



UNDERSTANDING GLUTEN

A NATUROPATHIC APPROACH TO DIGESTION, HEALING & VITALITY



WHAT IS GLUTEN?

Gluten is a protein found in wheat, barley, rye and triticale. It gives dough its elasticity and helps it rise.

For many people, gluten is well tolerated. For others, it can trigger inflammation, digestive discomfort and a range of symptoms that affect quality of life.



GLUTEN IS NOT THE ENEMY FOR EVERYONE.

This guide is about awareness, not fear. The goal is to understand your body, support your gut and make informed choices that help you feel your best.

COMMON SOURCES OF GLUTEN



Wheat
(e.g. bread, pasta, flour)



Barley
(e.g. malt, beer, soups)



Rye
(e.g. bread, crackers)



Triticale
(a grain hybrid)



Processed foods
(sauces, snacks, dressings)



Hidden sources
(soy sauce, some medications, additives)



SIGNS YOU MAY BE SENSITIVE TO GLUTEN

- ✓ Bloating, gas or abdominal pain
- ✓ Irregular bowel habits
- ✓ Fatigue, brain fog or poor concentration
- ✓ Headaches or migraines
- ✓ Joint or muscle pain
- ✓ Skin issues (eczema, acne, dermatitis)
- ✓ Mood swings, anxiety or low mood
- ✓ Sugar cravings
- ✓ Hormonal imbalances
- ✓ Difficulty losing weight



GLUTEN & YOUR GUT

Gluten can irritate the gut lining in sensitive individuals, leading to increased intestinal permeability ("leaky gut"). This can allow undigested food particles and toxins into the bloodstream, triggering immune responses and systemic inflammation.

Healing the gut is key to long-term wellness.



DIAGNOSIS MATTERS

If you suspect coeliac disease or non-coeliac gluten sensitivity, it's important to get the right testing done before removing gluten completely.

Work with a healthcare professional for accurate assessment.

SUPPORTING YOUR BODY WITHOUT GLUTEN



HEAL THE GUT

- ✓ Focus on whole, unprocessed foods
- ✓ Eat a variety of fibre-rich vegetables
- ✓ Include fermented foods
- ✓ Support with bone broth
- ✓ Manage stress
- ✓ Address infections or imbalances
- ✓ Support digestive enzymes if needed



NOURISH & REPAIR

- ✓ Prioritise protein, healthy fats and colourful vegetables
- ✓ Include gut-healing foods: slippery elm, marshmallow root, aloe vera
- ✓ Support with key nutrients: zinc, L-glutamine, vitamin D, omega-3s
- ✓ Hydrate well
- ✓ Eat mindfully and chew your food



HEALTHY GLUTEN-FREE SWAPS



Quinoa
instead of couscous



Buckwheat
instead of pasta



Almond flour
instead of wheat flour



Oats
(gluten-free)
instead of cereals



Brown rice
instead of white rice



Chickpea flour
instead of wheat flour



BEYOND THE PLATE

Gluten sensitivity is not just about food. Supporting your lifestyle makes a big difference.

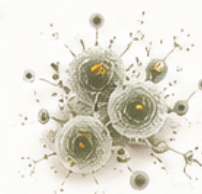
- ✓ Prioritise sleep
- ✓ Move your body daily
- ✓ Reduce exposure to toxins
- ✓ Manage stress and nervous system
- ✓ Spend time in nature
- ✓ Practice self-care



GLUTEN & AUTOIMMUNITY

For some, gluten can trigger autoimmune responses and worsen conditions such as:

- ✓ Coeliac disease
- ✓ Hashimoto's thyroiditis
- ✓ Rheumatoid arthritis
- ✓ Type 1 diabetes
- ✓ Psoriasis
- ✓ IBS and IBD



SAMPLE DAY OF EATING (GLUTEN-FREE)



Dinner

Chia pudding with berries and almond butter



Lunch

Salmon, quinoa, roasted veg & greens



Snack

Apple with almond butter



Dinner

Chicken stir-fry with lots of vegetables & tamari



Snack

Carrot sticks with hummus



Drink

Herbal tea or lemon water

KEY TAKEAWAYS

- ✓ Gluten affects everyone differently.
- ✓ Tune into your body and trust the signs.
- ✓ Healing your gut can transform your health.
- ✓ Focus on whole foods, reduce inflammation and support your body gently.
- ✓ Small steps create lasting change.



YOU ARE NOT ALONE

You deserve to feel good in your body. With the right support, balance and nourishment, healing is possible.

