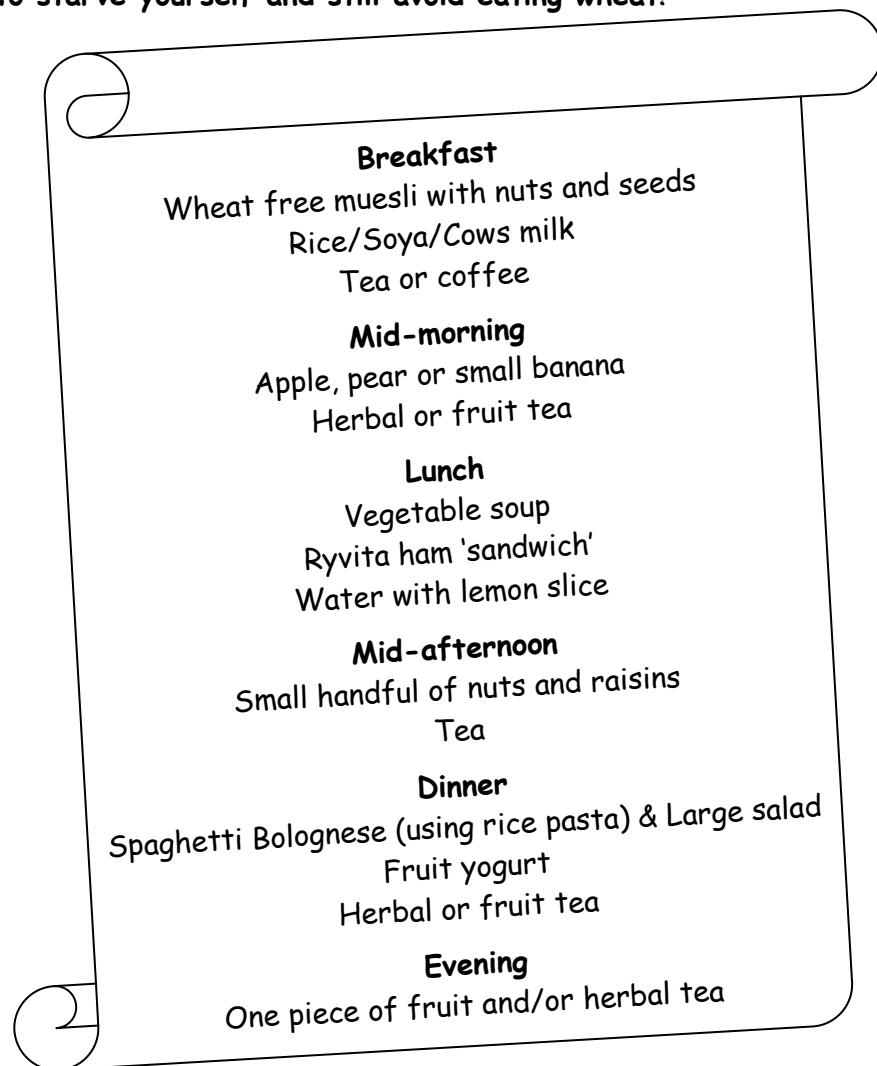


Below is a full day's menu to illustrate that you don't have to starve yourself and still avoid eating wheat!



Breakfast
Wheat free muesli with nuts and seeds
Rice/Soya/Cows milk
Tea or coffee

Mid-morning
Apple, pear or small banana
Herbal or fruit tea

Lunch
Vegetable soup
Ryvita ham 'sandwich'
Water with lemon slice

Mid-afternoon
Small handful of nuts and raisins
Tea

Dinner
Spaghetti Bolognese (using rice pasta) & Large salad
Fruit yogurt
Herbal or fruit tea

Evening
One piece of fruit and/or herbal tea

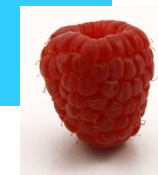
Recipe books that will also help you plan sumptuous meals include:

The Food Doctor Everyday Diet by Ian Marber
Cooking Without by Barbara Cousins

Malvern Springs
Holistic Clinic
66 Graham Road,
Malvern, Worcs
WR14 2HU



Sue Webster
Colon Hydrotherapy
Allergy Therapy



07817408297 or 01531 630215
www.colontherapyonline.co.uk

Wheat sensitivity

What does this mean?

Why is it 'bad' for you?

What can we do about it?

This leaflet aims to answer these questions so that you can continue to enjoy a healthy, interesting but wheat-free diet.

Wheat is found in many foods and disguised in many ways.

The following is a list of places where wheat can be found - or hidden!

Some alcoholic drinks like *German wheat beer*

Batter

Biscuits

Bread

Breadcrumbs

Bulgur wheat

Cake

Coffee substitutes

Couscous

Durum wheat (used to make most pastas)

Flours: ordinary self-raising & plain, *Gluten, Gram, Semolina, Wheat*

Gluten

Hydrolyzed vegetable protein

Modified food starch

MSG (monosodium glutamate)

Pasta

Pastry and Crumble mixes

Soy sauce

Vegetable starch

Vitamin E

White grain vinegar

This list is not exhaustive. You need to check food labels very carefully to make sure that wheat is not in the ingredients.

What does it mean to have an intolerance to wheat?

An intolerance or sensitivity to any food means any reaction that the body might make in response to you eating that food. Wheat is a common cause of food reaction and we have identified that this food is a potential problem for you.

Why is it 'bad' for you?

The exact mechanism for food intolerances is not fully understood at present. Part of the cause may simply be over eating wheat foods for many years which in the end, wears down the digestive tract and causes inflammation. Sometimes it is caused by an attack of food poisoning where the 'good' bacteria that help to digest our food get washed out of the system and are not easily replaced. Repeated doses of antibiotics can also deplete friendly bacteria. Long-term food intolerances can also deplete our immune systems making us more prone to infections.

What can we do about wheat intolerance?

If you have been used to eating the above foods regularly it can seem daunting to consider eliminating them from your diet.

What is there left to eat you may be thinking?

There are alternatives to wheat which are becoming more widely available. Some (*) you will now find in the bigger supermarkets. Others can be obtained from good health food shops.

Corn flour*	Potato flour
Buckwheat* (not a true wheat)	Ground rolled oats*
Soybean flour	Rye flour*
Amaranth	Quinoa*
Corn meal	Potato starch
Rice flour*	Oat flour
Barley flour	Millet flour
Ground nuts	Pea flour
Tapioca flour	Chickpea flour