

**Peanuts, Soy, Nuts, Gluten, Eggs, Sugar, and the list continues on. Even healthy vegans are negatively affected by certain healthy foods.**

# **FOOD Allergies & FOOD Sensitivities**

**Discover why your body rejects certain foods!**

By Angela Poch, N.C.

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**How to deal with food allergies for the  
vegetarian and vegan.**



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***Disclaimer: This book is only offered as general information to the reader. Independent investigation should be done by anyone considering a significant lifestyle change as well as consulting with a medical professional if there are any health concerns whatsoever.***



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# Forward

We all had times our food didn't agree with us but what if food is disagreeing with everything you say... I mean eat. What if it seems every time you eat you find another food that causes you symptoms? Or if you can't figure out what is causing the problem? I understand. I've been there. Food is a necessity and a delight but when food sensitivities start limiting your diet, cooking becomes a chore.

I have had irritable bowel syndrome (IBS) since I was in my teens. Since 1995 my IBS has easily controlled by developing a strong spiritual walk, going mostly vegan (especially eliminating aged cheese), cognitive behavior therapy (which I have been doing for years before I knew what it was), and avoiding a few foods I am truly sensitive to. I created the allergy workbook to discover the real foods I was sensitive to because I was reacting to many foods and started to get confused as to really which ones. As I researched I learnt symptoms can be delayed up to two days or even last two or three days long.

The workbook helped me exactly figure out precisely which foods were a problem and I found there were many I could eat that I thought I had reacted to but really was from the day before from another food. If you like to know more about the Food Allergy Workbook which compliments this book please visit our website: [www.HigherPathStore.com](http://www.HigherPathStore.com) and type that title in the search bar.

Angela Poch, NC



# Chapter 1: Why We Get Food Allergies

People develop food sensitivities for different reasons and very often those reasons are nothing to do with what you eat or don't eat. I think perhaps because like many, many diseases food sensitivities are multifactorial, that is to say they are not caused by ONE thing.

First of all you may be prone to allergies due to genetics. Yup, grandpa was allergic to peanuts, dad was sensitive to wheat, so you to may have food allergies or sensitivities as well.

Research is still ongoing in terms of GMO's contribution to the food allergy and sensitivity problem. Of course since most research for studies is generally funding by multimillion dollar corporations, such as Monsanto, we don't see a lot of promise for main stream, long term studies on the subject in the near future. There are some who feel GMO (genetically modified foods) may be contributing to the increase in food allergies, but the research that has been done by the USDA, National Academies of Science and others still state there have been no documented ill effects.<sup>[1]</sup> All we do know is the rise in food allergies does correlate with the rise in GMO foods.<sup>[2]</sup> But that is NOT proof. We also have become more sedentary, more stressed, and more obsessed with germs and fear of food in those same time periods (more later on how fear of food can hurt you MORE than food itself).

Research is proposing we are getting more allergies, because we are too sterile.<sup>[3, 1]</sup> Called the "hygiene hypothesis", the main ideas is as we decrease our exposure to germs our bodies become less and less effective in immune system response. Basically the

immune system does not develop properly because we don't get a little dirt now and then from our garden grown carrots (and other produce) or a little bacteria from being around farm animals from time to time, like in years past. In fact research suggests children who grow up on farms are less prone to allergies, with those kids on traditional 'old school' farms like the Amish having an even lower risk than children on modern farms. "And kids who live in either farming environment have much lower rates of allergies and asthma than children who don't grow up on farms," says Mark Holbreich, MD,<sup>[4]</sup> of Allergy and Asthma Consultants in Indianapolis.

The "Western Diet" and also vaccinations are also theories that researching are looking into. "A study in Proceedings of the National Academy of Sciences compared the gut bacteria from 15 children in Florence, Italy, with gut bacteria in 14 children in a rural African village in Burkina Faso. They found that the variety of flora in these two groups was substantially different. The children in the African village live in a community that produces its own food. The study authors say this is closer to how humans ate 10,000 years ago. Their diet is mostly vegetarian. By contrast, the local diet of European children contains more sugar, animal fat and calorie-dense foods. The study authors posit that these factors result in less biodiversity in the organisms found inside the gut of European children. The decrease in richness of gut bacteria in Westerners may have something to do with the rise in allergies in industrialized countries, said Dr. Paolo Lionetti of the department of pediatrics at Meyer Children Hospital at the University of Florence. Sanitation measures and vaccines in the West may have controlled infectious disease, but they decreased exposure to a variety of bacteria may have opened the door to these other ailments."<sup>[5]</sup>

To make it even more complicated, many people think they have food sensitivities when in fact something else is causing their symptoms. Please, bear with me as we dig into the variety of

causes for the common symptoms of food sensitivity. It is very important you understand your symptoms may not be caused by what you eat to eliminate other health concerns.

“Too many children, especially those with eczema, are avoiding foods unnecessarily based on poor data about potential food allergies”, researchers at National Jewish health reported in *The Journal of Pediatrics* (October 2010 issue).<sup>[6]</sup> David Fleischer, MD. states: “People with known food allergies, especially those with a history of anaphylactic reactions, should by all means avoid those foods. However, a growing number of patients referred to our practice are being placed on strict, unproven food-elimination diets that have led to poor weight gain and malnutrition. These overly restrictive diets have been chosen for a variety of reasons”<sup>[6]</sup>

As common as wheat is less than 5% of children are actually allergic to wheat in North America<sup>[7]</sup>. So why are so many people avoiding wheat? Because we are over stimulated by media: News, Facebook, Twitter, Google, Blogs, emails, all inundated us with articles using ‘facts’ and opinions interchangeably until we either believe everything we see or nothing. Or we believe the most prevalent things, things we see over and over. Just because we see a topic 10 or 20 times does not make it valid or fact.

Very often food itself is not causing your symptoms. Your symptoms may be “triggered” by eating, but being “caused” by another source such as stress, fatigue, over eating, eating too fast, eating at the wrong times, pollution, smoke, and other toxins, not enough water, not enough fiber, medications, and yes, psychological factors such as bitterness, anxiety, and so on.<sup>[8,9]</sup>

I highly recommend reading Ministry of Healing which covers health in a very comprehensive way (available free at our website: [VeganVegetarianCookingSchool.com/mh](http://VeganVegetarianCookingSchool.com/mh) ) This book that has been proven over and over to be correct with modern science even though it was written over 100 years ago. It states much of

our symptoms and even disease itself originates in the mind (science confirms this – stress is link to heart disease, diabetes, early aging, Alzheimer’s, and many other health problems)<sup>[10]</sup>. If we think our food will hurt us, it WILL! The brain is very powerful. Up to 30-35% of the population can be affected by the “placebo effect”<sup>[11]</sup> a phenomena where the mind tells the body how to react.

Research on centenarians has discovered that mental health is one of the most important factors not only in long life but a healthy one.<sup>[12]</sup> Several conditions can be worsen and even caused by excessive anxiety or belief you have that problem.<sup>[12]</sup> New brain scans are showing the physical pain is processed in the same area of the brain as emotional pain. In fact Martin Cowie, professor of cardiology at Brompton Hospital says we can literally die from a broken heart, “There is an increased risk of dying in the six months after bereavement and it’s particularly marked amongst men.”<sup>[13]</sup>

“In one study, older people were up to 35 percent less likely to die during a five-year period if they reported feeling happy, excited, and content on a typical day. That was true regardless of factors like chronic health problems, depression, and financial security, according to findings published in 2011 in the Proceedings of the National Academy of Sciences. And earlier this month, after analyzing more than 200 studies on cardiovascular risks and emotional state, Harvard researchers reported that optimism, hope, life satisfaction, and happiness are associated with lowered likelihood of heart disease and stroke.”<sup>[15]</sup>

In addition to our mind, our bodies can be reacting to many different environmental factors as we mentioned before: stress, fatigue, over eating, eating too fast, eating at the wrong times, pollution, smoke, and other toxins, not enough water, not enough fiber, medications, and yes, psychological factors such as bitterness, anxiety, and so on . This is why using a food diary while on the elimination diet (more on this in later chapters) is

ONE of the only ways to truly discover real food sensitivities. You may discover you are sensitive to one food one day and another food the next. It is often not diet related when this happens. This is caused by other factors and following God's complete health message is the only course of action. True food sensitivities do not change from day to day, and you should not have 20 or 30 different foods you can't eat. That is symptomatic of a digestive issue or other health problem and not food itself. Correct the digestion or health issue and you will be able to eat most of those foods again. <sup>[16]</sup>

Let's briefly look at each of the above lifestyle issues so you can eliminate them (or at least understand how they affect you) before you give up all the food you love. First up stress! Stress causes many symptoms you may not even be aware of. There are many health problems related to stress: heart disease, asthma, obesity, diabetes, and depression (each of which of these brings on even more symptoms), in addition to headaches and gastrointestinal problems most commonly associated with a food intolerance.[ $\$$ ] I would say stress is one of the most common causes of symptoms for those who think they have food sensitivities. For sure everyone with Irritable Bowel Syndrome is aware of this fact. IBS is most commonly brought on by stress.

