

Healthy Gluten-Free & Organic Food Tips

From my patient, Shelly

"First I would like to share a website <http://www.gnowfglins.com/>, which stands for God's Natural, Organic, Whole Foods, Grown Locally, In Season. And I have found a great book by Alicia Silverstone; "The Kind Diet", which is a vegetarian diet but also a wonderful source of information. This book explains how food is processed and where it comes from. Through my journey I have learned a great deal regarding the sources of our food. Which is why I have chosen to try to buy organically and locally. I have not taken the plunge to become a vegetarian, and in the book it talks about the superhero diet-- which is pretty extreme. I have cut out all red meat and pork but I still eat chicken and turkey. I also suggest watching "Food, Inc" (you can borrow it from the library or watch it on YouTube). The documentary goes behind the scenes into our countries farms and processing plants. I was horrified at what I learned. I will only buy meat that is cage free, hormone free and no antibiotics. My local farmers' market has a variety of local meats and also Trader Joe's is a great place too.

So here is a typical day for me:

- Morning--Atkins shake and take all my vitamins and supplements
- Two hours later--piece of fruit and a small amount of nuts (almonds are best)
- Lunch--cup of Greek yogurt with fresh blackberries and blueberries
- Afternoon snack--fruit and vegetable smoothie
- Supper--grilled tilapia with steamed zucchini and wild rice and mushrooms
- Dessert--a small piece of 70% dark chocolate. (I use the darkest chocolate I can find for my sweet cravings.)

When I am on the go I always have with me nuts, dried fruit, strips from Trader Joe's (no sugar added) and plenty of water. I never eat at fast food restaurants!!!!!! Brown rice noodles and corn noodles are good pasta, but need to be made al dente (otherwise they get mushy faster than those made with wheat).

When planning to go out to eat, I look on the Internet for restaurants that have gluten-free menus. I also have an iPhone which helps with planning while I'm out. For grocery shopping I have a "Gluten" app for the iPhone that is full of ingredient of info. I have cut out all high fructose corn syrup, processed sweeteners, artificial flavorings and preservatives. It takes longer at the grocery store but it is worth it. A great cookbook is "1000 Gluten-Free Recipes" by Carol Fenster, and she also has several other books about how to go gluten-free.

This journey has been a wonderful experience with guidance from our Lord. I have never felt this good about taking care of my body and family!! My health has improved by leaps and bounds!!!! I no longer suffer everyday with stomach pain. My girls are now more aware of the kinds of food they are eating and making great choices independently!!!! I can't thank you enough for opening this door for me. I do believe that God surrounds us with his love through relationships. He can take care of our needs if we surrender!!! Thank you!!!!

~Shelly

Tips from Karen

These are gluten free foods she has liked:

Edward & Sons (Brown Rice Snaps), Gen Soy (Soy Crisps), Annie Chun's (Black Pearle Rice, Sprouted Brown Rice, Multigrain Rice - are good with chicken, veggies, and a little toasted sesame oil), Cream of Rice, Blue Diamond Natural (Almond Breeze Vanilla Unsweetened), Moody Meats (<http://www.moodymeat.com/>)

Tips from Bruce, my husband

-we all love the great food delivered weekly by Farm Fresh Delivery, and you can easily choose each week online what you want with even added things like meat and milk/cheese from Trader's Point Creamery, coffee, and many gluten free products

(<http://www.farmfreshdelivery.com/>)

-from Costco, Crunchmaster Multigrain Crackers - gluten free

-plant your own garden, and we even have strawberries in our front flower bed

-a local woman from Labanon, Victoria Wessler writes a blog about growing and buying local organic foods, <http://www.goinglocal-info.com/>, and a couple other links,

<http://www.localharvest.org/>, and <http://www.indychef.blogspot.com/> (and from Costco magazine, <http://www.celiacdiseasecenter.org/>, and www.mayoclinic.com/health/ceciacdisease/DS00319, <http://www.rockli.com/>)