

Recent research has proved that a person's overall health when they start the day with a balanced breakfast. To make the most out of the available foods under a gluten-free diet, the idea of what foods people eat for breakfast, needs to change. For those who eat meat, sausages made from low-fat chicken, with some sautéed zucchini garnished with lemon juice would get the day off to a good start. For the vegetarians, a nice soup, preferably squash with some quinoa or other vegetable soup along with an egg and a slice of brown bread (toasted) would

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be just the right way to start the day.

## Lunch

After the breakfast of chicken or egg and toast, the person has already consumed a healthy portion of protein. At lunch a robust salad with some low-fat cheese and some chicken preferably lean chicken for the health benefits. A small quantity of nuts or some avocado (a quarter should do) will add healthy fats. Dress the nuts and avocado with a mixture of raw apple cider vinegar a few herbs and half a teaspoon full of olive oil. Vegetarians who had the squash for breakfast would need a higher quantity of protein. For this 4 or 5 ounces chicken or a full portion of organic tofu is fine.

## Dinner

For those who can get home in time, dinner provides the best time to experiment with the different recipes. Grilled fish (Salmon is a good choice) with lemon juice. Add salt and pepper to taste. Add a grilled vegetable skewer with some steamed gluten-free rice. These make for a nice way to end the day.

There it is a typical menu for a gluten-free day. With a

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little planning, the meals are both delicious and gluten-free.

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## CHAPTER 9 – GO HEALTHY AND LOSE WEIGHT BY SKIPPING GLUTEN

If you are a person who has unsuccessfully tried every single type of diet, ever invented, and failed miserably, you could read about the gluten free diet, which has been taking the world of weight loss by storm. This diet will allow you to eat everything that is wholesome, healthy and completely free of gluten. This kind of a diet was initially recommended for patients with an allergy towards gluten. When its weight loss benefits were discovered, the diet soon achieved a space in the weight loss category too.

### **What are the symptoms of a gluten allergy?**

If you are planning to shift into a gluten free diet because you suspect that you have an allergy, then check the following symptoms before coming to your conclusion. The most common symptoms of a gluten allergy are gas formation bloating that gives you an uncomfortable feeling, an incessant feeling of tiredness and unexplainable weakness.

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Though an allergy is one of the main reasons why people turn to a gluten free diet, some also choose it for its obvious health benefits.

***"A gluten free diet is the best choice for losing weight along with improving your overall health".***

### **What can you eat when on a healthy gluten free diet?**

When on a gluten free diet, you should stick to wholesome, completely natural, unprocessed food items. This means that you will have to cut out most refined flours, especially the ones used in baked products. Here is a list of the gluten free and wholesome grains that you can add to your diet.

These will not add any extra calories but will make your diet more beneficial by including the ample amount of nutrients into it. Brown rice, Quinoa Wild rice, Amaranth, Millet, Teff, Corn and Buckwheat Oats

### **Choose your food items with care when on a gluten free diet**

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Gluten free food items are expensive. Another factor that makes most of the people opt out of a gluten free diet is the addition of other materials into the gluten free food items. These additives can actually increase the amount of calories in the diet, making it more harmful than healthy. This is especially true if you are on a gluten free diet for weight loss purposes. The additives would completely destroy the purpose of being on this diet.

### **How can I be sure that the food is actually a healthy choice?**

There are many certification programs that test the various products of the companies to ensure that they are gluten free and healthy. Gluten Intolerance Group, National Foundation for Celiac Awareness, Celiac Sprue Association, Canadian Celiac Association.

### **What are the products that we should stay away from?**

When on a gluten free diet, try and stay away from bakery products, as they have to rely mostly on refined flours. There are many companies who add extra

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additives to make up for the absence of gluten products. These additives increase the calorie count and end up making the food items less healthy. You should opt for those manufacturers who use high fiber flours that are also more nutritious. These flours are usually made of beans, almonds, brown rice, amaranth, sorghum and quinoa.

Generally gluten free products are low on fiber, iron, vitamin D and B and calcium. The addition of the above mentioned healthy flours can make up for this nutritional deficiency.

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## CHAPTER 10: HOW CELEBRITIES ARE LOSING WEIGHT WITH A GLUTEN FREE DIET

Deciding to live a gluten free life can be a difficult decision to make. Yet as more and more people are becoming aware of the benefits, the choice seems to be becoming an easier one.

This protein that makes our bakery goods oh so light and doughy has garnered the attention of many famous starlets. The numbers of celebrities losing weight with the gluten free diet is continuing to rise.

This helps give the rest of us the boost of confidence that we may have been waiting for to start our journey. Stars such as Oprah Winfrey, Miley Cyrus and Elisabeth Hasselbeck have all made the life style change towards living gluten free.