Not getting enough sleep also affects your health. For one thing, sleep protects your mental well being <sup>[17]</sup> which we just discovered is the most common cause of illness. Some of the symptoms of lack of sleep or exhaustion include: headaches<sup>[18]</sup>, digestive problems due to lack of time for organs to repair (cellular repair happens while you sleep)<sup>[19]</sup>, and increases risk of stress related symptoms. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.<sup>[20]</sup> And eating at the wrong times or overeating can also affect your health.

Over eating is not just about binge eating or eating disorders. Simply eating more calories than your body is burning starts you on the road to health problems. Those extra calories are stored as fat and that can eventually lead to heart disease or stroke. But there are other symptoms you may think are related to a particular food when in fact it may be you are simply eating too much of that one food or too much food period. Eating too much slows digestion leading to: bloating, gas, stomach pain, indigestion, and even constipation.

We overeat for a few different reasons. “Studies have shown that most people overeat because of a chemical compound called Dopamine. This chemical which is found in the human brain, induces a feeling of happiness when we eat. However, when we overeat the dopamine levels in the brain get depleted. When the dopamine levels get depleted, a person will have to eat more food to get a feeling of satisfaction.”<sup>[21]</sup> Sometimes we restrict our caloric intake too much or eat an extreme diet and the body rebels by “driving” us to consume more food than we need. The pendulum effect of binge eating after dieting is well known by diet researchers.<sup>[22]</sup>

The best way to avoid over eating is to control your eating all the time. To know how much your body needs and limit your food intake to that, but not to starve yourself to lose weight or restrict your food intake unnecessarily. You should leave the table just barely feeling full. OR if you can't trust your senses use a calorie counter. In general you should not eat more than about 12x your weight in calories unless you have a specific reason to do so. Example: if you are 135 pounds you should not eat more than 1620 calories (unless you are extremely active) and you need to eat less if you want to lose weight OR if you are very sedentary (exercise or have activities the equivalent less than 5 miles per day). If you have a specific health condition or are obese or trying to build muscle this formula may not be applicable to you. More about this in Chapter 7.

“The surplus food burdens the system and produces morbid, feverish conditions. It calls an undue amount of blood to the stomach, causing the limbs and extremities to chill quickly. It lays a heavy tax on the digestive organs, and when these organs have accomplished their task, there is a feeling of faintness or languor. Some who are continually overeating call this all-gone feeling hunger; but it is caused by the over-worked condition of the digestive organs. At times there is numbness of the brain, with disinclination to mental or physical effort.” {MH 307.1}

“Food should be eaten slowly and should be thoroughly masticated. This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action. Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found.” {MH 305.3}

“The stomach is closely related to the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings.” {MH 306.1}

Pollution, smoke, alcohol, and other toxins also have a host of symptoms that you might think were food related: chest tightness, chest pain, fatigue, altered nervous system, depression, disrupt digestion, and more. <sup>[23,24]</sup> Avoid these harmful substances as best as you can. If you are very sick you may find you need to move to a country location or at least a more rural area outside one of

the 'cleaner' cities. Some city planners are now making sure more green space is included in new developments. Vancouver and other Canadian cities have been incorporating this for years.

Next on the list of things to check before eliminating foods is making sure you are drinking enough water. The most famous book on the subject, "Your Not Sick Your Thirsty" by Dr. F. Batmanghelidj lists several symptoms for lack of water including: hormone disruption, hot flashes, skin issues, pain, constipation, allergies, and of course head aches. To get enough water a general formula is to drink your body weight in ounces. Example: if you are 140 pounds drink 70 ounces of water per day. You of course need more if it is hot out or have other health needs.

You can also get unusual symptoms if you are not getting enough fiber in your diet. Weight gain, blood sugar fluctuations, constipation, nausea, and even tiredness.<sup>[25]</sup>

Medications can cause all kinds of symptoms that many related to food allergies, check with your doctor about your meds.

And as we mentioned already, psychological factors such as bitterness, anxiety, depression, and more can also cause very similar symptoms to food allergies, and worse yet these mental troubles can be the root cause of your food sensitivities. Emotions can cause such physical signs as: pain (back, chest, general aches and pains), headaches, constipation, diarrhea, dry mouth, palpitations, stiff neck, sweating, upset stomach, weight gain, weight loss, insomnia, and lightheadness. Poor emotional health can also weaken your body's immune system.<sup>[26]</sup> A compromised immune system brings on another whole host of issues.

You can find some resources for dealing with stress, sleep disturbances, and much more at our website under health information – [www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com) and [www.HigherPathStore.com](http://www.HigherPathStore.com) .

Ok, so you sleep well, you exercise regularly, you don't smoke or drink coffee, you are not on any medications, you eat enough fiber, and you are happy as a bee in a bonnet, but you still get symptoms like gas, bloating, diarrhea or constipation, and/or headaches.

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# Chapter 2: Food Allergies vs Sensitivities

Food allergies are different from food sensitivities in which body system is reacting to them. Food sensitivities are vague and do NOT affect the immune system. They often affect the digestive tract (poor digestion or reactions leading to bloating, gas, constipation, etc.) or neurologic systems (headaches, etc.) Food allergies, on the other hand, specifically get an immune system response<sup>[1]</sup>. While the systems vary, so do the symptoms. You usually cannot tell by symptom whether it is a food allergy or sensitivity.

With food allergies, once the immune system decides that a particular food is harmful, it creates specific antibodies to it. The next time the individual eats that food, the immune system releases massive amounts of chemicals, including histamine, to protect the body. These chemicals trigger a cascade of allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, and/or cardiovascular system. Scientists estimate that around 8 million Americans have food allergies<sup>[2]</sup>. That's one in 25 or 4 percent of the population. Allergy testing is available for true food allergies be sure to research the latest tests as research is ongoing. You'll want to make sure they are testing for both IgE and IgG immune system responses.

**A food allergy happens when your immune system mistakes something in food as harmful and attacks it. It is an autoimmune disorder.** <sup>[3]</sup>

- Usually comes on suddenly
- Small amount of food can trigger symptoms

- Happens every time you eat the food
- Symptoms are very soon after ingesting the food
- Can be life-threatening
- Affects the Immune system

**Food Intolerance happens when a food irritates your gastrointestinal tract in some way so that the body can't properly digest it:** <sup>[3]</sup>

- Usually comes on gradually
- May only happen when you eat a lot of the food
- May only happen if you eat the food often
- Is not life-threatening
- Affects various systems but most commonly the digestive system.
- Onset of symptoms may be delayed up to 2 days
- Symptoms may last a few hours to days long.

**Shared Symptoms: A food allergy and an intolerance both can cause the following symptoms:** <sup>[3]</sup>

- Nausea
- Stomach pain
- Diarrhea
- Vomiting

**Food Allergy symptoms that are different from food sensitivities are:** <sup>[3]</sup> (at least one or more of these)

- Rash, hives, or itchy skin
- Tingling, redness, or itching in the mouth.
- Shortness of breath
- Chest pain

- Sudden drop in blood pressure, trouble swallowing or breathing -- this is life-threatening. Call 911 immediate

**Food sensitivity symptoms may include: <sup>[3]</sup> (at least one or more of these)**

- Gas, cramps, or bloating
- Heartburn
- Headaches
- Irritability or nervousness
- Constipation

Unlike food sensitivities, food allergies can usually be diagnosed by careful history, examination, and testing. When reactions occur immediately after certain food ingestion then diagnosis is straight forward and can be documented by using carefully performed tests such as the skin prick test (SPT) and the radioallergosorbent test to detect specific IgE antibodies to specific food proteins and aero-allergens. However false positive results can occur. This can be confirmed by exclusion of the suspected food or allergen from the patient's diet. It is then followed by an appropriately timed challenge under careful medical supervision, hence the Elimination Diet or Oral Food Challenge. If there is no change of symptoms after 2 to 4 weeks of avoidance of the protein then food allergy is unlikely to be the cause and other foods should then be investigated as 30% of children with one allergy often have more than one.<sup>[4, 5, 6, 7]</sup> This method of exclusion-challenge testing is what the Elimination Diet is built upon, is explained in chapter 3.

