

GLUTEN FREE BASICS

By Dr Allana Polo



“Gluten Free” seems to be the rage right now, whether people have Celiac disease, are gluten intolerant, or recently read *Wheat Belly*. People follow a gluten free diet for many reasons, but not all are medically necessary; nor are all gluten free diets followed properly. There are certain conditions that require one go gluten free, and these are confirmed via medical testing. Other people just feel better once gluten is eliminated from the diet.

CELIAC DISEASE

This is the most well-known condition that requires a gluten free diet. The exact cause is unknown; however, we know that there is a genetic link. It is an autoimmune condition, where the immune system starts attacking the inner lining of the small intestine in response to eating gluten. Celiac affects approximately 1% of the population, but this number

is increasing. Symptoms include abdominal cramping, vomiting, diarrhea, anemia, osteoporosis and failure to thrive among others. Please talk to your doctor if you suspect Celiac disease. The gold standard for diagnosing Celiac is via an intestinal biopsy.

GLUTEN ALLERGY

A gluten allergy can wreak havoc on a person’s health and quality of life. Roughly 5% of individuals have a true allergy. A food allergy is an abnormal (IgE) immunologic response triggered by food. Symptoms can range from vomiting and diarrhea to hives, eczema or life threatening anaphylaxis.

GLUTEN SENSITIVITY/INTOLERANCE

Gluten sensitivity is an altered immune response as well; however, it is

an IgG reaction, which causes gastrointestinal problems like bloating, diarrhea, abdominal pain and gas. Many people who are diagnosed with ‘IBS’ actually just have a gluten sensitivity! More systemic reactions are very common as well, such as fatigue, headaches, foggy thinking, weight gain, insomnia or mood alterations. Food sensitivity testing can be done through your Naturopathic Doctor.

An elimination diet is also an extremely helpful tool to help diagnose gluten sensitivity. You avoid gluten (or any other potential food triggers) for 4-6 weeks and then try introducing it back into your diet and note the symptoms that occur. If you are gluten sensitive, you will notice right away. When the removal of gluten from the diet alleviates your symptoms, and reintroduction causes them to occur again, that is a sure sign there is a problem with gluten.

Figuring out what foods to eat and which to avoid while going gluten free can be quite difficult. My rule of thumb: Don’t try to replace gluten foods with the “gluten free” version. Usually, the gluten free alternative is actually more unhealthy for you with more added sugar, fat and artificial ingredients. Instead, find the whole or real food alternatives to your favorite foods. For instance, instead of a sandwich, try a lettuce wrap or instead of pasta, try zucchini noodles. Instead of toast or a bagel for breakfast, try a protein smoothie.

These lists will help to simplify gluten and gluten free choices:

Foods that are unsafe to eat

- Wheat flour
- Spelt
- Rye
- Oats
- Barley
- Couscous
- Bran

Note: Beware of hidden gluten found in things like teriyaki sauce, soya sauce, salad dressings, seasonings and spices, soup stock etc. Make sure to read your labels carefully!

Also, wheat-free products do not mean gluten free, so again, labels and ingredient lists are very important

Foods that are safe to eat

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Quinoa
- Rice
- Millet
- Tapioca
- Teff

Other foods safe to eat on a gluten free diet include meats, poultry, fish, eggs, tofu, nuts, seeds, nut butters, beans, lentils, legumes, fruits, and vegetables. There are many healthy options and alternatives for going gluten free. Just make sure to read the labels, ingredient lists and ask somebody in the store if you are still unsure!

Dr Allana Polo is a Naturopathic Doctor who is passionate about utilizing natural therapies to treat the patient rather than the condition. Dr Polo, a graduate of the Canadian College of Naturopathic Medicine in Toronto and a certified Bio-Identical hormone doctor by the American Academy of Anti-aging Medicine, has a strong interest in helping patients with weight loss, hormonal imbalances and food intolerances. “My business is about education, motivation and empowering my patients to lead a healthy and optimal life. Getting to the root cause and addressing underlying reasons for health concerns is key.” Her pound-a-day program is extremely effective and has helped thousands of people lose weight in a safe and lasting manner. In her spare time, Dr Polo likes to lead an active life and enjoys running, Bikram’s yoga and preparing healthy meals for the week ahead. To learn more visit www.drallanapolo.com



Dr. Allana Polo
Naturopathic Doctor

756 Columbia Street, New West, V3M 1B4
Vancouver 2195 Granville Street V6H 3K2

New West: 778.397.3979 | Vancouver: 604.738.3468

TREATMENT IN

Bio Identical Hormone therapy
Medically supervised weight loss
Food sensitivity testing Mesootherapy for cellulite and anti aging

A member of the IAPAM (International association for physicians in aesthetic medicine)
Trained by and a member of of A4M (American Academy of Anti Aging Medicine)

" I lost HALF MY BODY WEIGHT: 370 lbs to 185 lbs in less than two years! After that I continued to reduce and lost almost 200 lbs! " -Mark Donnelly



Mark Donnelly
Total weight lost: 198 lbs



Start hCG Protocol August 2, 2010	After 1 st course hCG September 5, 2010	After 2 nd course hCG December 10, 2010	After 3 rd course hCG March 24, 2011	After 4 th course hCG September 23, 2011	After 5 th course hCG February 19, 2012	After 6 th course hCG July 30, 2012	After 7 th course hCG December 3, 2012	Final Weight!
370 lbs.	328 lbs.	290 lbs.	259 lbs.	240 lbs.	197 lbs.	185 lbs.	172 lbs.	

Pictures © 2010-2012 Mark E. Donnelly

www.drallanapolo.com