Oprah Winfrey

As one of the most influential women in the world, Oprah Winfrey has long struggled with her weight. She has documented this struggle through her television show,

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magazine and books. During a summer time cleanse, Oprah decided to be vegan and gluten free. She chronicled her journey and admitted that it was a lot easier than she thought it was going to be. Oprah has claimed that eliminating all gluten from her diet has helped her to experience weight loss and shrink her tummy. She also claimed that the elimination of baked goods and other wheat products also helped increase her energy level.

### Miley Cyrus

This pop star and Disney icon has made headline news lately for her apparent weight loss and well toned body. Miley took to Twitter to let her followers know that she has decided upon a gluten free diet, cutting out dairy and having a consistent exercise regimen.

The combined efforts are that she has lost a significant amount of weight in a short amount of time. There has been controversy however surrounding the young woman's weight loss and warnings have been sent out from various dieticians that warn of people not doing their research before cutting out all gluten.

It is important that dieters choose naturally gluten free foods instead of opting for highly processed gluten free

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foods that can actually cause an increase in weight gain. Miley claims to research restaurants before she goes out and to carrying a list of gluten free items that can be purchased from the store.

Elisabeth Hasselbeck

This celebrity is probably most known as one of the very outspoken hosts of the View. Yet it was on the reality show Survivor that she discovered her allergy to gluten. Once the show was over she was diagnosed with celiac disease, an autoimmune reaction to gluten.

This revelation required her to change her diet and lifestyle. She claims that being gluten free has improved her overall health by controlling her weight and negative reactions to all things gluten.

In addition, Mrs. Hasselbeck has written a book, "The G Free Diet," that claims to take all of the guesswork out of living gluten free.

The many celebrities losing weight with the gluten free diet seems to be growing by the day. As more and more stars are making claims of losing weight, it is always best to do your own research to decide if this is the right diet

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for you. The jury is still out for some on whether a gluten free diet is going to shed the pounds, but one thing is certain - there are many people famous or not that are reaping the benefits of a gluten free life.

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## CONCLUSION: TIPS TO BEGIN LIVING “G” FREE TODAY

You have probably heard about gluten free diet and you might be thinking that this is another passing diet fad. But in reality, living gluten free is more than just one of those diet trends that quickly emerge. Before going any further, let us have some of the basics about gluten.

What is Gluten?

Gluten is a type of protein which can be found in cereal grains like wheat, barley, rye and oats. It is the substance which is responsible for the dough's elastic texture as well as keeping sauces and soups thick in texture.

Why Excessive Gluten Intake May Be Bad

Since this protein composite, gluten, is quite sticky and has a glue-like nature, it can cause damage in the digestive system by inhibiting the body from taking in the vitamins and nutrients in the food we eat. The gluten attaches itself to the villi in the wall of the digestive tract thus making it difficult for the digestive system to do its

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job. As a result, your body may start to bloat and then you further weight gain may also be experienced.

### Some Benefits of Living Gluten Free Today

**Reduced Weight.** Being gluten free has many benefits one of which is, reduced body weight. It can also decrease or totally diminished bloated bellies.

**Provide Lasting Energy.** Unlike foods with gluten, eating gluten free meals can provide you with lasting energy to help you go through the day. Meals with gluten actually slow us down rather than give us the energy we require.

### How to Start Living Gluten Free Today

Carefully plan and research on the meals you eat. It is best to carefully assess all the foods you eat to separate the gluten rich from the gluten free foods. You should go with meals which include vegetables, meat and poultry, fish and fruits as well as dairy and eggs in limited quantities. There are also some other source of protein which are gluten free like tofu, beans and legumes and protein powders. Grains can still be taken but look for gluten free grain products and limit intake per day. Rice is a gluten free grain that you can also eat with meals.

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There are some foods with gluten which we are hardly aware of. Avoid them. It is true. There are foods which actually have gluten in them; however, we are not aware of them. Some examples of the foods with hidden gluten in them are beer, croutons, soy sauce, and some dressings as well as marinades. You should always be keen in checking labels or researching about all the food you take.

Drink and party responsibly. No, this is not an advice for safe driving but actually for your gluten free living. As mentioned before beers are included on the list of foods with gluten so you must avoid beer at all cost. You can just go some wine or hard liquor if you need to drink. Drink moderately.

Once you have fully researched about the right food to include in your diet, build your daily meals. There are still a lot of foods which are gluten free which means that going on a gluten free diet will not bring you to starvation or force you to eat foods which you do not like. You will just start to eat healthier and stay gluten free and then reap its wonderful benefits. Start planning for the food you eat and start eating gluten free meals as early as possible.

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It is not really that hard to start living a gluten free life. You will just need to be aware which the gluten rich foods are so you can avoid them completely and start building your gluten free meals. Start early to reap the wonderful benefits early.