But with food sensitivities, or intolerance, you do not have an immune response. There are particular diseases that always react to certain foods such as lactose intolerant<sup>[8]</sup> or Celiac disease<sup>[9]</sup>. There are no real statistics on how many people are affected by the problem of "food sensitivity". There are all kinds of numbers thrown around out there, but no real research has been done on the subject because the symptoms are so varied from person to

person, they symptoms can be delayed up to two days, and those same symptoms can have a multitude of other causes, making a scientific analysis very, very difficult. There are NO blood tests for food sensitivities only for food allergies. Because food sensitivities are so vague and can affect so many different systems, they can be really difficult to discover, in fact there is really only one way using an elimination diet. Most doctors who have knowledge in this area state using an elimination diet or Oral Food Challenge of some kind is the best and only real way to figure out what foods you are sensitive to.<sup>[10,11,12]</sup>

Do certain foods cause specific symptoms? No, not really, well maybe sort of. Terrible wording for scientific research, I know! Here is the reason. While every person with food sensitivities reacts differently to the foods they are intolerant to and which foods they can and can't have there are some disorders that have similar foods that can trigger symptoms. The only time there is any real consistency with food sensitivities is when it is related to a particular disease related or genetic issue such as celiac or lactose intolerance. Most people with those particular disorders have similar symptoms.

Those with fibromyalgia can have increased pain, IBS symptoms, or fatigue but there are not certain foods that trigger these symptoms. The body's compromised immune system can may symptomatology quite complex.

Some people who have arthritis find they are sensitive to the nightshade family of foods (potatoes, tomatoes, eggplant, peppers) while MOST people with arthritis do not have any trouble eating those foods at all. In fact, research is finding that the nightshades are so full of antioxidants and other nutrients they may actually help reduce arthritis inflammation in arthritic people.<sup>[13]</sup> So it is important to figure out which one are you? Are they making you worse or better? Do NOT just omit a food from your diet based on the internet or wives tales. Do a food test

on yourself or see a professional. More on how to discover food allergies and sensitivities in chapter 3.

Those with IBS often have similar symptoms and a 'most common' food list. Diet Triggers for IBS Constipation. Some foods can worsen IBS-related constipation. These include:

- Refined breads and cereals
- Refined foods such as chips and cookies
- Drinks such as coffee, carbonated drinks, and alcohol
- High-protein diets
- Dairy products, especially cheese
- Prevention Strategies:
  - Gradually boost fiber intake by two to three grams per day until you're eating 20 to 35 grams per day. Good sources of fiber include whole grain bread and cereals, beans, fruits, and vegetables.
  - Consume a moderate amount of foods higher in sorbitol, such as dried plums and prune juice.
  - Drink eight 8-ounce glasses of plain water a day.
  - Try ground flaxseed. It can be sprinkled on salads and cooked vegetables.

Diet Triggers for IBS Diarrhea. Some foods can worsen IBS-related diarrhea. These include:

- Too much fiber, especially insoluble fiber found in the skin of fruits and vegetables
- Food and drinks with chocolate, alcohol, caffeine, fructose, or the sugar substitute sorbitol
- Carbonated drinks
- Large meals
- Fried and fatty foods

- Food and drinks with dairy, especially in people with lactose intolerance
- Foods with wheat -- Some people may be allergic or have a negative reaction to gluten

To make matters worse ANY food can be a food allergy and you can be sensitive to ANY food. There is NO 'safe' list! Unlike many of the blogs and websites out there based on antidotal evidence and folk medicine, science does not support a particular food causing a particular reaction.<sup>[14]</sup> So we can't give you a list of foods and what they may or may not do to your body.

There are, however, some 'most' common foods that trigger symptoms. THIS list is not exhaustive, as we've stated before ANY food can cause any of the symptoms.

Although nearly any food is capable of causing an allergic reaction, only eight foods account for 90 percent of all food-allergic reactions in the United States (in Asia, Africa, and Europe this list is different).

### **Most common food allergies are:<sup>[15]</sup>**

- Peanut
- Tree nuts
- Milk
- Egg
- Wheat
- Soy
- Fish
- Shellfish

### **List of most common foods causing food sensitivities:<sup>[16]</sup>**

- Alcohol
- Yeasts
- Wheat
- Gluten
- Dairy
- Histamine Intolerance

**Foods that are particularly high in histamine and other vasoactive amines include:** <sup>[16]</sup>

- Alcohol
- Sauerkraut and other pickled foods
- Vinegar and foods containing it such as dressings, pickles, mayonnaise, ketchup, mustard
- Tofu and soya sauce
- Parmesan cheese and other cheeses
- Sausages and other processed meats
- Mushrooms and quorn
- Tinned and smoked fish
- Prepared salads
- Tinned vegetables
- Dried fruit, seeds, nuts
- Yeast extract, yeast
- Chocolate, cocoa, cola

Certain foods (even food that is low in histamine) can stimulate the release of histamine from mast cells in your body (a type of immune cell). These foods include: <sup>[16]</sup>

- Bananas
- Tomatoes

- Strawberries
- Nuts
- Peanuts
- Shellfish
- Egg white
- Pumpkin
- Spinach
- Aubergines (eggplant)
- Avocado
- Papayas
- Kiwi
- Pineapple
- Mango
- Raspberry
- Tangerines
- Grapefruits
- Red prunes
- Pea
- Spices

YOU WILL NOT have a reaction to ALL these foods. If you are reducing your diet without medical supervision you can be in danger of malnutrition. Again, you are not likely to have more than a few food allergies or sensitivities. If you are eliminating 10, 20 or more food items from your diet please see a dietician or your family doctor!!!

There is also some research to suggest sugar can exacerbate symptoms, especially with seasonal allergies.<sup>[17]</sup> Many times I can eat a limited amount of food I am sensitive too as long as I only

eat a limited amount and do not have any sugar with that meal.

What about symptoms not on the 'common' list? If you are experiencing unusual symptoms such as arm pain, random pain, swelling, and so on. It is very likely you have a more dangerous disease lurking such as heart disease or angina. Be sure to have a doctor give you a full physical. Food sensitivities are not known to cause strange symptoms. As stated before VERY OFTEN food sensitivities are more likely symptoms of stress or emotional pain, anxiety, worry, anger, bitterness, and so on.

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# Chapter 3: Discover Your Issues

Just eliminating foods you “think” are causing symptoms will not help you discover your true sensitivities. Why? Because of several reasons some of which we’ve already discussed. Your symptoms may be triggered by eating, but being caused by another source such as stress, fatigue, worry, over eating, and so on.

Some symptoms can be delayed up to two days!!! So what you ate for breakfast may not be causing the headache you have this evening. In addition some foods are often eaten together so which one is it the toast or the margarine? The onions or the garlic? The strawberry jam or the strawberry or the sugar or the pectin in the jam?

An elimination diet is a method of identifying foods that an individual cannot consume without adverse effects.<sup>[1]</sup> Adverse effects may be due to food allergy, food intolerance, other physiological mechanisms (such as metabolic or toxins),<sup>[2]</sup> or a combination of these. Elimination diets typically involve entirely removing a suspected food from the diet for a period of time from two weeks to two months, and waiting to determine whether symptoms resolve during that time period. In rare cases, a health professional may wish to use an oligoantigenic diet to relieve a patient of symptoms they are experiencing.<sup>[3]</sup>

Common reasons for undertaking an elimination diet include suspected food allergies and suspected food intolerances. An elimination diet might remove one or more common foods, such as eggs or milk, or it might remove one or more minor or non-nutritive substances, such as artificial food colorings.

