



GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

GLUTEN SENSITIVE? WHAT NOW...



Take a deep breath!

- It is not the end of the world...
- You are about to embark on a life changing journey for your health
- Realize that you need to re-evaluate your relationship with food.
 - Learn to “eat to live” not “live to eat”.
- Some of you will roll up your sleeves and go to work...some of you will go through the phases of grief...



- At this point, it is important that you thoroughly understand what gluten is.
- The average gluten sensitive person is very confused because until now, there has been no good consensus of information available to help educate them on gluten sensitivity. If you are not yet clear on what gluten sensitivity is, go back and watch the previous videos again.
- Remember, others will try to make this more confusing than it is. Don't listen to them unless you want to continue to get gluten exposure.
- You want to be clear because the first stage of grief is...

Stages of Grief

- Denial
 - This can't be happening to me!
- Anger
 - I can't believe I have to give up the foods I want
- Bargaining
 - I'll just eat gluten on special occasions
- Depression
 - I miss bread, cereal, and pasta...life isn't fair.
- Acceptance
 - I will do this because I love myself, and my family.



Bread Junkies and Carboholics

- What to expect when going gluten free –
- You may develop some symptoms of withdrawal. Gluten has addictive qualities for many.
- **Some get worse before getting better:**
 - Low grade fever
 - Malaise
 - Fatigue
 - Irritability
 - Cravings
 - Nausea
 - Skin rashes

Don't Expect to be Gluten Free Instantly

- The learning curve going gluten free is 8-12 weeks.
- ***You will make mistakes.*** The key is not beating yourself up over these mistakes.
- Commit to educating yourself about food and its integral relationship to health.
 - Don't eat gluten on purpose
 - Learn from mistakes
 - Restaurants
 - Cross contamination
 - Food label terms



Expect People to Feel Sorry For You!

- **Just don't feel sorry for yourself.**
- Social reactions will only hold you back.
- **Beware of parties, and social events trying to lure you into eating against your genes.**
- Not everyone will understand your commitment to your health.
- **Ignore them and move on...become a role model of health and teach others.**

How Long Before I Feel Better?

- This depends on:
 - Whether your illness is being caused or contributed to by gluten...
 - What type of illness you have...
 - How severe your symptoms are...symptom relativity
 - How compliant to the diet you are
- Generally speaking
 - Most feel better within a few months...Many within a few weeks...some within a few days.
 - Full autoimmune remission can take up to 3 years.

Now That You Have a General
Idea of What to Expect...Watch
the next video!