



SVT & Gluten-Free:

A Self-Help Guide to a Gluten-Free Diet and SVT Freedom

by **Laura Madrigano and Sharon Goldner**

Integrative Nutrition Health Coaches

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Edited by Sharon Goldner

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To contact the author, visit www.healsvtnaturally.com

Heal SVT Naturally, Clark, New Jersey

Is This You?

- You have started to make changes to your diet but are still experiencing SVT episodes, and/or other symptoms like POTS, anxiety, and digestive issues.
- You are feeling much better from some of the SVT Prevention dietary and lifestyle shifts that you have made, but still do not feel like you are completely healed or have your SVT 100% under control.
- You wonder why you need to eat a gluten-free diet if you only suffer from occasional SVT episodes.
- You would like to start a gluten-free diet but lack the knowledge and the specifics of what food to avoid, how to transition and all the practical details to be successful.
- You are still not convinced how or why a gluten-free diet will help you.
- You feel overwhelmed with all the changes you need to make in your diet, and you don't know where to begin.
- You eat a mostly gluten-free diet but except for your weekly bagel or monthly donut...
- Your allergist or internist gave you an "allergy test" that did not show you have a problem with gluten, but you still are suffering from SVT episodes.
- You are not sure what the difference is between a food allergy test and a food sensitivity test and the importance of it for SVT Prevention.
- You are committed to a gluten-free diet but your family members do not support you or make it difficult for you to be 100% compliant.
- You think a family member or child may also need to be gluten-free but do not feel ready to take on shifting their diet.
- You feel bad that your SVT child should feel left out at birthday parties or school events, and wonder why it's not okay to allow an occasional cookie or cupcake to be eaten?

If any of these thoughts resonate with you, then this e-guide will address your questions, concerns and doubts, and give you the complete toolbox to launch you into a gluten-free diet that is central to your success for an SVT Prevention diet and lifestyle.

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A Note from Sharon: Co-Author of SVT and Gluten-Free

Integrative Nutrition Health Coach, Professional Chef, Wellness Speaker and Cookbook Author



When I first met Laura Madrigano in 2010, she came into my office carrying a large handbag filled with personal items and snack food and was lugging a stand-by emergency kit with ice packets, cold water and a pharmacy of natural remedies. It made me a little nervous that this new client was apparently so fragile, but mostly sympathetic that she was so burdened—in more ways than one.

During the intake session, Laura complained of constant fatigue, constipation, headaches, weight gain, fluctuating moods and “random” SVTs. She also painted a bigger picture about the health concerns of her parents and siblings that revealed some valuable clues about the possible source of her problems. I didn’t know anything about SVT at the time, but I did theorize that some or all of her symptoms were connected to her diet.

In 12 years working as an Integrative Nutrition Health Coach, I have learned that a lot of ailments can be caused or worsened by more than one food or situation. And when someone exhibits four or five or more health complaints, I consider whether it is all connected, and in Laura’s case, I suspected that the common denominator was a gluten sensitivity. Detecting and understanding the impact of gluten-related disorders has been part of my own healing journey and has also become my professional focus and expertise.

Open to Change

I worked with Laura over three months to slowly modify her diet by eliminating gluten and dairy ingredients and adding in more vegetables and gluten-free grains like brown rice, quinoa and millet. Laura was open to these changes because she was desperate to feel better and had not achieved satisfactory results using what traditional western medicine had to offer. Laura *stayed with* the new regimen because the recipes and menu options were easy to prepare, tasted good and immediately improved some of her symptoms, especially her chronic fatigue and anxiety.

Despite feeling better, after six months, Laura became lax on her gluten-free diet and started eating gluten again. Her reaction was swift and worse than before. At that point, she needed a test to confirm the diagnoses and to recommit to a diet that would set her free from illness and the crippling episodes of SVT. Indeed, the test came back positive for gluten, dairy, beef and a few other foods. It was several months later when she *completely* eliminated gluten that Laura’s SVTs dramatically decreased, as did her fatigue, indigestion and anxiety. And that was also when Laura pledged to never go back to her old ways of eating and living.

My Own Story of Gluten-Free Healing

While I do not have an extra pathway in my heart and propensity to SVT, throughout my life I have been prone to eczema, food allergies, mood swings, anemia and fatigue. For the past 20 years I also suffered from periodic episodes of debilitating vertigo. My daughters also had a variety of health issues throughout their young lives. No doctor ever connected the dots for any of us, or between us, as to what was causing our symptoms. In 2010, my functional medicine doctor suggested I get tested at an out-of-network lab specializing in gluten and other food sensitivities.

When I learned that I carried the non-celiac gluten sensitive genes, and that it likely explained my own list of ailments, it initially felt like a curse and a relief. A curse because to be gluten-free is an all-or-nothing

commitment to avoid gluten-containing foods forever. But it's a relief to be free of illness, discomfort and fear. Part of my motivation to be consistent with the new diet was because I *understood the cause and effect mechanisms going on in my body*. I learned, for example, that gluten and other food sensitivities could stimulate the vagus nerve in my inner ear as one of my triggers for vertigo. Therefore, it was something I could control--it wasn't random (very similar to Laura's view on SVT).

Nowadays, sometimes I miss the ease of ordering whatever I want from a menu or partaking in the community food at a special event, *but it is never worth the price of feeling sick*. All my family members also tested positive and became strictly gluten-free. As a result of dietary changes and support from my family, I am functioning at a whole new level of wellness and am confident that I will live a longer and healthier life.

Making Lemonade out of Lemons

Similar to Laura, as a result of my healing journey, I have focused my professional work to raising awareness to the potential damage gluten can cause, and to support people transitioning to gluten-free diets. In 2015, using my journalistic skills and professional training as a chef and my own gluten-free recipes, I published "The Recipe for a Healthy Life Cookbook."

Gluten-Related Disorders are a Common Problem

Since my own discovery, I continue to follow the latest research on gluten-related disorders and the patterns of symptoms that they manifest. People who have gluten sensitivity or celiac disease typically suffer in multiple ways even if they don't perceive the connection to gluten. Some of the most common symptoms include weight gain, headaches, depression, digestive issues, and in Laura's case, SVT. Most people experience years of searching for doctors and answers that will bring relief to one or more of their problems. The lucky ones finally get diagnosed by a practitioner who recognizes the symptoms and patterns and knows how to test whether gluten is the common cause.

A Friendship and Shared Professional Interest

Since 2017 I have been partnering with Laura to add nutrition content to and edit the digital e-guides. We both felt that everyone could benefit from learning about the connection between gluten and SVT and how to take specific steps to live a life free of gluten and free to be as healthy as possible. It is my honor and my pleasure to assist Laura in educating the SVT community; she is providing her readers with empowering information and the skillset to substantially and sustainably take control of their SVT condition. And the power of her advice is that these shifts in eating and lifestyle behavior will make a real difference in many areas of your health and the quality of your life.

Sharon Goldner

SVT and Gluten-Free:

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Laura's Discovery of Gluten-free Healing

The journey of my chronic health issues and SVT that lead to my self-discovery for long-term healing had a lot to do with my diet.

When I began to work professionally as an SVT Integrative Nutrition Health Coach it solidified my belief that diet, digestive issues, and gluten sensitivity were almost always a part of everyone's root causes of their SVT condition and related symptoms. I witnessed time and again that when people removed gluten from their diet they eliminated or reduced the frequency of their SVT episodes. Removing gluten and paying careful attention to increasing vitamins and minerals is a critical component of the *SVT Prevention Diet* and a cornerstone of my *Heal SVT Naturally* approach.



Given its fundamental importance to healing SVT naturally, this e-guide, [*SVT and Gluten-Free: A Self-Help Guide to a Gluten-Free Diet and SVT Freedom*](#), is focused on the details of transitioning to a gluten-free diet in an easy and delicious way, as well as providing explanations and resources for you to be successful. This can be a valuable resource for you and blood-related family members who may also be gluten sensitive and have other health conditions caused or worsened by consuming gluten.

What is the Problem with Gluten?

Gluten (from the Latin word “glue”) is the protein contained in wheat, barley and rye, and is also found in oats because of cross-contamination through harvesting or processing. This protein is good for giving bread dough its light, sticky texture, but damaging for people who cannot digest it properly. When someone who cannot tolerate gluten eats foods containing this substance, it creates an immune reaction that causes damage to the small intestine, and an inflammatory response that can travel beyond the gut. Even small amounts of gluten in foods can damage the small intestine and trigger many sorts of health problems even if one does not appear to have symptoms.

A gluten-related disorder is a new term used to describe all conditions related to gluten intolerance or sensitivity. Its subsets include celiac disease (CD) and non-celiac gluten sensitivity (NCGS), which are genetic predispositions affecting people of all ages and ethnicities. Information on how to get tested for the HLA DQ2 and HLA DQ8 genes are noted on page 12. People with CD have flattened villi in their small intestines after repeated exposure to gluten, whereas people with NCGS do not have this specific autoimmune response. Regardless, people with either type of condition require a gluten-free diet and can experience any of the 200+ gluten-related symptoms throughout the body if they consume gluten-containing foods.



The Connection Between Gluten and SVT

The incidence of celiac disease in our country is about 1-3%, but there is a lot of disagreement in the medical community as to the incidence of non-celiac gluten-sensitivity; the estimates range from 15-50% or more. In my coaching practice I have witnessed that 90% of my clients who have removed gluten from their diets have experienced improvements in their health and a reduction in their SVT episodes.

Regardless of anyone's opinion of the statistics, my concern is for the people in the SVT community who are struggling to manage and control their SVT without any guidance or insight on the role of diet from the medical community. My personal and professional experience has informed my view that gluten is a major factor in contributing to SVT episodes, *and* that people with SVT have a disproportionately high incidence of CD/NCGS. Assuming this, people with SVT are predisposed for a cascade of inflammatory reactions and immune dysfunction to occur throughout their body if they consume gluten. That same sticky residue interferes with the breakdown and absorption of nutrients in the small intestine and wreaks havoc thereafter. The intestinal lining is designed to be your first barrier of defense against unwanted bacteria, toxins, viruses and undigested food particles from getting into your bloodstream and body.

When food carrying the gluten proteins enters the intestine, it is recognized as unsafe and alerts the immune system to create antibodies against the gluten. This begins the inflammatory process with immediate consequences which may be expressed outwardly, but no doubt is also happening "silently." Some people get instant feedback of abdominal pain, diarrhea, constipation, acid reflux or bloating—but that's only 25% of those who have a gluten-related disorder. In fact, many people report that SVT episodes occur after eating carbohydrate dense meals. The majority of people experience symptoms in other systems of their bodies, often "under the radar" of their awareness instead of, or in addition to, digestive problems.