An elimination diet relies on trial and error to identify specific allergies and intolerances. Typically, if symptoms resolve after the removal of a food from the diet, then the food is reintroduced to see whether the symptoms reappear. This challenge-dechallenge-rechallenge approach is particularly useful in cases with intermittent or vague symptoms.<sup>[4]</sup>

The terms exclusion diet and elimination diet are often used interchangeably in the literature, and there is no standardized terminology. The exclusion diet can be a diagnostic tool or method used temporarily to determine whether a patient's symptoms are food-related. The term elimination diet is also used to describe a "treatment diet", which eliminates certain foods for a patient.<sup>[2, 5, 6]</sup>

Adverse reactions to food can be due to several mechanisms. Correct identification of the type of reaction in an individual is important, as different approaches to management may be required. The area of food allergies and intolerances has been controversial and is currently a topic that is heavily researched. It has been characterized in the past by lack of universal acceptance of definitions, diagnosis and treatment.<sup>[2, 7]</sup>

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# Chapter 4 – The Elimination Diet

The most common type of elimination diet involves removing specific foods or ingredients from your diet because you think they may be causing allergy or other symptoms. Common actual allergy-causing foods include milk, eggs, nuts, wheat, and soy<sup>[1]</sup>. Food sensitivity items can not all be listed here but a few common ones are all the food allergens (milk, eggs, nuts, wheat, soy), plus nightshades (potatoes, tomatoes, etc), cruciferous veggies (broccoli, cabbage, kale, cauliflower, etc), onions, garlic, gluten (wheat, barley, rye), oats, rice (more common in particular areas such as Asia). We listed more in the previous chapter.

Your doctor or dietician should supervise this diet over a few weeks. There are usually several steps to this diet and there are different approaches but in general the steps are:

## **1. Stop eating suspicious foods.**

During this time, you will need to: carefully read food labels and ask how foods are prepared at restaurants so you can be sure to avoid possible triggers. They HIDE everywhere. It can be very, very difficult to avoid ingredients that are causing you problems if you don't cook for yourself and watch every single ingredient. Keep a detailed food diary to record the foods you are eating. (See appendix and also available as an full page for free on our website under health tips – [VeganVegetarianCookingSchool.com](http://VeganVegetarianCookingSchool.com))

If you remove a certain food and the symptoms go completely away, your doctor can usually confirm that food may be the cause of your problems. While on this diet, make sure you eat other

foods that provide the same nutrients as those you're avoiding. (For example, try tofu-based foods instead of dairy products.) A dietitian can help you plan meals.

## **2. Slowly add back in suspicious foods, one at a time.**

After eliminating or taking foods out of your diet, your doctor will ask you to gradually reintroduce into your diet the foods you were avoiding. You'll add them one at a time over time. This process helps link allergy symptoms to specific foods. Carefully record any allergy symptoms that you get as you add each food back in using a food diary. If symptoms return after eating a food, your doctor can usually confirm that this is a trigger.

## **3. Stop eating the problem foods, once again.**

Last, you will be asked to once again to stop eating the foods (one at a time) that you and your doctor think are causing your allergy symptoms. The list should be smaller this time. The goal is to see if the symptoms clear up for good.

So the biggest problem with this system is you may be allergic to more than one food or a combination of foods that you could eat individually but not together. This means you may not be symptom free during step one without much, much trial and error. Thus you may need a more comprehensive approach.

Comprehensive four step approach:

### **Step 1 – Planning**

Work with your health care practitioner to create a list of which foods might be causing your problems. You may be asked to keep a diet journal for a week or even a month, listing the foods you eat

and keeping track of the symptoms you have throughout the day. It is helpful to ask yourself a few key questions:

- What foods do I eat most often?
- What foods do I crave?
- What foods do I eat to “feel better”?
- What foods would I have trouble giving up?

## **Step 2 – Eliminating Foods Temporarily**

For two weeks, follow the elimination diet without any exceptions. Don't eat the foods whole or as ingredients in other foods. For example, if you are avoiding all dairy products, you need to check labels for whey, casein, and lactose so you can avoid them as well. This step takes a lot of discipline. You must pay close attention to food labels. Be particularly careful if you are eating out, since you have less control over what goes into the food you eat.

Many people notice that in the first week, especially in the first few days, their symptoms will become worse before they start to improve. If your symptoms become severe or increase for more than a day or two, consult your health professional.

## **Step 3 – Challenging**

If your symptoms have not improved in two weeks, stop the diet and consult with your health professional about whether or not to try it again with a different combination of foods. If your symptoms improve, start “challenging” your body with the eliminated foods, one food at a time. As you do this, keep a detailed written diary of your symptoms and the foods you ate.

To challenge your body, add a new food group every three days. It takes three days to be sure that your symptoms have time to come back if they are going to. On the day you try an eliminated

food for the first time, start with just a small amount in the morning. If you don't notice any symptoms, eat two larger portions in the afternoon and evening. After a day of eating the new food, remove it, and wait for two days to see if you notice the symptoms. If a food doesn't cause symptoms during a challenge, it is unlikely to be a problem food and can be added back into your diet. However, don't add the food back until you have tested all the other foods on your list.

### **Elimination Diet:**

- Eliminate all dairy products, including milk, cream, cheese, cottage cheese, yogurt, butter, ice cream, and frozen yogurt.
- Eliminate gluten, avoiding any foods that contain wheat, spelt, kamut, oats, rye, barley, or malt. This is the most important part of the diet. Substitute with brown rice, millet, buckwheat, quinoa, gluten-free flour products, or potatoes, tapioca and arrowroot.
- Eliminate meat. It is ok to eat the following (if you are not vegetarian) unless you know that you are allergic or sensitive to them: chicken, turkey, lamb, and cold-water fish such as salmon, mackerel, and halibut. Choose organic/free-range sources where available.
- Avoid alcohol and caffeine and all products that may contain these ingredients (including sodas, cold preparations, herbal tinctures).
- Avoid foods containing yeast or foods that promote yeast overgrowth, including processed foods, refined sugars, cheeses, commercially prepared condiments, peanuts, vinegar and alcoholic beverages.
- Avoid simple sugars such as candy, sweets, and processed foods.
- Drink at least 2 quarts of water per day.

NOTE: If a food causes you to have an immediate allergic reaction, such as throat swelling, a severe rash, or other severe allergy symptoms, seek medical care and avoid food challenges unless you are directly supervised by a physician.

#### **Step 4 – Creating A New, Long-Term Diet**

Based on your results, your health care practitioner can help you plan a diet to prevent your symptoms. Some things to keep in mind:

- This is not a perfect test. It can be confusing to tell for certain if a specific food is the cause. A lot of other factors (such as a stressful day at work) could interfere with the results. Try to keep things as constant as possible while you are on the diet.
- Many people have problems with more than one food.
- Be sure that you are getting adequate nutrition during the elimination diet and as you change your diet for the long-term. For example, if you give up dairy, you must supplement your calcium from other sources like green leafy vegetables.
- You may need to try several different elimination diets before you identify the problem foods.

I have tried to combine the most common methods in the “Food Allergy Workbook” using the least likely foods that cause allergies as a base. This book also has journals for symptoms and ALL the recipes to get you started. The workbook is a complete plan to help you discover your food sensitivities in a very systematic and simple way. The process will take about 3 to 6 weeks depending on how many foods you react to. Which could be much, much shorter than randomly trying to get symptom free using step one on the previous page.

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# Chapter 5: Food Substitutions and Adaptations

Ok, so you know what your allergies or food intolerances are but how do you cook your favorite dishes? What can you use to substitute wheat, dairy, eggs, peanuts, soy, almonds, tomatoes, rice, oats, or whatever you are sensitive to? Well it depends on what you can and can't eat. Without a personal consultation it is very difficult to create lists for all the possible foods you may be sensitive to. However we will try to list the most common foods and what you can use to substitute them.

- Alcohol - not a food so no substitutions necessary
- Peanuts - other nuts - chickpeas
- Tree nuts (create list of nuts and various substitutions)
- Milk - Almond milk - Soy milk - Hemp, Oat, etc.
- Dairy Cheese - Vegan Cheese (also see recipes)
- Cream (see recipes)
- Cottage Cheese (see recipes)
- Eggs (see recipes)
- Wheat - Spelt - Kamut - Gluten Free Flour Mix (see recipes)
- Soy/Tofu - Eggs - other beans like Navy, Lima, Butter, etc.
- Fish - Not necessary for a healthy diet, get omega 3 from flaxseed, chia, hemp
- Yeasts - Not necessary for a healthy diet but can use baking powder or eggs for leavening if desired (see recipes)
- Sauerkraut and other pickled foods - make with lemon juice or omit. No nutritional reason to eat these foods.

