

GLUTEN

WHAT YOU NEED TO KNOW

Gluten is a group of proteins found in wheat, rye, barley and their derivatives. For some, it can be a trigger for symptoms, inflammation and imbalances throughout the body.

WHAT IS GLUTEN?

Gluten gives dough its stretch and helps food maintain its shape.

It is commonly found in bread, pasta, cakes, pastries, cereals, sauces, beers and many processed foods.

The main proteins are:

- Glutenin – provides structure
- Gliadin – gives elasticity

WHY IT MATTERS

For some people, gluten can trigger an immune response or digestive irritation that may contribute to a wide range of symptoms.

It may be linked to:

Bloating & digestive issues
 Fatigue & low energy
 Skin problems (eczema, acne)
 Brain fog & poor focus
 Joint pain & inflammation
 Mood changes & anxiety

WHO MAY BE AFFECTED?

You don't need a diagnosis of coeliac disease to be sensitive to gluten. You may be affected if you experience:

- ✓ Bloating, wind or IBS-like symptoms
- ✓ Fatigue or low energy
- ✓ Headaches or migraines
- ✓ Skin conditions
- ✓ Joint or muscle pain
- ✓ Difficulty concentrating
- ✓ Mood changes or irritability
- ✓ Autoimmune conditions
- ✓ Hormonal imbalances

GLUTEN CONTAINING GRAINS

WHEAT
(spelt, kamut, farro, durum, semolina)
 RYE

BARLEY
(malt, malt extract)
 TRITICALE
(a cross between wheat & rye)

HIDDEN SOURCES OF GLUTEN

- ✓ Sauces & dressings
- ✓ Processed meats
- ✓ Soy sauce & stock cubes
- ✓ Soups & soup mixes
- ✓ Beer, cider & alcopops
- ✓ Medications & supplements
- ✓ Some oats (if contaminated)
- ✓ Cross-contamination in kitchens & factories

Remember: Everyone's response to gluten is unique. Listening to your body is the first step towards better health.

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SUPPORTING YOUR BODY BEYOND GLUTEN

Removing gluten is just the beginning. Healing involves nourishing your gut, reducing inflammation and supporting overall balance.

KEY STRATEGIES

- ✓ Choose whole, unprocessed foods
- ✓ Eat a wide variety of colourful vegetables
- ✓ Include quality protein, healthy fats and fibre
- ✓ Support gut health with prebiotic & probiotic foods
- ✓ Manage stress and prioritise sleep
- ✓ Stay hydrated
- ✓ Consider targeted supplements if needed

NOURISH YOUR GUT

A healthy gut is key to reducing sensitivity and improving resilience.

Include gut-loving foods:

Fermented foods
 Bone broth
 Prebiotic-rich foods
 Soothing herbs
 Omega-3 rich foods

FOODS TO ENJOY

HEALING HERBS & NUTRIENTS

These may help reduce inflammation, support digestion and restore gut balance.

Herbs: Turmeric, slippery elm, marshmallow root, chamomile, ginger, licorice (DGL)

Nutrients: Zinc, magnesium, vitamin D, omega-3 fatty acids, B vitamins, glutamine, probiotics

WHEN TO SEEK SUPPORT

Work with a qualified practitioner if you:

- ✓ Suspect coeliac disease (testing is important first)
- ✓ Have ongoing symptoms despite removing gluten
- ✓ Have an autoimmune condition
- ✓ Need support for gut healing or nutrient deficiencies

A GENTLE REMINDER

Healing is not about perfection. It's about progress, self-awareness and giving your body what it needs to thrive.

GLUTEN-FREE DOESN'T ALWAYS MEAN HEALTHY

Many gluten-free processed foods are high in sugar, refined starches and additives. Focus on real, whole foods most of the time.

YOU ARE NOT ALONE

With the right support, nourishing food and self-care, you can feel your best and create lasting health.

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