Leaky Gut

The antibodies created in the intestinal lining, because of consuming gluten, irritate and inflame the cells that maintain the tight junctions that hold the intestinal wall together. Consequently, the intestine walls become "leaky" and allow undigested molecules of gluten and *other foods* to escape "on fire" into the bloodstream taking this inflammation with them. All the body's organs including the brain, heart, thyroid, liver etc. are fair game for this inflammation to cause damage, including autoimmune diseases. As I expressed in *The SVT Prevention Diet* e-guide, SVT is usually NOT a stand-alone issue.

It is important to note that there are other factors that can make the intestinal lining leaky even before gluten arrives. **Bacterial and viral infections, medications, antibiotics, processed foods, pesticides and alcohol can disrupt and weaken the gut.** Add in gluten consumption, poor diet, sugar overload, and mineral depletion, and you create the perfect SVT storm!

Given all the ways that people can develop a leaky gut, it is no wonder that food sensitivities have become so common and problematic. This guide is intended to raise your awareness about all the sources of inflammation from your diet and lifestyle that set you up to suffer many potential outcomes, particularly adrenal fatigue, POTS, anxiety, digestive disorders, autoimmune conditions, and SVT.

The *Heal SVT Naturally* Theory

There has been no formal scientific research or study to prove my theory—only my personal experience and professional observations over the last five years working with thousands of people with SVT from around the world. As I explained in the [The SVT Prevention Diet e-guide](#), I developed a theory called the SVT-GUT connection. I believe that the Vagus nerve, which travels through the gut and impacts the electrical impulses of the heart, plays a role in contributing to SVT episodes, especially if your digestive system is generating inflammation due to undiagnosed food sensitivities and other SVT-Gut connection contributors. In sum, all of this is evidence enough to give you this prudent advice to commit to a gluten-free diet and get tested at a reputable laboratory *to know for sure* if you need to avoid gluten and possibly other foods. **There is too much at risk for someone managing the physical and emotional impact of a chronic SVT condition.** You owe it to yourself to take this advice seriously; you have nothing to lose but a debilitating medical condition!

Do You Have a Gluten-Related Disorder?

Interestingly and to my point, most people with SVT also have other health issues that are caused or worsened by gluten. For your own knowledge, look at the list below to see if you have any of these conditions that may indicate that you have a symptom picture of a gluten-related disorder. On the upside, if you remove gluten from your diet, you may benefit from improvements in these other areas in addition to fewer SVT episodes!

It is estimated that there are nearly 200 problems that someone who cannot tolerate gluten may experience. A person with a gluten-related disorder may have one or more of these conditions. This type of disorder is difficult to diagnose without testing because you may not be aware that you have symptoms, or that they are related to any one condition. It's also complicated because, as noted above, these problems can be triggered by gluten, or have other causes in addition to or unrelated to gluten.

Gluten-Related Symptoms

A partial list of problems or conditions caused or worsened by gluten in people with a gluten-related disorder¹:

Emotional

- Anxiety
- Irritability
- Depression

Physical Wellbeing

- Fatigue
- Difficulty losing or gaining weight
- Poor endurance
- Chronic fatigue
- Failure to thrive
- Short stature

Mind/Neurological

- Autism
- ADHD
- Mental fog
- Insomnia/difficulty sleeping
- Epilepsy

Musculoskeletal

- Arthritis
- Fibromyalgia
- Muscle aches/joint pains
- Osteopenia/osteoporosis
- Respiratory
- Wheezing
- Chronic sinusitis
- Asthma

Women's Health

- Irregular cycle
- Infertility
- Miscarriage
- Headaches/migraines

Miscellaneous

- Anemia
- Raynaud's disease (cold hands/feet)
- Autoimmune disorders
- Hashimoto's disease
- Lupus (SLE)
- Thyroiditis
- Supra Ventricular Tachycardia*
- Postural Orthostatic Tachycardia Syndrome*

Digestive

- Acid reflux
- Bloating
- Canker sores
- Constipation
- Diarrhea
- Fructose intolerance
- Irritable bowel syndrome
- Lactose intolerance
- Liver disease
- Pancreatitis
- Steatorrhea (fatty floating stools)

Skin

- Acne
- Alopecia areata (hair loss)
- Eczema
- Dry skin
- Psoriasis
- Dark circles under eyes

*my additions

The Importance of Testing for Gluten-Related Disorders and Food Sensitivities

Precisely because there can be no cheating on a gluten-free diet, which is the diet I recommend for SVT prevention, I strongly recommend that everyone get tested for Celiac Disease *and* Gluten Sensitivity so there is no debate whether gluten is, in fact, making you sick. It is natural to doubt a diagnosis even if you feel better unless you have the diagnosis from a formal report. A positive test also has implications for the likelihood that family members share the same diagnosis because gluten sensitivity and celiac disease are gene-related. This is especially important for your children and can even make transitioning easier if the **whole family is on the same diet**.

Some people may resist testing for fear of having to face the consequences of needing to eliminate gluten-containing and other favorite foods. That may well happen, but most times there are good and even **better replacements** and that is why I provide you with delicious, nutritious and alternative recipes at the end of this guide and in [The SVT Prevention Diet e-guide](#). What I have learned is that the foods you crave are usually the very foods that are making you sick. To constantly desire any kind of food could indicate a food sensitivity or an imbalance in your diet or nutritional absorption. As you discover your food sensitivities, be confident and optimistic that there is always a way to recreate a favorite dish with new ingredients and without negative consequences.

This is one of the many opportunities that SVT has given you—the need to re-evaluate your diet overall.

The Difference Between Food Allergy and Food Sensitivity Testing

Central to healing SVT naturally is to understand the differences between food allergy and food sensitivity testing. This critical information is intended to lead you to get properly tested so that you will know with certainty what foods or environmental substances are contributing to your health problems. The knowledge you gain from testing will support your commitment to make the necessary adjustments in your diet and environment.

Food allergies and food sensitivities have important distinctions for SVT sufferers who want to take control of their health. They can cause different kinds of reactions in your body, occur within different time frames, and require different kinds of tests to determine which you may have. It's possible to suffer from both allergies and sensitivities, and not be able to tell which kind you are experiencing.

Most food *allergies* trigger a reaction within minutes and are known as an **IgE** (or immunoglobulin E)-mediated immune response. Symptoms can range from hives, runny nose, coughing, eye redness, tearing to the more serious difficulty breathing, swelling, wheezing and anaphylactic shock. This is the body's way of mounting a response to foreign substances that it cannot tolerate--soy, wheat, corn, shellfish, egg, milk, nuts or environmental sources such as pollen, molds, dust, trees or bees, to name some of the common ones.

Food *sensitivities* can come from many foods as well but are a different kind of reaction called an **IgG or IgA** (Immunoglobulin G or A) *delayed immune response*. Food sensitivities can be obvious or subtle, can occur quickly or up to 72 hours later, and can have long-term impacts on your health. These types of food sensitivities often damage the gut, create chronic inflammation and **possibly trigger SVT**, which is why I strongly encourage you to get tested for them.

An allergist/Immunologist or internist typically only tests for IgE allergies, which may be useful information for you to have. However, if you are serious about improving your overall health, especially your propensity for SVT episodes, you must get tested for IgG or IgA sensitivities. This will reveal which substances may likely be contributing to your SVT episodes. The type of practitioners most likely to provide IgG/IgA testing are functional medicine doctors, naturopaths and chiropractors to name a few. You can also seek testing through the labs that I listed below or others that you find on your own. When looking for a lab, choose a provider like you would any other product: read internet reviews and call their customer service to find out exactly what and how they test.

While you may already know or suspect that certain foods are worsening or triggering your SVT or other symptoms, and may be avoiding them, I still recommend getting tested for all possible food sensitivities.

It is human nature to second guess your intuition or rational decisions when you are feeling weak or have doubts. Complete and proper testing will give you definitive knowledge and the confidence to move forward.

Diagnostic Testing for Gluten and Other Food Sensitivities

The diagnostic laboratories listed below perform reliable testing for IgA and IgG immune responses for gluten and other foods . My co-author, Sharon Goldner, and I have used their services and found the results to be trustworthy and useful.

While these labs may be out-of-network providers on your medical plan, *getting tested may be one of the best investments you will ever make to heal and safeguard your body.*

Vibrant Wellness: Wheat Zoomer and Food Sensitivity Blood Tests

Contact Information: Sherleen Olson, Regional Representative, will direct you to local doctors to order your tests.

Email- Solson@Vibrant-America.com Cell- 908-902-4563 Learn more: www.Vibrant-Wellness.com

Vibrant-Wellness offers comprehensive, state-of-the-art testing to identify:

- IgA and IgG reactions to gluten and wheat
- Celiac Disease; wheat and gluten sensitivity
- Intestinal Permeability (Leaky Gut Syndrome)
- IgA and IgG immune reactions to 92 most commonly consumed foods
- Complimentary phone consultation with specialized dietician
- Requires a doctor's prescription

Entero Lab: Comprehensive Gluten/Antigenic Food Sensitivity Stool Panels And Gluten Sensitivity Gene Panel for HLA DQ2/DQ8

Contact Information: Customer Service 972-686-6869 or www.EnteroLab.com

“Recent studies indicate that sensitivities to gluten and other foods are far more widespread than believed. Expert testing has revealed that as many as one in three people are gluten sensitive, and for people who have symptoms and conditions, the number jumps to **one in every two**”!!

Entero Lab offers:

- Genetic testing (cheek swab) to detect Celiac and Non-Celiac Gluten Sensitive genes. *This is the easiest and quickest way for you to find out if you and your family members carry one of the HLA DQ2/HLA DQ8 genes associated with a gluten-related disorder.*
- A variety of stool testing panels that test for IgA reaction to gluten plus common food sensitivities.
- Test-ordering through their website; no prescription or doctor visit required. Results sent to you through email.
- Phone consultations available with specialized dietician for an additional fee.

One scenario that works for many people is to first get the genetic test at Entero Lab for \$149 (and subsequently test family members if you carry one or more of the genes); and then go deeper and broader at Vibrant Wellness to get a measure of your immune response to gluten and 90 other foods.