- Vinegar and foods containing it such as dressings, pickles, mayonnaise, ketchup, mustard - make with lemon juice or omit. No nutritional reason to eat these foods.
- Soya sauce - Salt & water, nutritional yeast flakes
- Meat - not necessary for health, use beans and nuts
- Mushrooms and "Quorn" - can use water chestnuts in some recipes or omit from recipe.
- Prepared salads - Make fresh salad
- Tinned vegetables - Use frozen or fresh
- Chocolate, cocoa - carob
- Cruciferous veggies - use other greens
- Potatoes - Rice - Sweet potatoes - Quinoa
- Tomatoes - just omit from recipes or use recipes without tomatoes. For the nutritional equivalent simply eat a variety of other veggies. Use cream sauces on pasta.
- Peppers - just omit from recipes or use recipes without peppers. For the nutritional equivalent simply eat a variety of other veggies.

When substituting ingredients for your favourite recipes keep this in mind: You can only substitute so far before the dish is completely unrecognizable and some dishes can't be substituted for at all. Hard to make mashed potatoes out of anything but potatoes.

Ok so with that in mind here are the basic tips to changing a recipe:

- Substitute one ingredient at a time! Even if the recipe needs more than one thing changed to meet your needs, just change one thing at a time, and better yet change only half of that one ingredient. IE: Muffins call for 1 cup of bran use 1/2 cup of oat bran and 1/2 cup of bran. If that works fine, do it again will all oat bran.

- Substitute like ingredients. A fat for a fat, starch for starch, veggie for veggie, protein for protein, (see previous chapter) etc. Liquid for liquid, dry for dry. What is that ingredient doing in the recipe? Does it bind things together, add flavor, leaven, make it chewy, darken it, etc.
- Look for an alternative recipe with similar qualities. IE: you like meat loaf look for 'meat loaf' like recipes, find one you like then compare it with your favourite recipe and see if you can get it closer to what you like using the herbs and spices from your recipe.
- Don't try to substitute a main ingredient unless you have a very similar ingredient you can use in place of it. For example you can't just use rice in place of potatoes in most recipes. You may be able to use mashed rice, sweet potatoes, or some thing like that but you may not. But if you need to substitute navy beans you can often just use a different bean. OR if you need to substitute a nut with another nut that usually works fine provided it is a similar flavor and texture. IE: Almonds and cashews can often be interchanged as can pecans and walnuts.
- Don't be afraid of failure. You can't learn if you don't try and experiment.
- Don't create recipes while you are in a hurray. You'll forget a step, misread the recipe, or neglect to write a step down.
- Write EVERYTHING down! Keep notes for every step. What worked, what did you try, how long did you finally cook it, was is too soft, hard, gooey, dry, etc.

## Flours

### Wheat:

There are many different types of wheat and you be sensitive to just one kind or to all species. The hard wheats have the most

amount of gluten and are used for making bread, rolls and all-purpose flour. The soft wheats are used for making cakes, pastries, crackers, etc. Spring - very common (*T. aestivum*), Emmer (*T. dicoccon*), Winter - very common (*T. hybernum*), Spelt (*T. spelta*), Durum or Semonlina - quite comon (*T. durum*), Einhorn (*T. monococum*), Kamut (*T. polonicum*) are all species of the wheat genus *Triticum* (thus the T in front of each name).

## **Almond Flour**

This flour is simply ground almonds, so it naturally adds protein and other nutrients like calcium. It's primary benefits are its mild flavour and moist, sponginess. It is very versatile; you can use a moderate amount of almond flour in the place of any flour to enhance the flavour and nutritional value. It is also great in crackers and cookies.

- a. Use in moderate quantities.
- b. High in protein and other nutrients.
- c. Generally adds moisture to recipes.

Gluten free

## **Amaranth flour**

Amaranth flour is made from the seed of the Amaranth plant, which is a leafy vegetable. Amaranth seeds are high in protein, which makes a nutritious flour for baking.

- a. High fiber and protein content.
- b. Adds slightly sweet flavour to recipes.
- c. Adds moisture to recipes.

Gluten free

## **Arrowroot flour**

Arrowroot flour is ground from the root of the plant, and is very useful for thickening recipes. It is tasteless, and the fine powder becomes clear when it is cooked, which makes it ideal for thickening clear sauces.

- a. Can be used in place of cornstarch as a thickener.
- b. Easily digestible.
- c. This flour provides stickiness and adhesion.

Gluten free

## **Barley flour**

Barley only contains a small amount of gluten and was the 'poor' mans grain for hundreds of years, while wheat was for the rich. It has a mild flavour and can be used to thicken or flavour soups or stews.

- a. This flour provides adhesion
- b. Makes bread moister and more dense.
- c. A good balancing flour for "dry" crumbling flours.
- d. It can be a "heavy" flour on its own.

NOT Gluten free

## **Brown rice flour**

The most common substitute in gluten-free cooking, however, it is devoid of much nutrition and starchy. It doesn't absorb liquid as quickly as wheat, so baked goods can be crumbly. Brown rice flour is heavier than its relative, white rice flour. Store in an airtight container. (I freeze it!)

- a. Heavy and 'grainy' in nature.
- b. Has a slightly nutty flavor and slightly chewy texture.
- c. Keep refrigerated or in freezer.
- d. Good for breads and cookies.
- e. Good base for flour mixes.

Gluten free

## **Buckwheat flour**

Buckwheat flour is not, despite its name a form of wheat, buckwheat is actually related to rhubarb. The small seeds of the plant are ground to make flour. It has a strong nutty taste so is not generally used for desserts.

- a. Unique flavour - best for entrees.
- b. Absorbs oil, additional liquid may be required in recipes.
- c. Can make baked goodies heavier.

Gluten free

### **Chick pea flour (also known as garbanzo flour)**

This is ground from chick peas and has a slightly 'bean' taste. Once cooked into the food it is a mild flavour, but disguising if under cooked or raw. It is a very good source of protein and iron, vital to making your food more nutritious!!!

- a. Lends a pliability to baked goods, such as wraps
- b. Adds nutrients and protein to foods
- c. Fairly moist and holds together well.
- d. Has a distinctive flavour that can be masked.

Gluten free

### **Coconut Flour**

Finely ground coconut meat with most of the fat/moisture removed. It is slightly sweet, so good in sweet baked goods. It also creates a smooth, pillowy texture when used in small quantities, but can be somewhat heavy if its the main flour. Increase liquids a bit because it absorbs moisture pretty readily.

- a. High fiber and protein content.
- b. Mild coconut flavor, slightly sweet.
- c. Mixes well with other Gluten Free flours for baking.
- d. Absorbs liquids, more may be required in recipes.
- e. Can be an allergen for those with nut allergies.

Gluten free

### **Corn Flour**

Ground from corn.

- a. Regular, medium or finely ground. Finely ground is best if baking.
- b. White, yellow or blue varieties.

- c. Can be a modernly common allergen.

Gluten free

## **Cornstarch**

Cornstarch is milled from corn into a fine, white powder, and is used for thickening recipes and sauces. It has no 'real' taste and adds good binding.

- a. Use as thickening product, mix with water prior to adding to heated liquid(s).
- b. Mixes well with other Gluten Free flours for baking.
- c. Good for adhesion and thickening.

Gluten free

## **Millet flour**

Comes from the grass family and is used as a cereal in many African and Asian countries. Because it lacks any form of gluten it creates a crumbly texture. Add this flour to tapioca, coconut, and sorghum flours for baked goods meant to be somewhat crumbly (e.g., shortbread, Mexican wedding cakes, or scones) and voila! you get the perfect texture you were looking for! High in fiber.

- a. Good substitution for sorghum flour or brown rice flour.
- b. Adds texture to recipes.
- c. Has a butter sweet flavor.
- d. Easily digestible and is the least allergic choice of alternate flours.

flours.

Gluten free

## **Potato Starch**

This is a fine white flour made from potatoes, and has a light potato flavour which is undetectable when used in recipes. It's one of the few alternative flours that keeps very well provided it is stored in an airtight jar, and somewhere cool and dark. (Often confused with potato flour.) This flour provides stickiness and adhesion.

- a. Finer than potato flour, has bland flavor.

- b. Mixes well with other Gluten Free flours for baking.
- c. Adds chewiness and moisture to baked goods.
- d. Can be used in place of cornstarch or arrowroot as thickener.

