



*Nutrition*



## **SUPAWESOMELIFE COOKING SYSTEM: WHY & HOW TO IMPLEMENT A GLUTEN-FREE DIET**

If you are on this page, you probably have recently received information saying you need to be "Gluten-Free". We have talked with many people with this diagnosis and they are overwhelmed by it. When you look at our diets, many of the foods in them contain gluten (bread, pizza, cereal, and even beer). All of a sudden, most of your diet just got eliminated, or so it would seem. However, the reality is that a whole new world of foods just opened up to you. We have been gluten-free for years now and find it to be completely satisfying. Many restaurants note "GF" on their menus because it is such a common request. Notice how I didn't say, common "ailment". Being GF is not an ailment. There is a considerable amount of information showing that humans were not designed to eat gluten and even more about the majority of the population having some degree of gluten intolerance. Welcome to the "majority"!

Our SupawesomeLife Cooking System (SLCS) can make meal prep and meal choices very easy for you. Because there are plenty of good gluten-free cook books out there and no shortage of great recipes to explore, it can be daunting to figure out what to change and how to eat. SLCS can make it all very simple for you. We highly recommend starting off with whole, simple and "clean" foods. By "clean" we mean free of artificial ingredients and preferably pesticides. Once you are comfortable with a basic solid GF diet, you could move on to exploring more options that may work for you.

### **Let's start off by talking about "What is Gluten?"**

Gluten is a protein. Which may be a little confusing because we are always told to eat more protein. Well, not all proteins are the same. Gluten helps foods hold their shapes (think of bread dough) and holding the food item together. The most common places to find gluten is in wheat, rye and barley.

### **The next big question is "Why should I not eat it?"**

There are a number of reasons behind thinking you should not eat gluten. Gluten is considered an inflammatory substance in the body. Inflammation is the cause of many ailments from bloating to arthritis. Gluten causes increased gut permeability, think "leaky

gut". This is when food particles and bacteria can slip between the cells of the intestine allowing these things to get directly into the blood stream. This increases your vulnerability to autoimmune issues such as rheumatoid arthritis, autoimmune thyroid disorders, type 1 diabetes, fibromyalgia, autoimmune liver disease and some types of autoimmune skin diseases.

### **How do you know if you have gluten intolerance?**

- Digestive issues such as bloating, diarrhea, gas, constipation
- Keratosis Pilaris which is the formation of tiny bumps on the back of the upper arms, buttocks and/or legs
- Brain fog or fatigue after eating gluten
- Diagnosis of an autoimmune disease
- Feeling dizzy or off balance
- Hormone imbalances such as PMS, PCOS or unexplained infertility
- Migraine headaches
- Chronic fatigue
- Pain in joints caused by swelling
- Mood related issues such as anxiety, ADD, mood swings, depression

### **How SLCS can help with the Gluten-Free diet**

We have been gluten-free for over a year on SLCS and have been able to modify it to accommodate not only GF, but also the Ketogenic diet; a bulking diet to gain muscle mass; and a cutting diet to strip away body fat. All the while still getting plenty of variety and not spending an exorbitant amount of time preparing food.

If you have someone with Celiac disease in the house, we recommend that everyone in the house eat a gluten-free diet to eliminate any chance of cross contamination. However, thanks to the flexibility of SLCS, you can personalize the flavor and quantity of each person in your household for every meal. If you have a gluten sensitivity and not Celiac disease, with SLCS items containing gluten can still be prepared and kept separate from the ingredients for the gluten intolerant person.

SLCS is designed to be an 80/20 plan, 80% of you meals are made using SLCS and 20% are at your discretion as you have bandwidth and food preferences.

### **Not all Gluten Friendly Items are Nutritious Foods**

There are so many items available today that are made to be gluten free (GF beer, GF pizza, GF cookies, GF cakes, etc). Remember that just because it is GF, does not mean that it is healthy for you. Save those treats for when you really want a treat.