A New Mindset and a Way Forward

For those who test positive for gluten and/or other foods, the lab results may bring up mixed feelings. When I found out that I was reacting to gluten, it felt like good and bad news. I was thrilled that I was finally receiving indisputable evidence that not only supported what I had long suspected but provided something concrete to follow to confidently combat SVT. You too can benefit from new motivation to replace pizza, bagels, breads, cookies and various gluten-containing and unhealthy choices in your current diet. Furthermore, this is an opportunity to learn how to nourish yourself on deeper levels, without relying on any kind of nutrient-deficient processed foods.

It's important to realize that while you may initially feel like you must be on a **restricted** diet, eventually you will realize that a gluten-free diet brings a whole new level of **SVT freedom and health!** Since SVT freedom is what you are so desperate for, I urge you to view the results as positive and moving you in the right direction. You may need to be honest with yourself if you have been using glutenous food for emotional relief and comfort. I offer support on this important topic in the **Dietary Self-Care** section of [The SVT Prevention Diet e-guide](#) and in my new [Integrative Nutrition Coaching Membership](#) beginning Spring 2019.

Your new way of eating and thinking will be worth maintaining because you will feel and function at a whole new level. Think of your gluten-free diet as a gift that you give yourself every day!

Once I committed to a gluten-free diet, I felt increased energy, less anxiety, had regular bowel movements and significantly fewer SVT episodes. Since constipation precipitates SVT for many people, and was one of my SVT triggers, this benefit further confirmed my long-suspected SVT-GUT connection. I also eliminated Postural Orthostatic Tachycardia Syndrome and reduced the incidence of electrical misfires, ectopic beats and palpitations that were part of my daily life for over 15 years. You may be surprised at how quickly you will start to feel better, each day, each week and continue to improve in every way going forward.

Getting Started on a Gluten-Free Diet

In a short period of time you are going to go from feeling that a gluten-free diet is too restricted and overwhelming to maintain, to feeling grateful for achieving a whole new level of health and **freedom!**

Yes, the freedom to choose wellness instead of sickness; the freedom to use DIET as one way to control your SVTs and the freedom to live your life to the fullest. However, it will require a good dose of vigilance, adjustment and patience to get there.

Crowd Out the Gluten

While some people are anxious to see quick results in reducing their SVT and feeling better overall and will stop consuming gluten completely and immediately, most will need to take a slower approach by “crowding out” the gluten. With this method you slowly remove the gluten by replacing it with healthy and satisfying alternatives. Here are some easy and logical strategies that I used in my own gluten-free transition:

1. Start by committing to one meal per day to be gluten-free. Breakfast is a good meal to choose given all the options: smoothies, eggs, hot gluten-free cereal, yogurt and fruit or gluten-free toast with almond butter or avocado, which will also give you a strong nutritional start to your day. If you can commit to being consistent with a gluten-free breakfast, you will be more confident and motivated to expand your gluten-free diet to the rest of your day.
2. For your other meals, begin to replace your wheat products such as bread and pasta, with nutrient-dense, naturally gluten-free grains like quinoa, millet or brown rice. There are many gluten-free pasta options that are made with chick peas, lentil, or brown rice that are satisfying and delicious. There are breads, crackers and chips made with whole-grain gluten free flours, and pizza dough made from cauliflower to supplement a healthy meal if that eases the transition for you. It has never been easier to find nutritious gluten-free replacements from grocery stores and the internet.
3. The next tactic for crowding out emphasizes that you focus on bringing **into** your diet naturally gluten-free starches such as yams, squashes, non-GMO corn, potatoes and beans. When you fill up on healthy choices you will have less room for the gluten-containing bread, crackers, rolls, pasta, etc. This will help with weight loss too if that is one of your secondary goals.
4. If you must buy an occasional gluten-free muffin or sweet treat, it is okay. **However, I do not advocate that you rely on gluten-free cookies, cakes and muffins in your daily diet because they contain a lot of sugar and are not part of [The SVT Prevention Diet Protocol](#).** If it helps you stay committed to the gluten-free diet, find a wholesome GF treat to enjoy once in a while.
5. Take an inventory of everything that you currently eat and drink including salad dressings, teas, spices, breath mints and natural flavorings to make sure it is gluten-free. Then find alternatives that are both gluten-free and healthy—without sugar, preservatives or artificial ingredients, and preferably organic. Contact the manufacturer if the packaging does not state it is gluten-free. Scrutinize any new food or



brand that you try. It's a process and eventually you will have new set of safe and favorite foods and habits.

Everybody will have a different timetable to transition completely and learn about all the hidden gluten. Aim for one-three months; stay committed and seek support or additional resources if you get discouraged or bored with your new diet.

This process takes commitment and a positive attitude, but I know you can do this. There are many gluten-free resources to motivate and educate you including blogs, cookbooks and Pinterest. Enjoy this time exploring and learning so that you stay positive and inspired. I'm launching a *Heal SVT Naturally* Integrative Nutrition Coaching Membership in April 2019 that will provide support for all aspects of transitioning to a gluten-free diet and applying the Pillars of ***The SVT Prevention Diet***. You will get access to a support group of fellow SVT friends on the same journey of healing. [Learn more HERE.](#)

Now that you have a solid strategy to transition to a gluten-free diet using the crowd it out method, you need to be vigilant and proactive about avoiding all of the food sources that could contain gluten.

Where is Gluten?

We generally consume more gluten than we realize, since a lot of it is hidden and unnoticeable. Consider this:

- Food manufacturers add gluten to wheat flours to give them more binding power. This is why our breads and bagels are so chewy and tasty.
- Gluten is a common additive in many packaged, bottled and canned foods. It enhances the texture by binding, thickening or coating the food.
- Today's bioengineers cultivate grains with high amounts of gluten in order to improve the end product. It is estimated that wheat today contains almost 90% more gluten than it did 100 years ago!²
- Wheat, barley and rye derivatives exist in foods where you might not expect to find them: soy sauce, salad dressings, processed meat, soups, candy, alcohol and flavored coffee, to name a few of the many thousands of such products.

Foods to Avoid and Safely Choose: This list ONLY represents the most common foods in each category *and* cannot predict which gluten-free foods an individual could *also* be sensitive to.

| Grains Containing Gluten/Wheat to AVOID | Gluten-Free Grains, Flours, Starches: SAFE Foods |
|--|--|
| Wheat: durum, einkorn, emmer, bran, farina, faro, graham, kamut, spelt, semolina, including all-purpose wheat and cake flour | Almond flour Amaranth Arrowroot |
| Bulgur/tabbouleh | Beans and bean flours |
| Couscous | Buckwheat (kasha) |
| Oats/oat bran/oat syrup | Corn (maize) |
| Orzo | Coconut flour |
| Rye | Millet |
| Seitan | Oats—only if certified gluten-free |
| Udon | Potato, potato flour, potato starch |
| Vital Wheat Gluten | Quinoa |
| Foods/Products that <u>MAY</u> contain Gluten: Read the label and/or call the manufacturer | Rice, rice bran, wild rice, sweet rice glutinous rice |
| Beers, ales, lagers | Sorghum |
| Cereals hot and cold including granola | Soy beans, soy flour |
| Communion wafers | Sweet potato, yam |
| Croutons | Tapioca starch |
| Dressings, dips, marinades and sauces | Taro |
| Drugs & over the counter medications | Teff |
| Energy drinks and bars | Yucca |
| Imitation/processed meat, bacon, seafood | Other safe food, but always check labels if food is processed, flavored, breaded, or with add'l ingred. |
| Licorice, chocolate bars and other candy | |
| Miso | Coffee , teas (although NO caffeine is advised for SVT) |
| Modified food starch | Condiments |
| MSG | Dairy products, Eggs |
| Panko crumbs | Fish, poultry and other meat |
| Sausage | Fruits and vegetables |
| Seasonings | Gums (acacia, cellulose, guar, xanthan, locust bean) |
| Soy sauce (Gluten-free Tamari is okay) | Nuts and nut butters; seeds |
| Soups and broths | Oils, vinegars |
| Vitamins and supplements | Sugars and sweeteners |
| Visit glutenfreedugs.com for your medications! | Yeast |

Embrace a Gluten-Free Mentality

Allow yourself to grieve: I do not take it lightly that I require my clients to change their diets; we all have an emotional relationship with our food and ingrained habits. I want to acknowledge the shift in mindset and difficulty that it could pose for you. Giving up a lifetime of familiar foods generates a real sense of loss. You may feel a sense of loneliness or deprivation at family gatherings or social outings because you have to abstain from what others are eating and/or are eating different food. It's normal to feel this way for a while. One way to counter the grief is to focus on the health benefits that will come from your efforts and the knowledge that you are working toward SVT freedom. Journaling is another way to give you an outlet for your feelings during this process. I provide self-healing questions to prompt your writing on the [Heal SVT Naturally Instagram page HERE](#).

Ask for Support: How you perceive your diet and value your health will determine how others will accept and respect your commitment. That positive attitude will be the armor you need to face your new reality. Ask your friends and family members to support you during this transition which includes not sabotaging your efforts or casting doubt on your intention and goal to feel better.

Make the commitment: A gluten-free diet is an all or nothing proposition. There is no negotiation. You will make mistakes as you go along, or unknowingly ingest gluten, **but your intention should be 100% adherence**. The damaging effects of gluten often go undetected in your body. You cannot possibly know or feel inflammation everywhere it might go or affect your organs. The point at which the effects of gluten trigger an SVT, a headache or indigestion is already too late.

Don't get discouraged: When you initially eliminate gluten from your diet, you may experience a brief period of general malaise. These are symptoms of withdrawal or a detoxification going on in your body. *Do not* misinterpret this temporary ill feeling as proof that you are better off *with* gluten than needing to avoid it! It is possible that you might feel worse for a few weeks, but you will start to feel better after that. You could also work with a gluten-knowledgeable health coach or join a gluten-free support group to help you with challenges that come up during your transition.

Don't go hungry: Offer to bring gluten-free food to parties, school events or dinner invitations at friends' homes to ensure that you will have something enjoyable to eat. If others can enjoy it with you, all the better. Call ahead to events or parties to find out what the menu is or type of dessert to be served, so that you can send with your child or bring for yourself a gluten-free version of what others will be eating.

Recreate or replace your favorite foods and recipes. It will be easier to embrace your new diet if you dedicate time to learn how to re-create your favorite foods without gluten. If you are a pizza-lover, opt for one of the many varieties of gluten-free crusts. If it's cookies you are attached to, find a brand or a recipe made with brown rice or almond flour or start baking once a week yourself! There are virtually no foods that you can never have again, in a gluten-free form. With a little creativity or grocery search, you can remake or find almost any recipe without gluten. Take this on as a fun-filled challenge. You may discover that this can be a new hobby or business interest like one of my SVT clients who opened her own gluten-free bakery!