Gluten free

### **Potato Flour**

From peeled, cooked potato, dried and ground using the whole potato and thus containing the protein and some of the fibres of the potato; having an off-white slight yellowish colour. Dehydrated potatoes or instant mashed potatoes can be used in place of it. Potato flour is cold water soluble.

- a. Heavier than potato starch flour, has potato flavor.
- b. Velvety texture.
- c. Too much will absorb liquid and can create a gummy texture.
- d. Used in small amounts to increase moisture and bind ingredients together.

Gluten free

### **Quinoa Flour**

Quinoa is related to the plant family of spinach and beets. It has been used for over 5,000 years as a cereal by the Incas. Quinoa provides a good source of vegetable protein. Like chick peas it taste terrible if raw or under cooked.

- a. Mild nutty flavor, can be bitter if used alone.
- b. Can be substituted for any cereal grain.
- c. Adds moisture to baked goods.
- d. Flakes normally work better than flour in baking.

Gluten free

### **Rye Flour**

Rye flour is a strongly flavoured flour, dark in colour. Breads made with rye flour are denser than those made with wheat, for example pumpernickel which is virtually black. Rye flour has a low gluten

content, but it can also be used for recipes such as pancakes and muffins.

Not Gluten free

### **Sorghum (Milo) Flour**

It is ground from sorghum, which is similar to millet. It is an important staple in Africa and India. Sorghum flour is a rusty hued color with flecks of cream and dark. The taste is faintly sweet in most products. It makes all products very nice tasting, the only drawback to this flour is that baked products tend to crumble easily; thus they must be handled very gently. Sorghum flour probably most closely emulates wheat flour in taste and function (although it still doesn't have the ability to bind, because it's gluten free). It is a good, sturdy, and usually inexpensive making it a good all-purpose flour for a gluten free flour base. This flour is relatively high in iron, as well as fiber, and protein.

- a. Stores well under normal temperatures.
- b. Good for large portion of flour in bread recipes, even up to half the amount.
- c. Can cause food to be "crumbly" if use more than 1/2.
- d. Adds 'airiness' and texture to recipes.

Gluten free

### **Soy Flour**

Soy flour is high protein with a nutty taste. It is not generally used on it's own, but when combined with other flours is very successful as an alternative flour. It needs to be carefully stored as it is a high fat flour and can go rancid if not stored properly. A cool, dark environment is recommended and can even be stored in the refrigerator.

- a. High Protein and low Carbohydrate values.
- b. Available in full fat, low fat and defatted versions.
- c. Keep refrigerated or in freezer.
- d. Has a strong, distinct flavor.
- e. Browns easily.

- f. Note: Soy is one of the major allergens.

Gluten free

### **Sweet Rice Flour (Glutinous Rice Flour)**

It is also called sticky rice, sweet rice, waxy rice, and pearl rice. It is a type of short-grained Asian rice that is especially sticky when cooked. It is called glutinous because it is glue-like or sticky but does not contain gluten.

a. Can be used in place of cornstarch or arrowroot as thickener.

- b. Better option for thickener if you'll be freezing the product.

Gluten free

### **Tapioca Starch (or Flour)**

Tapioca starch is made from the root of the cassava plant, once ground it takes the form of a light, soft, fine white flour. Tapioca flour adds chewiness to baking and is a good thickener. It's a fairly resilient flour, so storing at room temperature is no problem. It's a pure starch, nothing but empty calories. However, it helps to bind gluten free baked goods, gives them a bit of 'sticky' mouth-feel and provides the nice firm, golden crust.

a. AKA tapioca starch, cassava flour, cassava starch, manioc starch.

- b. Mixes well with other Gluten Free flours for baking.

c. Browns easily, promotes crisp texture

d. Can be used in place of cornstarch or arrowroot as thickener.

Gluten free

### **Teff Flour**

Teff comes from the grass family, and is a tiny cereal grain. Teff has complex carbohydrates, proteins, minerals and fiber. Ivory Maskal Teff is milder in flavor than brown but equally nutritious. Teff flour

is delicious in pancakes, waffles, baked goods, or as a thickener in soups and gravy. It should be stored in a cool, dark, dry place in tightly covered containers such as glass jars. It has a unique ability to yield a smooth texture while also adding fiber.

- a. Small ancient grain of the millet family. The nutrients are not lost during processing.
- b. Natural brown has a stronger, unique flavor.
- c. Ivory has a mild, slightly nutty flavor.
- d. High calcium content.
- e. Can be used as portion of flour in bread recipes for texture.

Gluten free

### **White Rice Flour**

This flour is milled from polished white rice so it is very bland in taste, much like white flour, and not particularly nutritious (of course brown rice flour is not full of vitamins either). White rice flour is ideal for recipes that require a light texture. It has a reasonable shelf life, as long as it is stored in an airtight container to avoid it absorbing moisture from the air.

- a. Good base for flour mixes.
- b. Bland, mild flavor, won't change taste of recipe.

Gluten free

### **All Purpose Gluten Free Flour Mix:**

1 cup sweet rice flour (or potato starch)

1 cup tapioca starch (or arrowroot)

2 cups brown rice flour

2 cups almond flour (or chickpea/garbanzo flour\*)

2 cups sorghum flour, optional but adds nutrients and fiber

1/4 cup egg replacer or xanthan gum, optional but much better especially if using this flour mix in regular or non-tested recipes.

\* Avoid using chickpea flour in desert recipes as it changes the taste.

Store in a baggie and use in place of whole wheat flour one to one in any recipe except regular bread recipes. I've used this

mixture in my regular muffin recipes and it works well. For best results I highly recommend you add xanthan gum or egg replacer for moisture retention and better binding. For more info on gluten free flours, cooking DVDs, and recipes: [www.LetsCookGlutenFree.com](http://www.LetsCookGlutenFree.com)

Experimenting with different flours: Change only one at a time, and test it out. Oat flour tends to be light, flaky and crumbly, barley is moist and a bit gooey, and rye a bit heavy. Combining oats with barley or rye works well. Corn flour is quite absorbent so use less.

Grinding your own: Because purchased flours, even whole wheat, have additives in them, home ground flours may react differently in recipes, often more absorbent and a bit crumbly. Soft wheat will replace pastry flour and hard wheat replaces regular baking flour. We find combining these two flours works well.

## Sweeteners

Different people have different needs. Diabetes may lean toward Agave Nectar due to its low GI. Those with bowel, heart, or immune system disorders may want a natural sugar like raw sugar or honey. And Vegans will not choose honey, but rather maple syrup or brown rice syrup. Here is a very brief description of each so you can choose for yourself.

**Agave Nectar or Syrup:** A natural juice from a cactus native to Mexico. It has a very low glycemic index – beneficial for diabetics. Agave is not as sticky as honey and mixes well into other ingredients. Has a mild flavor and works well in various recipes. I quite like it. No aftertaste, sweeter than sugar, similar to honey. \* 1/2 cup agave nectar replaces 1 cup of sugar.

**Brown Rice Syrup:** A refined syrup from brown rice. Not as quite

as sweet as maple syrup or honey, very thick and sticky. I use in place of corn syrup. \*use equal with corn syrup or honey

**Fructose:** This is extracted from various fruits. It acts very much like regular white sugar. It has a low glycemic index but care must still be taken to not overuse it, as studies show high quantities of refined fructose may lead to increased cholesterol, aggravating bowel problems, and liver issues. \* 3/4 cup fructose replaces 1 cup sugar

**Honey & Maple Syrup:** While not vegan, it is Biblical, however so it milk. Word of caution, bees are given antibiotics and so on. Maple syrup, not as sweet so you need to use more, can be substituted, but treat it as a liquid. Be sure to check on the brand of maple syrup, many companies use formaldehyde – Spring Tree does not.  
\* 2/3 cup honey replaces 1 cup sugar or visa versa (may need to adjust liquid)  
\* 1 cup pure maple syrup replaces 1 cup honey (reduce liquid by 1/4 cup)  
\* 1 cup pure maple syrup replaces 1 cup sugar (reduce liquid by 1/2 cup)

**Raw Icing Sugar or Unbleached Icing Sugar:** This is an unbleached product found in many grocery stores. If you can't find it, you can grind 1 cup raw sugar to a powder and add 1 tsp corn starch.

**Raw sugar:** Raw sugar is also called dried or evaporated cane juice. The "juice" is extracted from the sugar cane and dried, not bleached. You can get raw sugar in most grocery stores. Bleaching is harmful and devalues the nutrients in the sugar. Raw sugar can be used directly in place of regular sugar. If replacing brown sugar see Sucanat.

