

The Lighter Side of Gluten Free

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My Story

- Diagnosed in 1979 with malabsorption (Celiac Disease) with a blood test
- Put on BRAT diet and would “grow out of it”
- Diagnosed again in 2007

I'm not a doctor nor a dietician, but a patient who advocates for education and self reliance.

I have what?

- Celiacs
- That gluten thing
- A gluten problem
- Can't eat wheat
- No bread
- Diarrhea Cha –Cha-Cha
 - No, It's Celiac Disease or Gluten Intolerance or Gluten Sensitivity

Case of the crabbies

- Overwhelming – grocery shopping and safe things
- Frustrating – educating yourself & others around you
- Expensive – you want how much for those brownies?
- Depressing – change in routine
- Relief – FINALLY, THERE IS MY ANSWER!

You are the captain of this GF ship

- It's okay to mourn, this is an EXTREME change
 - Have your cry, hissy fit, what have you
 - Pick yourself up and buck up butter cup
- Get strong support
 - People that back you, support you and want to learn
 - Those who give you grief, tell you to eat gluten and challenge this very diet, have them run the bases
- Educate yourself
 - Websites, resources, support groups, blogs, newsletters, etc.
- Repeat

A little dab will do ya

- Whatever full octane things are unopened, donate them
- No more of the “I’ll pay for that tomorrow” business
 - You will pay for it today
- According to Dr. Joseph Murray, eating 1 cookie in a month does the same damage as eating gluten all month
- The longer you go without gluten, the smaller amount it takes to feel the gluten
- You with DH who don’t have gluten intolerance, just blisters, are NO different. NO GLUTEN!

Sneaky little gluten...

- Gluten sneaks in
 - Don't snitch, sip, nibble, taste, or sample
 - Gluten on hands, dig in bag of chips, or dip gluten in dip
 - Drinks from cup after eating gluten
 - Washcloths, dish towels, pot holders
 - You can't eat a little gluten and you can't be a little pregnant

Gluten Free Labels

- Read Every Label Every Time
 - Not sure a product is GF?
 - Using the contact info on the package, contact manufacturer, or look at website prior to grocery shopping
 - Some stores have a list of items that are GF
 - Use a GF Shopping Guide
 - Cecelia's Grocery Shopping Guide
 - Gluten Free Diet by Shelley Case
 - Could be listed in bold at end of ingredients
 - Might say Gluten Free on the package



Flying Solo

- Have a cupboard that is all your own
- Do not use wooden spoons or cutting boards that were full octane at one point
- Have utensils of your own – try to have a different color
 - Pizza pan, pizza cutter
 - Toaster
 - Can Opener
 - Colander
 - Dishes
 - Potholders
- Paper Towels are your friends
- Entire house eats GF (with the exception of some gluten, but these need their own special utensils)

Don't struggle alone

- If you don't have the support, join a listserv, blog or most importantly a gluten intolerance support group
- Make sure your bosses and co-workers are educated
- Ask Human Resources if your employer participates FMLA (Family Medical Leave Act)
- Don't like your doctor – get a new one!
 - **BE YOUR OWN ADVOCATE!**

Parents of a GF Kid

- Does your child's school have Section 504 accommodation plans? Visit www.hhs.gov for more info.
- Cook in the kitchen together, new recipes and lessons on cross contamination.
- Be part of a support group for yourself and check for Raising Our Celiac Kids group (R.O.C.K.) in your area.
- Send the kiddos to Gluten Free summer camps. www.gluten.net

Don't Give Up on Gluten-Free!

- Some items can't successfully be made GF, but some will surprise you and be made GF.
- Don't throw away favorite recipes – you never know!
- Manufacturers change recipes to accommodate the GF community and estimates show the GF industry will top \$5 billion in 2015
- Be in contact with a manufacturer and ask that they tweak the recipe for a product to make it GF. General Mills is a great example.

Don't gluten my stuff please!

- At a party? Talk to the host regarding your GF needs.
- Potlucks are difficult. Your dish will not stay safe, so save some for yourself in a separate container.
- GO FIRST IN LINE when you know it is GF and safe, even if that means grandma!
- Make a GF treat that will amaze the masses, proving you don't have to give up taste to be GF!
- When traveling, visit www.glutenfreepassport.com you can have gluten intolerance dietary needs translated into different languages.

Trust you, I don't even know you!

- Eating Out
 - Use findmeglutenfree.com or yelp.com to find GF menus or restaurants
 - Visit restaurant's website
 - Dine out during a lull time
 - Call during down time, 2:00pm is best
 - Ask about the ingredients and prep, avoiding cross contamination
 - Bring hand sanitizer when using anything community – S&P shakers, ketchup, mustard, etc
 - Keep silverware on a napkin and not the table

The Gluten Challenge is Diagnosis Suicide

- Take out gluten, see how you feel?
- Body is glad you took out the gluten and will let you know that
- Doctors recommend being back on gluten for 6 weeks to properly create atrophy in your small intestine.
 - Pros – medical deduction, if a “cure” comes out, if you are diagnosed, likely covered with insurance, family history, DNA profile
 - Cons – you might not stomach being back on gluten for 6 weeks to get the diagnosis, could need more time to create intestinal atrophy.

Crazy Statistics

- According to the University of Chicago's Celiac Disease Center website:
 - The average length of time it takes for a symptomatic person to be diagnosed is 4 years!
 - A child will see an average of 8 pediatricians before being diagnosed!
 - Only 35% of newly diagnosed patients had chronic diarrhea, proving it isn't the prevalent symptom as assumed.
 - It would take 936 cruise ships to hold every American with Celiac Disease.

Did you know?

- Wheat Free does not mean gluten-free
- Distilled alcohol is GF, gluten removed beverages are a personal preference
- If you have been diagnosed as having Celiac Disease, your food can be tax deductible. Visit www.celiac.org for more information.
- There are over 300 symptoms of Celiac Disease.

Humor is important!

- Who's blamed a fart on a baby, pet, or cute little old lady?
- Seriously, when can you talk about poop this much and not get weird looks?
- We know how to say quinoa right!
- Who else would understand when you say "I have been glutened so bad, I am afraid to sneeze?"
- Who else can buy a \$9 brownie mix, spend an hour mixing and baking it, take one bite, and throw it out?

At the end of the day

- It could ALWAYS be worse
- You have an answer and new GF friends, recipes, ingredients, cookbooks, and knowledge
- Someone knows what Celiac Disease or gluten intolerance is because of you
- Maybe other family members have been diagnosed
- It is challenging and expensive, but manageable and cheaper every year!

*“Life isn’t about waiting
for the storm to pass, it
is learning to dance in
the rain.”*

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