Seek the advice of an experienced health coach or nutritionist: If you feel overwhelmed at first, consider hiring a professional who has specific experience with gluten-free and allergen-free cooking, shopping and

eating out as a way to ensure your success. Integrative Nutrition Health Coaches, Naturopaths, and dieticians often have the tools to help you with this process.

Join a support group or partner with a friend: This is a crucial piece to maintaining a positive outlook and getting advice and recommendations for restaurants, food and other resources. If there is not a local support group organized through the Gluten Intolerant Group (GIG: www.gluten.net), you could join or start a group through MeetUp.com. Once on the website, you enter your zip code and a few key words like celiac or gluten-free and you will find a ready-made group of people who share your challenges and mind-set. If you are not able to find a support group, then joining forces with a friend who is equally committed to learning about and transitioning to a gluten-free diet, could jump-start your journey.



Be gentle with yourself as you learn the new rules: Transitioning to a gluten-free diet takes time to learn the rules and replace your old food with new favorites. You will get smarter and the new habits will get easier. Be patient with yourself! This is a major step and effort counts for a lot! You can also gain new perspective on gluten-free living, plus general medical information from gluten-free magazine subscriptions such as *Simply Gluten-Free Magazine* and *Gluten Free and More*.

Best Practices for Gluten-Free Living

These are the habits to cultivate to keep you focused and on track to be successful.

Prepare your kitchen

First decide if the whole family is going gluten-free or if you plan to maintain your “safe” areas just for your food and supplies. Once you eventually remove all of the gluten, you don’t want to worry about any contamination from crumbs or residues.

Here are cursory instructions:

- **Pantry:** read the labels on every container to look for the ingredients to avoid noted on page 16. If you are still not certain, call the manufacturer or consult your gluten-free phone app. You may already have some products that have a gluten-free “GF” symbol on their labels. Set aside your safe food on a separate shelf in both your pantry and the refrigerator and make a list of what needs to be replaced, such as pastas, salad dressings, soups, etc.
- **Refrigerator and freezer:** do the same detective work in reading the labels here too--anything that is packaged, including meat, fish or soy burgers often contain wheat fillers or seasonings that contain gluten. Consider maintaining separate containers of products that the whole family uses such as peanut butter or butter, to avoid glutenous crumbs getting into your food. Use a marker or masking tape to identify which products are strictly gluten-free. Become familiar with the gluten-free aisle and dedicated freezer cases at each grocery store.
- **Appliances and utensils:** there are a couple of items that you will want to designate as strictly for gluten-free cooking—cutting board, toaster, knives and serving utensils. Also, get a new toothbrush and replace it monthly until you are certain you have transitioned 100%.

Be Selective with Replacement Foods

Many people who start a gluten-free diet become discouraged by the high prices of packaged, gluten-free food. You may find that cooking food at home saves money, but it is not always convenient. There can be a happy medium between cooking all your gluten-free food and purchasing it. You don't have to spend a lot of money to eat well and be gluten-free. If you apply *The SVT Prevention Diet Principles*, you will not only be increasing your nutritional intake, vitamins and essential minerals but you will be *happily gluten-free*.

- **Enjoy the variety.** Instead of lamenting what food you cannot have, focus on incorporating new variety of food into every meal and snack. Be open to trying colorful fruits and vegetables, sea vegetables, quinoa, millet, nuts and seeds into your diet. In short, you can experience more gain with new flavors, textures and nutrition than loss in this way of eating.
- **Love the new grains.** It is cheap, easy and nutritious to cook gluten-free whole grains from scratch. Start with the most delicious: **brown rice, quinoa and millet.** They contain many of the B vitamins including protein and can be cooked in advance so that you can reinvent them in all kinds of left-overs throughout the week (see page 26).
- **Fill up with fiber.** Another reason to add more **fruits** and **vegetables** to your regimen is the natural fiber they bring to your digestion and the feeling of fullness that is nutritionally superior to any glutenous bread product.
- **Discover beautiful beans** as another starch substitute. So versatile, beans can absorb flavors in stir-frys, be added to green salads, or eaten cold in their own bean-based salad. Other versions include hummus or bean dips that are low-cost and nutritious. You can make your own hummus or choose from a wide variety of flavors at the grocery store.
- **Expand your palette** with other enjoyable, inexpensive and nutritious starches include **sweet potatoes, corn, parsnips, beets and winter squashes** like butternut, acorn and spaghetti squash. These are all sweet and available in your produce department sold as whole or peeled and pre-cut. These are delicious, dense, filling foods that often go overlooked yet are filled with SVT prevention vitamins. They can be roasted, steamed, or blended into hearty, warm soups.
- **Don't forget** to include high quality proteins and fats. Enjoy organic olive oil, almond and nut butters, and avocados for healthy fats in addition to organic and grass-fed protein if you eat meat and chicken.
- **Less is more** when you eat foods with as few ingredients as possible in your snacks, salad dressings, sauces and other canned, boxed and packaged foods. Refer to the *SVT Prevention Diet e-guide* for the entire protocol on how and what to eat as part of a *heal SVT naturally* lifestyle. Get it [here](#).



Cooking and Preparation Strategies

Cooking and preparing your own food in advance is one way to ensure that you will have the right foods accessible and not be reliant on restaurants, household members or fast food. One of the best strategies to stay on track is to prepare parts of a meal in advance by doing prep work and cooking in large quantities. That will reduce your actual cooking time and maintain an ongoing supply of your food.

- ♥ Devote one day a week to cooking in large quantities—enough for three days of leftovers or *repurposing* it for other dishes. For example, make a pot of plain brown rice *and* quinoa and rotate them as side-dishes, in stir-frys, soups, cold salads or casseroles. Keep a supply of organic canned beans or make a pot of beans from scratch to use on top of salads or turned into dips. You can also pre-slice and/or pre-cook vegetables, and pre-cook grilled chicken or fish to use in the same way as the grains.
- ♥ Cook and freeze meal-size portions in advance. Cook once, eat twice!
- ♥ Prepare snacks from smaller portions of leftovers, or pre-cut vegetables or fruit to dip into hummus, guacamole or almond butter.
- ♥ Find healthy replacements for your old foods such as coconut ice cream, fruit pops or trial mix with plain yogurt instead of ice cream. Try out new, revised recipes in advance of holidays to be prepared with food that you will enjoy and feel good about.
- ♥ Set yourself up for success by creating a computer shopping list that you can modify and print each week. **This helps you remember to buy all your new foods so that you are not tempted to rely on gluten-based convenience foods.** Consult gluten-free phone apps for new gluten-free product ideas and brand options.



Eating Away from Home and at Work

The same principles of a gluten-free lifestyle apply to your food choices out of your home as well. If you are invited to someone's home for a meal or party, it's always thoughtful (and self-serving for you) to offer to bring a gluten-free dish or food item that all guests will enjoy. At a minimum, ask what is on the menu and explain your limitations. If necessary eat a small meal before you arrive so that you will not be so hungry that you compromise your health with glutenous food. Even well-intended hosts may make a mistake in determining if a food or dish is safe to eat for you. You need to trust both your instincts and sound judgment when eating in someone else's home. It is never worth getting sick because you feel pressured to "fit in."

At work, you will have to do a little bit of planning to keep a safe supply of food at your disposal, and in your purse or briefcase. Refer to the *Eating at Work or On-the-Go* list on page 28. Similar to social situations, it is perfectly acceptable to decline offers to eat communal food. There's no need to explain to everyone that you have SVT and are on an SVT Prevention Diet unless it is really necessary. I found that just saying I was gluten intolerant would suffice for a brief explanation of my food choices.

Tips for Dining out

Eating at restaurants will require you to think ahead and be assertive in ways that you may have not had to be in the past. If you do not feel comfortable to question the waiter about the contents of the soup or the topping on the fish, or if the fries have a floured coating in front of your peers, **then call ahead before you arrive to the restaurant.** The good news is that more restaurants have gluten-free designations on their menu or are willing to prepare the food without gluten ingredients. As long as you are clear and polite, you are entitled to ask about ingredients or if your accommodations are possible.

- Go on-line to view the restaurant's menu to formulate your questions and/or to determine if there will be food that you can safely eat. Sometimes restaurants have a separate gluten-free menu but do not post it on the website. To be certain of the restaurant's ability to serve you, call ahead of your arrival.
- Be persistent and careful in restaurants where language could be a communication barrier.
- Chefs in finer dining establishments are generally aware of gluten ingredients and are often helpful and motivated to satisfy your requests. Even mainstream chain restaurants are becoming more reliable and accommodating to gluten-free diners, *but always remain vigilant about what you agree to eat!*
- These days a lot of people request gluten-free dishes but are not that strict; this actually sends a mixed message to restaurant workers. Therefore, I have found it best to state that you have a "gluten allergy" (even though it's not necessarily correct terminology) in order for them to take you seriously. Also, bear in mind that there is a high turnover in restaurant staff and your server may not be that knowledgeable about gluten ingredients and risks for cross-contamination.
- Confirm your gluten-free preparation and instructions when the meal is served.

Hidden Gluten in Restaurant Food

- **Fried Foods:** Always ask if your meal would be cooked in a dedicated fryer, otherwise it will be contaminated. The oil used to deep-fry breaded products (including French fries with breaded coating) is not safe to also prepare gluten-free food. This also applies to woks in Asian restaurants. Ask if they have cooking surfaces that are dedicated to gluten-free preparations.
- **Hash brown potatoes and rice:** Many French fries and hash browns are frozen, prepacked and seasoned with floured coatings. Ask what other ingredients are in the potatoes. Likewise, even though rice is gluten-free, rice pilafs may have added seasonings and ingredients that you need to avoid.
- **Red Meats:** If a cut of meat is too rare for the customer, the cook may finish it off in a pot of juice or liquid that came from a can or mix with unidentified hydrolyzed vegetable protein (HVP), a known source of gluten. Seasonings that include HVP or textured vegetable protein (TVP) are commonly added to prepared meats such as imitation bacon bits, self-basting turkeys and other processed meats.
- **Soups and Sauces:** It is better to assume that all soups and sauces contain either flour, HVP or some kind of glutenous thickener, so you must ask each time you order a meal with one of these. However, there are many sauces that can be made gluten-free and substituted in your dish if you request it.