\* 1 cup raw sugar replaces 1 cup sugar

\* 1 cup raw sugar plus 1 tsp molasses = 1 cup brown sugar or Sucanat

**Stevia:** Unlike artificial sweeteners, stevia is simply the leaf of a herb and is very sweet. It is excellent for diabetics and can be used in place of sugar in many recipes. I use the white, but the

green is good and less refined. Will you need to experiment! \*1 tsp green or 1/4 tsp white replaces 1 cup sugar, to taste (may need to add more flour). Will not work in 'candies' or foods that need caramelizing.

**Sucanat:** This is dried cane juice with molasses added in. Some controversy as to how refined it is. The source I contacted said it is the cane ground up, thus less refined than raw sugar. Can use raw sugar with molasses, see above; or Turbinado. \* 1 cup Sucanat or Turbinado replaces 1 cup brown sugar

# Chapter 6: Recipes and Cooking Tips

## Dairy - Milk & Cheese

There are many alternatives from soy, almond, hemp, and oat to others. Here are some other milk alternative recipes.

### Almond Milk

Blend until very smooth: 1/3 cup almonds (can use blanched)  
1/3 cup water

Then add: 2 to 2 1/2 cups of water

Blend, blend, until smooth. Strain if desired, add 2 tsp honey.

### Cashew Cream (for cream pies, soups, etc.)

Blend: 1/2 cup cashews and 1/2 cup water till thick and creamy

Add: 1 cup water

Blend till smooth. Yields 2 cups. (Add more water if needed.)

Note: Add vanilla and a touch of sweetener, about 2 to 4 Tbsp raw sugar, if it calls for vanilla soy milk or soy creamer.

### Orange Cashew Cheese

*A very versatile cheese.*

- 1 1/2 cups water
- 1/2 cup boiling water
- 1 cup raw cashews
- 2 tsp sea salt
- 1/4 cup nutritional yeast flakes
- 2 Tbsp lemon juice, fresh is best
- 1/4 tsp garlic powder (or 1 small clove)
- 1 tsp onion powder

- 3 Tbsp Vegetarian Jel
- 1 pimento or roasted red pepper, as desired

Dissolve Jel in boiling water (unless using oats or corn starch, see Variation). Rinse cashews well, place in blender and cover with water (out of the 1 1/2 cups). Blend on high until smooth. Add remaining ingredients, including remaining water, and blend until very smooth. Pour into a mold and let set several hours.

Variation: Omit Jel and use ¼ cup oats or cornstarch. Rinse cashews well, place in blender and cover with water. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Cook in a saucepan until thick and bubbly. Use over pasta, etc. Good for dipping (may need to add water) or spreading. For lasagna skip the cooking step and pour on before baking.

## **Tofu Cottage Cheese**

*Creamy, with a touch of texture.*

- 4 cups extra firm silken tofu (2 pkg of 454g/16oz each)
- 1 1/2 tsp sea salt
- 2 tsp onion powder
- 1/2 tsp garlic powder
- 3/4 cup Mayo

Mash tofu coarsely and stir in remaining ingredients.

## **White Cheese**

*A good pizza cheese.*

- 3/4 cup boiling water
- 1/2 cup raw cashews (or blanched almonds)
- 1/4 cup sesame seeds
- 1 pkg silken tofu, extra firm
- 1 tsp sea salt
- 1/4 cup nutritional yeast flakes
- 2 Tbsp lemon juice, fresh is best

- 1 tsp onion powder

Rinse cashews well, place in blender with sesame seeds, and cover with water and Jel. Blend on high until smooth. Add remaining ingredients and blend until very smooth. Pour over desired dish.

## **Zesty Sprinkles**

*We use this as a Parmesan substitute.*

- 1 cup sesame seeds
- 1/2 cup sunflower seeds
- 1 cup nutritional yeast flakes
- 1 tsp garlic powder
- 2 tsp onion powder
- 2 Tbsp lemon juice, fresh best
- 1 tsp sea salt

Fry sesame seeds on low heat in a dry skillet until golden in color, and let cool. Blend sesame seeds and sunflower seeds in coffee grinder or blender until ground fine. I do this in 1/2 cup batches. Combine all. I use food processor. If it is not dry enough to sprinkle, bake on a cookie sheet at 150°F for 15 to 20 minutes or so. Store in the fridge. Lasts several weeks, if you can keep it around!

## **Creamy Cashew Mayo**

*Our favourite mayo.*

- 3/4 cup raw cashews, rinsed
- 1/4 cup lemon juice, to taste (up to 1/3 cup)
- 1/2 to 1 tsp onion powder
- 1/2 tsp sea salt
- 1/2 to 3/4 cup soy milk (or Soy Creamer\* or water) as need
- 1/4 to 1/2 cup canola oil (VERY optional!)\*\*
- 1/2 cube Golden Seasoning, optional\*\*\*
- dash turmeric, optional\*\*\*
- 1 to 2 Tbsp nutritional yeast flakes, optional\*\*\*

Put cashews, lemon juice, and enough soy milk to completely cover cashews. Blend on high until smooth, add remaining ingredients. Will thicken in fridge – becomes spreadable. To use as dip or to thin add more soy milk as needed.

## **Tofu Mayo**

*Wonderful texture and creamy too.*

- 1 pkg silken tofu, extra firm (350ml/12oz)
- 1 clove garlic (or 1/2 tsp garlic powder)
- 1/2 tsp sea salt
- 1/3 to 1/2 cup lemon juice, fresh to taste
- 1 tsp onion powder
- 1 Tbsp raw sugar (or alternative, see Appendix)
- 1 Tbsp nutritional yeast flakes
- 1/4 cup soy milk (or soy creamer)
- 1/4 cup vegetable oil, optional

Combine all ingredients, except oil, in blender and blend on high until smooth and creamy. Slowly add oil (or omit) while blender is on high. Store in fridge 3 to 5 days.

## **Creamy Mayo**

*A very nice mayo. Worth the time and can be made low-fat.*

- 1 1/2 cups water
- 1/3 cup unbleached flour (or 4Tbsp arrowroot and 3Tbsp cornstarch)
- 2 Tbsp lemon juice, fresh best
- 3/4 tsp Seasoning Salt
- 1/2 to 1 tsp onion powder
- 1/4 tsp garlic powder
- 1 to 2 Tbsp nutritional yeast flakes, optional
- dash of turmeric, optional

- 1/3 to 1/2 cup vegetable oil (omit for low-fat)

Whisk all together, except oil, in saucepan over medium heat. Cook until thick and bubbling, reduce heat to low and cook 3 to 5 minutes longer. Remove from heat and place in freezer 15 minutes. Scrape into blender and blend on high until creamy, slowly adding oil. Chill and store in fridge up to 7 days.

## **Flax Gel & Other Egg substitutes**

### **An egg substitute:**

1/2 cup flax seeds  
2 1/4 cups water

Bring flax and water to a boil and let simmer 3 minutes. Strain immediately. To use: 1/4 cup flax gel for one egg. Good in cookies, roasts, and breads. Will not leaven or whip, but a good binder.

NOTE: Ground flax replaces the omega 3 found in free range organic eggs (regular eggs are not generally safe due to animal management and disease). BUT this gel does NOT have the nutriments like omega that eggs do! Be sure to get alternative sources when giving up the use of eggs. If you live where you can get free range eggs from healthy chickens, and you can NOT supplement for vitamin D, B12, and/or omega 3, I suggest you consider using eggs until you can find a suitable alternative.  
Yields: 1 to 1 1/2 cup of "gel"

### **Other substitutes for baking - 1 egg:**

1 Tbsp soy flour, 1/2 tsp oil (optional), and 2 Tbsp water

1 banana, blend smooth

1/4 cup medium tofu, blend smooth

2 Tbsp ground flax seeds (you get omega 3 this way)

Commercial egg replacer like Organ or Ener-G.

ONE of my favourites!!! 2 Tbsp flax meal in 1/3 cup water, chill 1 hour = 2 eggs

We have many recipes online at:

[www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)

[www.LetsCookGlutenFree.com](http://www.LetsCookGlutenFree.com)

Allergy Friendly Cookbooks & Videos at:

[www.HigherPathStore.com](http://www.HigherPathStore.com)

We also have CUSTOM cookbooks - after a detailed questionnaire we will create a cookbook JUST FOR YOUR NEEDS!!! Look under cookbooks at the above website for details!