- **Salad Dressings and Marinades:** Similar to sauces, these items often contain gluten in one of their ingredients. Ask the server if any of the salad dressings are gluten-free and if not, ask for just olive oil or with vinegar instead. I often bring a small plastic container with my own salad dressing in my purse if I want to be sure that my salad dressing will be safe to eat.
- **Salads:** It is easy to ask that no croutons or bread products be added to your salad.

In all cases when you dine out, you must advise the server that you cannot eat gluten and to inform you if you need to work out substitutions for your order.

How to Recover from Getting “Glutened”

It *will* happen. Well-meaning family members may not realize that the soy sauce in your otherwise gluten-free stir-fry contains wheat; the waiter may tell you incorrectly that the spices on your steak are gluten-free or you may bite into a caramel apple not even thinking it could contain gluten. Once you give up gluten, or any food that you are sensitive to, and eat it again, your reaction could be even stronger than previously experienced. It could bring you closer to an SVT or make you feel suddenly fatigued or symptomatic in many ways that vary from person to person.

Your body perceives gluten as a toxin that causes inflammation and damage to the intestines and potentially anywhere throughout the body. If this happens, here are some steps you can take to detoxify and decrease the inflammation caused by the gluten or reduce your probability to triggering an SVT.

1. Drinking extra water is one of the easiest ways to start the process of detoxifying the gluten and its impact on the body. Add lemon slices if desired.
2. Eat simply and consistently “clean” until you have a bowel movement. Clean means eating just one food like an apple or anything that is very easy to digest and will not add further toxins to your body.
3. Green vegetable juices are always powerful in cleaning out and re-nourishing the body. Likewise, eat a lot of cooked vegetables until you are back on track.
4. The lighter you eat for 24-48 hours, the better.
5. Avoid white sugar. Sugar brings a slew of its own complications but most important it depletes minerals just to digest it, which will put you at further SVT risk.
6. Give yourself a full night’s sleep. While your body is working extra hard to fight inflammation, support yourself with doing less and taking naps if necessary.
7. Add Omega-3 fatty acids found in fish oils, flax and chia seeds as a condiment to your food. They are known for their anti-inflammatory properties.
8. Take a probiotic with 20-100 billion units of Bifidobacterium and Lactobacillus organisms per day is the range of potency typically recommended for optimal digestion and protection.
9. A powerful spice for thwarting inflammation is turmeric, which contains the potent ingredient of curcumin. Turmeric can be added to smoothies, stir-frys and almost any vegetable or meat dish and is a great addition to your SVT prevention diet in general. If you are treating an acute condition, such as the after-effects of consuming gluten, I recommend having a turmeric tea. Add a ¼ teaspoon of turmeric to warm water with a drizzle of local raw honey.



10. Bone broth has long been a satisfying and healing antidote to inflammation and illness in many cultures throughout time. Nowadays, you can purchase it premade at the grocery, at boutique coffee shops and health food restaurants. You can also make your own bone broth and sip this like you would a tea.
11. L-Glutamine is the go-to amino acid that is recommended for repairing damage to the gut. Dr. Amy Myers, MD recommends 3-5 grams a day for a week after exposure to gluten. During the first 6-12 months of going off of gluten (or longer), L-glutamine is useful in supporting the gut lining to regrow and repair itself.
12. Have a glass of Cal-mag effervescent powder, which will help increase your magnesium, help to move your bowels and calm your nerves. The one I use can be found [here](#).

Other Gluten-Free Diets

There is growing interest in following other gluten-free diets such as the **Paleo Diet** which prohibits gluten as well as all grains, dairy products, sugar, caffeine, and processed foods. You can investigate this option more fully by checking out websites or reading books and magazines devoted to this way of eating. If you like the structure and popularity of the diet and you feel better when you eliminate all grains, this may be the diet for you. Whatever diet variation you choose, its needs to reflect the removal of any food intolerances you discovered based on your lab results. That is what will determine what you should avoid and what is safe to eat. A Gluten-free diet is intended for you to *customize*, to fit your needs and tastes.

Beyond the Food

Once you are comfortable with your gluten-free diet, you may want to consider where else gluten may be hiding in the **products that you use**. This includes over-the-counter medications, prescription drugs, lotions, make-up, soap and shampoo and beauty products. Even if such products don't trigger an immediate SVT episode, they may contribute to your overall *body burden*, an *important point* that was discussed in depth the *SVT Prevention Diet* e-guide. Check out the list of gluten-containing ingredients to avoid in personal care products on page 27.

There is No Gray Area with a Gluten-free Diet

This message bears repeating in my final thoughts to you: if you “cheat” on a gluten-free diet, you are forfeiting the opportunity for optimal health and are inviting in a host of inflammatory effects that can lead to ongoing SVT. No one wants to feel restricted from something that is pleasurable and ubiquitous. It is human nature to resist limits; to question authority; to rationalize “just a little” or “just this once,” or the most common, “I don't feel a difference eating gluten anyway.” But here's the problem: *your body knows the difference!* **The inflammatory effects of consuming gluten often goes undetected**, under your radar, but it still does its dirty work potentially anywhere in your body. The point at which you experience gluten's effect, is when an SVT kicks in, or a migraine shows up, digestive problems start, sleep gets disrupted, to name a few of the hundreds of symptoms of a gluten-related disorder.

This is a hot topic, the source of MANY questions and much resistance from clients who complain of continuous suffering. *There is no gray area here*: you are not gluten-free if you have pizza once a month, cheat occasionally or claim ignorance when you ordered off the restaurant menu without verifying whether the ingredients were safe. If you are not 100% gluten-free, and you have active SVT, you are not really giving yourself the chance to see if removing this one food is the game changer for you.

Here's the thing: *everybody* is different, so it's hard to predict how long it takes to recover from even a bite of glutenous food, but it could be weeks or months. Really. One of my favorite gurus on the topic of gluten research and gluten-related disorders is Dr. Thomas O'Bryan and his website www.thedr.com. Dr. Tom has advised his audiences of thousands around the world in his many webinars that it can take up to four months for the body to restore itself from the unseen effects of an exposure to gluten.

Dr. Vikki Peterson, DC, CCN, author of the book, *The Gluten Effect*, said it best in her article in the November/December 2016 issue of *Simply Gluten-free* magazine:

“The *amount* of gluten is not what is as important as the presence of *any* gluten that activates or stresses the body’s immune system....you would think that eating more gluten would impact the body more negatively than eating a nibble, but believe it or not, they are both just as dangerous. This fact, compounded by the situation where gluten can be mentally addictive and create intense cravings, shows us the safer and kinder thing to do is to avoid it altogether.

The presence of gluten triggers the production of a protein called zonulin [which damages the intestinal walls and creates a condition of leaky gut, whereby foreign invaders and toxins get into our bloodstream and create damage].

The trickle-down effect of cheating on a gluten-free diet is a leaky gut that in turn can put one at risk of autoimmune diseases and inflammation. Is a ‘bite’ of pie worth it?”

The Path to SVT Freedom

You are not alone in suffering the inflammatory effects of gluten. *You* just happened to be predisposed to SVT, while other people suffer from every kind of autoimmune disease or medical condition(s) that are caused or worsened by gluten—but may or may not know it. SVT is your impetus to make this important change. Consider yourself fortunate that you can take control of your health, and SVT in particular, by avoiding gluten.

And so, dear readers, I ask the same of you: will it be worth feeling sick, or worse, triggering an SVT episode just for a few seconds of pleasure? I do not wish you painful consequences—just the opposite. My intention is to empower you with the knowledge of healing and self-care so that you can live FREE of illness and discomfort. **Going gluten-free was my path to SVT Freedom; will it be yours too?**

In my e-guides I provide you with action steps based on what I have personally experienced or witnessed in others that has brought improvement or elimination of SVT and other symptoms. *But you must understand that the human body is unique and complicated. Your optimal “recipe” for diet and self-care is YOUR responsibility to discover. For that reason, I strongly encourage you to seek out a seasoned and knowledgeable health provider (naturopath, health coach, nutritionist or chiropractor who may also practice functional medicine) to guide you in this process. A professional can often point out your blind spots where you need to tweak your diet and supplements for example. My e-guides will take you through many of the critical first steps of awareness and action; an in-person practitioner can dig deeper with diagnostic tests and fine-tuned regimens to take your health to the next levels.*

Good luck and keep journeying forward! Next are my resources, detailed lists, and recipes.

Resources

Basic Instructions for Cooking Grains

- One cup of dry grain yields approximately 3 cups cooked.
 - One cup of dry oats yields approximately 2½ cups cooked.
1. There are two ways to wash grains. Measure the grains and place in an empty pot, fill with water and swish grains around to clean off dust and natural debris. Empty water out of pot and refill with recommended amount of water or liquid for cooking. Or, place grains in a strainer to rinse before placing in pot and filling with water or other liquid for cooking.
 2. Bring water and grains to a boil (except for buckwheat/kasha: boil water first and then add grains).
 3. A pinch of sea salt may be added while cooking.
 4. Reduce heat to a simmer and cover pot for the recommended time. *Do not stir grains while cooking.* Check to see if grains are done by tilting pot to the side to see that no water remains.

Gluten-Free Grains Cooking Chart

| One cup of dry grain | Grain to liquid ratio | Approximate cooking time |
|--|-----------------------|--------------------------|
| Brown rice | 1:2 | 40-50 minutes |
| Quinoa | 1:2 | 15-20 minutes |
| Millet | 1:3 | 20 minutes |
| Buckwheat (kasha-coarse) | 1:2 | 20 minutes |
| Gluten-free Oatmeal (rolled oats) | 1:2-3 | 10-15 minutes |
| Gluten-free Oats (steel cut/Irish oats) | 1:3-4 | 30 minutes |

Personal Care Products

Even though the risk may be low, many people who suffer from celiac disease or are gluten sensitive choose to avoid gluten in all products that are absorbed by their body. However, in order to avoid gluten, you have to know which ingredients to look for on the label. As challenging as that may be, it is important to read the label before using any personal care product. Cosmetic manufacturers can change formulas and ingredient suppliers without notice.

The Most Common Ingredients that Contain Gluten In Shampoo and in other Personal Care Products In alphabetical order.

- Avena sativa (oats)
- Beta glucan (frequently derived from wheat)
- Barley extract (including Phytosphingosine Extract)
- Colloidal oatmeal
- Dextrin palmitate (starch, possibly gluten-based)
- Hydrolyzed vegetable protein (may contain wheat)
- Hydrolyzed wheat protein
- Hordeum vulgare (barley)
- Laurdimonium hydroxypropyl (hydrolyzed wheat protein)
- Malt extract (barley)
- Stearyl dimonium hydroxypropyl (hydrolyzed wheat protein)
- Secale cereale (rye)
- Triticum vulgare (wheat)
- Oat Extract
- Oat Amino Acids
- Vitamin E (frequently derived from wheat)
- Vegetable protein (may contain gluten)
- Wheat germ oil (or any ingredient with wheat in the name)

Separate, but also to be avoided by people who are highly sensitive include common chemical irritants such as dyes, fragrance, masking fragrance, lanolin, parabens, formaldehyde, and formaldehyde releasers.

I highly recommend that you contact the manufacturer of all your products to confirm that they are gluten-free, and safe from any other ingredients that you suspect give you an adverse reaction.

Prescription Medications

Ask your pharmacist: brand name medication ingredients are documented by the manufacturers which your pharmacist will have access to. However generic medications can be produced by different manufacturers and vary in their inactive ingredients. National chain pharmacies may be more limited in their choice of generic versions. Check out the following websites to be certain your pharmacy is providing accurate information: these websites are maintained by the National Institutes of Health and publish detailed information and ingredients.

Pillbox: pillbox.nlm.nih.gov * DailyMed: dailymed.nlm.nih.gov * Glutenfreedrugs.com.

Eating at Work or On-the-Go

Healthy snacks and small meals

| In the Desk Drawer or Handbag | In the Office Refrigerator | In the Office Microwave |
|---|---|--|
| Apple, banana, clementine, pear, etc. | Carrots or sliced vegetables with hummus or guacamole | Baked sweet potato/squash |
| Gluten-free crackers or tortilla chips with salsa or hummus | Organic nut butter to put on gluten-free crackers or apple slices | Microwave popcorn (choose a brand with no trans fats) |
| Trail mix (nuts, seeds, dried fruit) | Precooked veggie burger on gluten-free soft tortilla | Homemade or gluten-free canned soup (watch the sodium) |
| Pomegranate seeds | Dinner leftovers of vegetable and chicken stir-fry | Dinner leftovers of cooked kale, fish and quinoa |
| Gluten-free granola or <i>KIND</i> bars with <6 grams sugar | Plain unsweetened yogurt/cottage cheese mixed with fresh berries, apples, bananas or nuts | Plain gluten-free oatmeal packet with a handful of nuts or raisins |
| Rice or corn cakes and organic almond butter | Brown rice and bean salad | Frozen or reheated vegetables to supplement lunch |
| Travel-size <i>Wholly Guacamole</i> with tortilla chips or rice cakes | Sliced turkey on gluten-free wrap and baby spinach, or tuna, egg or chicken salad | Frozen gluten-free meal |
| | Cottage cheese with cut fruit | Brown rice and beans |

Keep snacking portions small

Gluten-Free Recipes

The recipes that I share with you in this e-guide are focused on replacing grain products that make up most people's diets and the most important place to begin the transition to a gluten-free diet.

These recipes were created by Sharon Goldner and are featured in "The Recipe for a Healthy Life Cookbook."

Spinach with Fried Pasta

My favorite way to bring leftover pasta back to life is to gently sauté it with freshly cooked or reheated vegetables. Fried pasta becomes both soft in some spots and crunchy in others, a texture combination that's not experienced when it's initially prepared. In this recipe, the spinach cooks simultaneously with the reheated pasta and becomes a meal in five minutes.

Yield: 4 servings

Ingredients

- 2 tablespoons extra virgin olive oil
- 2-3 cups leftover cooked gluten-free pasta
- 6 oz. bag fresh baby spinach
- ¼ cup grated parmesan or crumbled goat cheese



Instructions

1. Heat oil in a large nonstick skillet on medium heat for a minute. Add the pasta to the pan and separate it with a spoon as it warms, until all of the pieces have contact with the pan. Cover the skillet for 2 minutes and continue to cook, then flip the pasta over and cook for 2 more minutes to get it crispy on both sides.
2. Add spinach to the skillet and cook covered for 2 minutes, or until leaves are wilted.
3. Sprinkle cheese on top of the mixture and transfer to a serving bowl.

Variations

- Top pasta with nuts, seeds or diced avocado instead of cheese.
- Sauté any combination of onions, garlic, broccoli, cauliflower, peppers, mushrooms, bok choy, kale or chard, and add pasta to the skillet for the last 4 minutes of cooking.
- Add any kind of cooked meat, fish or beans to the skillet in place of or in addition to the vegetables at the end of cooking and heat through.

Chard and Onions with Spaghetti Squash

Chard is similar to spinach in that it has a mild taste and cooks quickly. Swiss chard has glossy dark green leaves with a white stalk. Red chard has a red stalk and red veining in the leaves. Rainbow chard has five stalk and vein colors: yellow, orange, white, red and pink. If the stalks are included in a recipe, they are best separated from the leaves and cut into smaller pieces before cooking in order to cook as quickly as the leaves. Like other leafy greens, chard complements any grain or winter squash.

Yield: 2 servings

Ingredients

- 1 spaghetti squash
- 1 bunch of Swiss chard or collard greens
- 1 small onion
- 1 tablespoon extra-virgin olive oil
- ¼ cup water
- Butter or olive oil (optional)
- Garlic powder to taste (optional)
- Salt to taste (optional)



Instructions

1. Preheat oven to 375°F.
2. Place entire squash in a baking pan, piercing the skin a few times like a potato. Bake for 20 minutes or until the skin has softened. Remove from the oven and cut in half lengthwise. Remove seeds and return to pan, cut side down. Bake 25 minutes longer, or until a knife easily pierces the flesh. Remove from oven and set aside.
3. Wash the chard. Cut out the stalks and discard them. Make a pile of the leaves and coarsely chop them. Rinse the chopped leaves in a large colander and set aside.
4. Roughly chop the onion into small pieces.
5. Heat oil in a large skillet over medium heat. Add the onions and sauté for 3 minutes or until they look translucent.
6. Add the chard and water. Cover and simmer for 1-2 minutes or until the leaves are wilted. Turn off heat and let the covered pan sit.
7. After cooked squash has cooled, use a fork to scoop out the spaghetti-like strands of squash and place in a large bowl. Add butter or oil and a dash of garlic powder or salt to mixture and toss to combine.
8. Serve a ½-¾ cup mound of squash on each plate, and top with an equally sized portion of the cooked chard.

Variations

- If any squash remains, reheat later for a snack and add a handful of chopped nuts, a sprinkle of cinnamon, and a bit of butter or olive oil and salt to taste. Tomato sauce would also complement the squash, as would a sprinkling of pumpkin or sunflower seeds.
- Leftover chard may be reheated as is, added to a stir-fry or soup, or combined with a cooked grain or pasta.

Whipped Cauliflower and Potatoes

Cauliflower easily transitions to a whipped, mashed texture by itself or with a small amount of potato added. Depending on the potato, it can be made either sweet or savory. This synergistic combination enhances the flavors of both the cauliflower and the potato.

Yield: 4-6 servings

Ingredients

2 Yukon gold potatoes or any type of sweet potato/yam
1 cauliflower
2 tablespoons olive oil or butter
½ teaspoon fresh or ¼ teaspoon dried dill
Salt and black pepper to taste



Instructions

1. Remove the skin if using yams or sweet potatoes but keep the skin on and scrub it well if you are using Yukon gold potatoes. Cut up the cauliflower and potatoes into small pieces and place in a steamer.
2. Steam for 5-8 minutes or until the cauliflower and potatoes are easily pierced with a knife.
3. Place the vegetables in a food processor and run until the mixture is smooth, like mashed potatoes. Add oil or butter, dill, and salt and pepper to taste.
4. If the mixture cooled significantly during blending, place in a baking dish, reheat for 5-10 minutes in a 350°F oven, and serve hot.

Variations

- Substitute potatoes with winter squash.
- Double the amount of cauliflower and whip by itself.
- Serve green or leafy green vegetables such as sautéed kale, bok choy or broccoli with this dish to provide a bright contrast in color as well as a nutritional boost.

Millet and Vegetable Blend

Talk about multi-tasking: preparing this combination of grains and vegetables saves time and can be part of a satisfying meal!

Millet may be recognized as yellow birdseed, even though it has been an important food staple in Africa for thousands of years. It is considered the easiest grain to digest and its texture can be fluffy or creamy depending on the type and amount of cooking liquid that is used. This recipe creates a drier version of the dish, but it could be made creamier with an extra ½ cup of liquid.

Yield: 4 servings

Ingredients

1 cup millet
2½ cups water or vegetable broth
2½ cups mixed broccoli and cauliflower florets
1 tablespoon olive oil or butter
Salt to taste



Instructions

1. Place the millet in a fine mesh strainer and rinse under cool running water. Add millet and water or broth to a medium saucepan. Add vegetables, cover with a lid and bring contents to a boil.
2. Turn the heat to low and simmer for 20-30 minutes, never stirring but watching to see when the water has been completely absorbed. Millet will be done when water no longer runs out from the bottom when the pot is tilted to its side.
3. Add olive oil or butter and salt to taste. Stir to combine. Serve immediately.

Variations

- For a sweeter taste, use carrots, parsnips and/or beets in place of the broccoli and cauliflower. Remember to cut the root vegetables into a small dice, since they will take longer to cook than other vegetables.
- Add cooked millet to the protein on your plate or use it as the base of a stir-fry.

Orange Quinoa

By adding a flavorful liquid to cook the quinoa, it tastes like something new. This dish works with both vegetables and proteins, or it can be eaten as a delicious hot breakfast cereal.

Quinoa (pronounced keen-wah) has been a staple in the diet of native South Americans for thousands of years. It is not technically a grain, but rather is the seed of a plant. Quinoa is touted as a super food because of its high protein content and energy-producing quality. Quinoa must be rinsed well after measuring and before cooking to remove the bitter, soapy-tasting saponins that coat the seeds.

Yield: 4-6 servings

Ingredients

1 cup quinoa
2 cups orange juice
¼ cup sliced almonds or chopped walnuts
Salt to taste

Instructions

1. Rinse the quinoa in a strainer or swish it around in a pot with water and then drain the water.
2. Place the rinsed quinoa and orange juice in a saucepan and heat on high until boiling.
3. Reduce heat, cover and simmer approximately 15-20 minutes. Do not stir.
4. Quinoa will be done when water no longer runs out from the bottom when the pot is tilted to its side.
5. Fold the nuts into the mixture, salt to taste, and place in a serving bowl.

Variations

- Any vegetable and protein combination, such as fish and kale or chicken and asparagus, complements this dish without overpowering its light texture and slightly sweet flavor.
- To make a hot breakfast cereal, measure ¾ cup of cold, cooked grain into a frying pan. Add a sprinkle of cinnamon, a handful of raisins, and ¼ cup orange juice. Thinly slice half of a banana into the pan as well. Heat on low, stirring until the mixture is warmed up and the bananas are softened.

Coconut Millet

Coconut milk complements millet in both savory and sweet dishes. This basic recipe can be eaten as is, mixed into a stir-fry or refashioned as a hot breakfast cereal.

Yield: 4-6 servings

Ingredients

1 cup millet

1½ cups water

1½ cups *So Delicious* boxed coconut milk beverage (coconut milk in a can is thicker but also works)

¼ cup unsweetened shredded coconut (optional)

1 tablespoon butter or non-dairy spread

Salt to taste

Instructions

1. Rinse the millet in a fine mesh strainer under cool running water.
2. Place in a medium saucepan with the water, coconut milk, and shredded coconut. Bring to a boil. Then reduce the heat, cover and simmer for approximately 20 minutes. Do not stir.
3. Millet will be done when water no longer runs out from the bottom when the pot is tilted to its side. Stir in butter and salt, and transfer mixture to a serving bowl.

Variations

- To make this recipe using brown or black rice instead of millet, add 1 cup rice + 1 cup water + 1 cup coconut milk to the pot. Bring to a boil and simmer for approximately 40 minutes, or until liquid is absorbed.
- To make a hot breakfast cereal, place ¾ cup cold, cooked millet or rice into a small skillet over medium heat + ½ cup milk or non-dairy substitute + a dash of cinnamon + a small handful of nuts and/or raisins. Cook until all of the milk is absorbed, stirring occasionally.

Brown Rice Pilaf

Brown, black and red rice have intact bran layers and are considered whole grains, whereas white rice has been stripped of its bran and is not a whole grain. While brown rice takes longer to cook than white rice, the fiber and nutrients found in this versatile and always-satisfying dish are worth the wait.

Plain brown rice is a staple in many diets, but once in a while it's nice to dress it up a little. You'll enjoy this flavorful pilaf made with a couple of added "accessories."

Yield: 4 servings

Ingredients

- 1 cup brown basmati rice
- 2 cups water or vegetable/chicken broth
- ½ teaspoon salt
- 1 medium onion
- 1 tablespoon chopped fresh parsley
- ¼ cup pine nuts or chopped walnuts
- 1 tablespoon extra-virgin olive oil



Instructions

1. Rinse rice in a fine mesh strainer until the water runs clear.
2. Add the water or broth to a saucepan and bring to a boil. Add rice and salt, cover and reduce heat to low. Do not stir.
3. While the rice is cooking, dice the onion and chop the parsley and nuts if necessary.
4. Drizzle olive oil into a skillet and heat for a minute on medium heat. Add the onions and nuts and sauté for 5 minutes. Turn off heat and stir in parsley.
5. Rice will be done when water no longer runs out from the bottom when the pot is tilted to its side.
6. Add cooked rice to the skillet and stir to combine. Serve warm or cold.

Variations

- The type and quantity of mix-ins can vary according to your preferences. Broccoli florets, sliced or diced scallions, carrots, mushrooms or green bell peppers, as well as nuts or seeds, can make a unique pilaf. Paprika, garlic powder or your favorite spice can be added while the vegetables are being sautéed.

Polenta with Bok Choy

Polenta, made from ground corn, provides a sweet boost of energy that is also comforting and filling. Rolls of precooked polenta can easily be found in the produce section of most grocery stores or on the shelf at Trader Joe's. It is easy to make and can be a nutritious part of any meal.

I recommend that you prepare the whole package as suggested in this recipe, so that you may enjoy any leftovers at a future meal. Otherwise, when you purchase this precooked packaged type of polenta, you must refrigerate the remainder after opening it.



Yield: 4-6 servings

Ingredients

1 pound precooked polenta
1 red bell pepper
4-6 baby bok choy

2 tablespoons + 1 teaspoon olive oil, divided
Italian spice blend (optional)
Salt to taste

Instructions

1. Cut polenta into ¼-inch slices. Drizzle 2 tablespoons olive oil into a large nonstick skillet and heat on medium-high for 1-2 minutes.
2. Place polenta in the pan and fry for 4-5 minutes on each side or until it turns a dark yellow. Add a dash of Italian seasoning if desired. Keep the polenta covered while cooking. (It may take two rounds of cooking if your skillet is not large enough to hold all of the slices at once).
3. Meanwhile, cut the pepper into matchsticks. Rinse the bok choy, cut off the bottom ends and discard. Chop, keeping the stalks and green leaves separate.
4. When the polenta is cooked, remove from the pan and set aside in a covered serving dish.
5. To the same pan, add 1 teaspoon of olive oil, the peppers, and the stalks of bok choy. Cook for 2-3 minutes, stirring occasionally. Add remaining greens to the pan and continue to cook covered for a minute, or until the greens are wilted.
6. Salt to taste. Pour the entire mixture on top of the polenta and serve hot. Leftovers can be eaten hot or cold.

Variations

- Chard, spinach, diced vegetables or leftover cooked vegetables can easily fit into this recipe.
- Other spices that may complement this dish include garlic powder, onion powder, black pepper, cayenne pepper or any of your favorites.

Kasha and Red Split Lentils

Kasha and lentils each have strong and earthy flavors. When combined with colorful and sweet vegetables, they create a robust and delicious meal in itself, or a small portion makes a super snack.

Roasted buckwheat is called kasha. It is not a true grain, but rather a fruit seed that is related to rhubarb. Even though its name suggests otherwise, it does not contain wheat, and is in fact gluten-free. Kasha can become mushy and lose its shape and texture when cooked, so it is best to purchase it as a coarse granule for savory grain dishes. The fine or medium granules would work well for a hot breakfast cereal.



Yield: 4-6 servings

Ingredients

1 bunch or 2 cups chard
2 tablespoons olive oil
1 medium onion
1 medium carrot
½ cup coarse kasha
¼ cup red split lentils

1½ cups vegetable broth
1 cup water
½ teaspoon paprika/smoked paprika
¼ teaspoon garlic powder
½ teaspoon salt

Instructions

1. Heat oven to 375°F.
2. Cut the long stems off of the chard and chop the remainder leaves into bite-sized pieces. Rinse in a colander under running water and set aside.
3. Peel and dice the onion and carrot, and sauté with olive oil in a large skillet over medium-high heat for 5 minutes.
4. Add the chard to the skillet and wilt the leaves for 3 minutes. Stir in the lentils and kasha.
5. Add broth, water, paprika, garlic powder and salt. Stir and pour into an 8x8" baking dish.
6. Cover the dish and bake for 30 minutes. When the liquid has been absorbed, the dish is done.

Variations

- Any green vegetable would complement the colors and textures in this dish: chard, spinach, collard greens or broccoli would work. Or omit any vegetables except for the onions and carrots.
- Sprinkle some crumbled goat cheese or feta on top after taking it out of the oven, or before the last 5 minutes of baking.

Eggs, Beans and Greens

This is a good example of a power breakfast: the dense fiber of the beans combined with the protein of the eggs and the uplifting energy of the greens provides long-lasting energy and a satisfying start to the day.

Yield: Serves 2

Ingredients

2-4 eggs

½ cup precooked or 1 cup raw kale, collard greens or chard

½ cup canned beans: black, garbanzo, kidney, etc.

Pan spray, butter, coconut oil or olive oil

Dash of salt and/or garlic powder, onion powder or cumin

Instructions

1. In a small bowl, whisk the eggs. Set aside.
2. Coat a medium frying pan with your choice of fat or oil. Spread cooked greens in the pan in an even layer and warm over medium heat for 2 minutes.
Or, if using raw greens, remove leaves from the stems and chop into small pieces before adding to the heated pan with ¼ cup water. Cover and sauté the leaves for 3 minutes or until wilted. Drain any remaining water.
3. Add beans and seasonings, cover and continue to cook for 1 minute.
4. Pour eggs into the pan, stirring as the eggs cook. Serve immediately.

Variations:

- Add 1-2 tablespoons shredded cheese to the egg mixture. Use cooked vegetables instead of greens, such as broccoli, cauliflower, bell peppers, green beans or asparagus.
- Add finished eggs (made with or without beans) to a soft gluten-free tortilla.

Butternut Squash Soup

It is easy to produce a delicious and impressive soup from the sweet, dense butternut squash. Its beautiful orange color and spicy aroma make it a crowd-pleaser for any occasion.

Yield: 4 servings

Ingredients

1 onion, chopped
1 tablespoon olive oil
1 large butternut squash, peeled and cubed (or 20 oz. precut butternut squash)
1 cup chopped carrots
1½ teaspoons grated fresh ginger
½ teaspoon cinnamon
1½-2 cups water or vegetable broth
1 teaspoon salt, plus more to taste
Pumpkin seeds for garnish



Instructions

1. Sauté the onions in the olive oil in a soup pot until they become translucent.
2. Add squash, carrots, ginger, cinnamon, salt and about 1½ cups water (less is better to start– you can always add more liquid at the end if the soup is too thick). Cover and bring to a boil on high heat, then reduce to simmer for 15 minutes.
3. Stir occasionally. Soup will be done when the tip of a knife easily pierces the biggest pieces of squash.
4. Cool completely (or partially) to prevent burning yourself when blending. Working in batches if necessary, ladle the mixture into a blender or food processor and blend until smooth. Set blended soup aside and repeat with the remaining soup. An immersion blender could also be used directly in the soup pot.
5. Add more water to reach the desired consistency and salt to taste if necessary. Return to the soup pot and reheat for a few minutes.
6. To toast the pumpkin seeds, place on a small baking sheet in a 350°F oven for 5 minutes. Sprinkle a tablespoon of seeds on top of each bowl of soup and serve.

Variations

- Replace carrots with 1 cup or more of parsnips, acorn squash or yams, plus an additional ½ cup of water.
- Various spices can complement this recipe. Add ¼ teaspoon garlic powder, nutmeg, allspice or cardamom in addition to the cinnamon.

Chocolate Granola

This is a *double* recipe since I expect that you'll be using a lot of this granola. Add it to yogurt, cereal, trail mix, salad, fruit, or eat it on its own! Most commercial granolas are overly sweet and may not be customized with your favorite ingredients.

Yield: 36 ¼-cup servings

Ingredients

1 cup coarsely chopped almonds, walnuts, and/or pecans
4 cups *Trader Joe's or Bob's Red Mill* gluten-free rolled oats
3 cups *Rice Chex* or crispy rice gluten-free cereal
¼ cup mini dark chocolate chips
½ cup sunflower or pumpkin seeds
2 teaspoons cinnamon
1 teaspoon salt
⅓ cup canola oil
1½ teaspoons vanilla
1 cup *Lundberg's* brown rice syrup or ¾ cup honey



Instructions

1. Preheat oven to 325°F. Grease two baking sheets with pan spray.
2. Place the nuts, oats, cereal, chocolate chips, seeds, cinnamon and salt in a large bowl and mix together.
3. In a small saucepan on low heat, warm the oil, vanilla and brown rice syrup. Stir to combine with a whisk for 1-2 minutes, or until liquids are blended.
4. Slowly pour the warm liquid over the mixture, folding it in until all of the ingredients are evenly coated.
5. Spread the granola evenly between the prepared baking sheets and bake for 20 minutes.
6. Remove from oven momentarily to flip mixture over. Swap the position of the baking sheets to evenly distribute the heat when returning to the oven. Bake for another 10 minutes or until golden brown.
7. Allow granola to **cool completely** on the baking sheets. Break up the granola into small chunks or pieces with your hands. Store in a container with a tight-fitting lid at room temperature or refrigerate in plastic ware.

Variations

- If you cannot find brown rice syrup at the grocery store or health food store, use one or a combination of ¾ cup total honey, pure maple syrup or agave syrup.

Nutty Potatoes

Sweet potatoes or yams are not just for side dishes, but can stand alone as a satisfying snack, especially if nuts are sprinkled on top to add crunch and extra protein. To add a smooth nutty flavor, almond butter sauce can be drizzled on top.

What grocery stores commonly call a yam, with orange skin and flesh, is technically a sweet potato. What you might refer to as a sweet potato, with yellow or white flesh and a drier texture, is botanically a yam. No matter how you refer to them, for this recipe I consider these two varieties of tuber to be interchangeable in terms of taste and desirability.

Yield: 6 servings

Ingredients

3 orange sweet potatoes or yellow flesh yams
6 tablespoons chopped walnuts, almonds or pecans
Butter or dairy-free alternative
Dash of cinnamon
Salt to taste

Sauce

⅓ cup almond butter
1 tablespoon fresh grated ginger
1 tablespoon soy sauce or gluten-free tamari



2 tablespoons agave syrup, maple syrup or honey
1 tablespoon rice vinegar, white wine, lime juice, or your favorite acidic liquid ingredient

Instructions

1. Preheat oven to 425°F.
2. Wash the sweet potatoes and pat dry. With the tip of a knife, prick each potato all over about 6 times.
3. Place potatoes in the oven on a baking sheet lined with aluminum foil. Roast for 45-55 minutes, or until a knife pierces the potatoes easily.
4. If eating immediately without the optional sauce, cut potatoes in half lengthwise. Any potatoes that you will not be using immediately should remain whole. Add a dab of butter to each half and sprinkle a tablespoon of nuts on top.
5. If you are making the sauce, whisk together the almond butter, ginger, soy sauce, sweetener and vinegar while the potatoes are baking. Taste and adjust the quantity of ingredients accordingly. Drizzle 2 tablespoons on each cooked potato.
6. If you are not going to serve all of the potatoes at once, allow the leftover potatoes to cool and wrap them individually in aluminum foil. Leftover sauce may require the addition of 1-2 tablespoons of water to thin it out before using again.
7. When reheating potatoes, place in a 350°F oven for 10 minutes or until warmed through, and top with nuts or leftover sauce.

Variations

- Cut the sweet potato, into small chunks to add to a vegetable stir-fry or a premade soup.

Sample of a Gluten-Free Weekly Menu

Using recipes from this eguide

| Sunday | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|---|---|---|--|---|
| <p>Breakfast Eggs, Beans and Greens (see recipe)</p> | <p>Breakfast Smoothie with banana, frozen cherries, almond butter, almond milk, spirulina or green powder (link to website)</p> | <p>Breakfast Gluten-free Oatmeal with walnuts and sliced banana</p> | <p>Breakfast Nutty potato reheated (see recipe)</p> | <p>Breakfast Plain yogurt with cut fruit, nuts and drizzle of honey</p> | <p>Breakfast Banana or apple slices dipped in almond butter For the kids: Rolled-up Gluten-free tortilla smeared with almond butter and banana</p> | <p>Breakfast Coconut millet hot cereal with almonds/raisins, + cinnamon (see recipe)</p> |
| <p>Lunch/Dinner Spinach with Fried Pasta + optional beans or chicken (see recipe)</p> | <p>Lunch/Dinner Quinoa, chicken and vegetable stir-fry</p> | <p>Lunch/Dinner Kasha and Red Split Lentils (see recipe) with green salad</p> | <p>Lunch/Dinner Gluten-free wrap with sliced turkey, avocado and lettuce + Butternut Squash Soup (see recipe)</p> | <p>Lunch/Dinner Broiled Salmon with brown rice and broccoli</p> | <p>Lunch/Dinner Baked Chicken with green salad and whipped Cauliflower and Potatoes (see recipe)</p> | <p>Lunch/Dinner Turkey meatballs with Chard and Onions with Spaghetti Squash (see recipe)</p> |

Wheat Flour Substitutions

Thickening

To thicken sauces, gravies and soups: a couple of tablespoons of a gluten-free flour blend will sufficiently absorb liquid as a reliable thickener. **Cornstarch** can also be used as a thickener by mixing it with cold water to create a slurry and added at the end of the cooking process.

Coating

To create a brown and crisp coating on vegetables and meats cornstarch works well but may need an egg to keep the coating attached. When frying meat in a pan, the proteins and fats that are naturally released will help the cornstarch adhere to the surface. The combination of dusting meat with gluten-free flour, then dipped in eggs or dairy and then coated with gluten-free crumbs or cornstarch is another reliable method.

Gluten-free **bread crumbs** or gluten-free **cornflakes** can be used to top casseroles for a crispy texture.

Baking

The easiest cup-for-cup replacement of wheat flour in baking is to find a commercial Gluten-free blend such as **King Arthur, Bob's Red Mill or Pamela's**, to name some of the most popular.

Converting Recipes from Wheat Flour to Gluten-Free Flour

If you are converting a favorite recipe from wheat to gluten-free flour, which is less effective at absorbing fats, you will need to reduce the amount of oil or butter by a few tablespoons. You can experiment with adding back some of the richness by using almond flour in the flour blend, and/or a few tablespoons of almond butter, chocolate or cream cheese for example. Separately, you may want to add 1-2 tablespoons of a flavorful liquid for more moisture.

To create structure and elasticity in baked goods you will need to always add a small amount of **xanthan gum** or **guar gum** (some gluten-free commercial blends include the xanthan gum, so read the contents carefully). The packages of these gums will include guidelines of how much to use in a recipe. Lastly, gluten-free cookie, muffin and brownie batters perform better if you let them sit for 10-30 minutes before baking in order to maximize the hydration of ingredients. Other tweaks in adjusting gluten-free baking recipes is to add an extra ½ teaspoon or so of baking powder or baking soda to improve the leavening.

Please be patient with developing your gluten-free baking skills especially in converting or creating your own recipes.

Gluten-Free Flours

Here is a list of flours (and starches) that you can use to create your own gluten-free blends or substitute for wheat flour (often found in both the gluten-free and baking aisles of the grocery stores):

| | | |
|---------------------|-----------------------|----------------------|
| Almond flour | Millet flour | Rice flour |
| Buckwheat flour | Gluten-free Oat flour | Sorghum flour |
| Corn flour | Potato starch | Tapioca starch/flour |
| Cornstarch | Potato flour | Teff flour |
| Garbanzo bean flour | Quinoa flour | |

Other Sensitivity Substitutions

Since many people with a gluten sensitivity are also sensitive to other foods, here is a short list of satisfying alternatives.

Milk

In general, one cup of cow's milk can be replaced with one of the following but realize that their flavors can impact the taste in baked goods, for example.

- Rice milk
- Coconut milk
- Hemp milk
- Almond milk
- *Ripple* (pea protein) milk
- Cashew milk
- Soy milk

Butter

It depends on the recipe and purpose as to how butter can be substituted. In **baking** cup-for-cup, the following will work well:

- Earth Balance Coconut Spread
- Earth Balance (non-dairy) Buttery Sticks
- Spectrum Organic Shortening
- Coconut oil—7/8 of butter equivalent
- Melt Organic Butter (dairy-free, soy-free, nut-free)

For **cooking**, all of the above can be equally substituted, in addition to olive oil and avocado oil.

Yogurt

- Coconut, soy, almond or *Ripple* (pea protein) yogurt

For baking, cup-for-cup, unsweetened applesauce or fruit puree can be substituted.

Egg

For recipes that call more 1-2 eggs, these can replace the equivalent of one large egg:

- Add 1 Tablespoon of flax meal or ground chia seed to 3 tablespoons of hot water and let stand 5 minutes, stirring occasionally or until thickened.
- Egg Replacer: *Ener-G Foods* or *Follow Your Heart Vegan Egg*.
- Applesauce: 4 tablespoons unsweetened applesauce or fruit puree + 1 teaspoon baking powder.

Nuts

Tree nuts or peanuts can be replaced with one or a combination of the following:

- Toasted coconut flakes, sunflower seeds or pumpkin seeds
- Crushed gluten-free cereal such as cornflakes, crispy rice cereals, Chex, etc.

Footnotes

¹Wangen, Stephen. *Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance*. Seattle: Innate Health Publishing. 2009. P. 37.

²Lieberman, Shari. *The Gluten Connection: How Gluten Sensitivity May be Sabotaging Your Health—And What You Can Do to Take Control Now*. New York: Rodale books. 2007. P. 2.

Heal SVT Naturally Additional Resources:

I CREATE self-empowerment tools to help people with SVT.

- Get my TOP TEN TIPS to HEAL SVT NATURALLY a free 14 page e-guide when you sign up for my email list for [FREE HERE](#)
- Heal SVT Naturally THE BAISCS [Get it Here](#)
- **The SVT Prevention Diet** e-guide, [GET IT HERE](#)
- Heal SVT Naturally **INSTAGRAM page HERE**
- Join The Heal SVT Naturally **Private Facebook Group HERE**
- Journaling TOOLS: **SVT Journaling Page HERE**
- Learn more about The Heal SVT Naturally Self-Empowerment E-guide series [HERE](#)
- Review the SVT & Gluten-free e-guide [HERE](#)