# Chapter 7: Common Issues of Restricted Diets

There are some common issues that occur with restricted diets or that stem from eating poorly over the course of many years. The main problems we find ourselves facing are:

- Self Control - saying no to a food you love
- Food Fear
- Binge Eating
- Nutritional Deficiencies
- Dealing with others - Social events & Eating Out
- Dealing with set backs

## How to Gain Back Your Life

Completely avoid problem areas for a period of time is the best way to gain self-control. However you need to CHOOSE to do this. Don't tell yourself "poor me", "I miss", "I'll never eat it again", etc. We can trigger an emotional response if we tell ourselves we can't forever. The brain some how feels deprived of something it thinks it needs. When you tell yourselves "I choose not to eat \_\_\_\_ (you fill in the blank) because I know this will make me feel better" you have more self-control to avoid problem areas. And you only have to make it through today! That's it. Just ONE day without it. Keep doing that and the weeks will fly by (heck the years fly by).

For foods that only affect you mildly, you may choose to "limit" those foods. If you do this make sure you have a way to keep track and be very conscientious of it. It's very easy to say "I'll only eat it

occasionally and for that to turn into monthly, then weekly, then daily. Define “occasionally”. Example: I choose to eat potatoes for the major holidays.

For addictions and issues like addiction it is better to completely rule out eating a trigger food. It can be CRITICAL for long term survival. Personally I find it MUCH easier to eliminate certain foods and never eat them at all then to eat them occasionally and find occasionally becomes daily.

One of the best tools you can use for dealing with food and really anything that involves the mind is learning about Cognitive Behavior Therapy. Sounds long winded but it’s a simple process that is very powerful in changing the way you think. You think before you choose, you choose before you act. The Bible says: “For as he thinketh in his heart, so is he.” Pr 23:7 “A Merry Heart doeth good like a medicine.” Pr 14:22 An active relationship with God is the most important thing we can do to have good mental health and good mental health gives us self-control and relieves us from emotional burdens food or lack of certain foods can trigger.

ABC’s of thinking: Thoughts come in many ways: You can make up your own thoughts, you can get temptations, and of course God sends you suggestions too. When negative thoughts come to us we don’t have to keep thinking them. We can choose what to think about. We can’t choose what happens to us, but we can choose how we react to it.

A - Action and Activity - something happens or a thought comes to mind.

B - Belief and Basics - what you believe forms the basis for your feelings.

C - Consequences and Conscience - there are consequences, good or bad, to your belief and you need to listen to your conscience about your thoughts.

D - Decide and Disagree or Determine - decide if you find

what you believed was right or wrong, and disagree with that thought if it is wrong.

More on this topic see our information sheet “Your Thoughts”. There are also many books on the topic.

## **Food Fear**

Fear of food is a growing concern about doctors. There is a direct correctional between the brain and digestions and if you are afraid of food it will negatively impact your body systems. We are all different. We all have to deal with our own bodies and just because someone can't eat a food does NOT make that food harmful. We see outrageous claims about food and food scares all the time. But they ALWAYS pass! One dear lady I know remembers in the late 50's cranberries being labeled as cancer causing. Soy, wheat, fat, carbs, protein, canola, I could write out so many foods we'd need another book. Foods are not toxic in themselves (unless you grab a poisonous mushroom or eat a non-food plant).

Fear of food can lead to stress and stress related health issues. Fear is NOT healthy in any form and you may not even realize you are under fear when it comes to food. It's starts with concern. Is this food hurting me? Then worry and finally fear. The CBT (cognitive behavior therapy) is very important to prevent this series line of thought. When thoughts like “these veggies may be GMO and GMO will cause cancer, and I don't want to die of cancer!” you need to stop them in their tracks. You can look for healthy choices and you can avoid harmful things, but you should not be overly sensitive to food and food issues. Make good choices, relax, and enjoy your food. AND NO ONE died from eating a few chemicals, GMO's, or food they are sensitive to. They can however die from a true food allergy, but even this truth should not cause a fear of eating, just an awareness of what is going in your mouth, plain and simple.

## **Binge Eating**

Binge eating can be as much a physical response as emotional. Certain foods trigger your brain to eat more and couple that with your restriction of not eating foods you know and love can send you into a spiral. It is a documented fact that when we diet, we trigger binge eating. We've already mentioned the emotional aspect, that you 'feel a loss', you miss something you enjoyed, and the brain starts to crave it.

KEEP a food diary!!! This is imperative. What foods are triggering you to eat more? Do certain foods cause you do desire other foods on your no-no list? Example: for me if I eat an apple for supper it triggers me to feel VERY hungry and I start to crave chocolate or bread and pretty soon I've eating 750 calories! Generally there is nothing wrong with apples, but I don't eat them at night unless I pray first and choose to put on my plate what I am going to eat, knowing with full awareness I may start craving more food and choosing to not eat more BEFORE I even bite into the apple. This doesn't happen any other time of day, only at supper time. Which leads me to another point, time of day can cause you as much trouble as the food itself. That is why a food diary is so important. You may not have to give up a food you love if the food can be digested at a different time and not affect you.

Binge eating is also triggered by not eating enough calories or the right nutrition! Your body starts to crave because it has a lack of something it needs. Be sure you are getting a balanced diet. Don't just throw out foods that are giving you headache and not conscientiously making sure you still have a balanced diet. This leads me to the next issue, nutritional deficiencies.

## **Nutritional Deficiencies**

Avoid a complete food category, like 'carbs' can quickly lead to nutritional deficiencies which in turn can affect your health far

worse than the food you are avoiding. It is very important for you to be sure you are getting a balanced diet. The more food restrictions you have more likely you will be missing a vital nutrients. Be sure to see a Dietician or nutritionist for counsel on restricted diets. We offer a custom cookbook, counselling, and even private video lessons for those with limited diets. For a FREE food guide visit our cooking school website: [www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com) look under health tips.

Poor digestion can also cause nutritional deficiencies. For example most anemia is not from lack of iron but from the bodies inability to absorb it. Vit C helps digest iron. There are some herbs and foods that help with digestion (for most people, but again each body is different). Dandelion root, pineapple, papaya, ginger, chamomile tea, mint, fennel, and others. <sup>[1]</sup>

Lots of fiber, plenty of water, avoiding too much fat, eating at set times, eating slowly, eating with a smile, and regular exercise all help with digestion. <sup>[2]</sup> The laws of health are real and can't be broken without it affecting your health.

Probiotics are helpful for some people as well. Yoghurt, miso, kefir, etc. as well as probiotics in pill form. <sup>[3]</sup> There is lots of info out there on probiotics and I won't get into them here. Just keep in mind there is no such thing as a cure all and you should NOT have to live eating pills every day. Having said that, if your intestines don't have enough good bacteria you will not digest food well and that can cause malnutrition. If you have taken antibiotics you likely should invest in a probiotics program to restore balance.

## **Dealing with Social Events**

Before you leave the house decide what you will and will NOT eat. This is the first step. Don't wait to see how you 'feel'. If certain foods really affect your health you are obligated to put your health first!

If need, bring along a little something to add to the dinner/party, etc. Even if you are not asked you will not likely offend anyone by doing this. If your friends truly love and care about you they will be eager to help if they can. People generally get upset if they can't figure out HOW to feed you or they've put a lot of work into a meal and you can't eat any of it. You have two choices. Eat and deal with it later or prepare ahead and share your health issues with the hostess. Say you love their company and don't want to be a burden can you bring a dish to contribute?

Whatever you decide, decide BEFORE you go and stick to it. IF you start nibbling on foods that are going to cause you pain you will be frustrated with yourself and with social events. At larger events most people won't even notice what you are and are not eating, as long as something is on your plate.

As for eating out at restaurants, same thing applies. Make a decision before you get in the door. Choose 'mom and pop' restaurants as they are more likely to customize a menu item for you than a fast food joint. If your diet is really limited bring along food and eat with friends at open locations like patios or mall food courts. Eat at the park, taking your picnic foods there.

The biggest thing is to PLAN, PLAN, PLAN. Don't let yourself be led by emotion and circumstance. I often choose to eat foods I don't have in my home because for me the social event is more important than a mild digestive issue. In fact, the more I enjoy the event the less likely I am to have an episode of concern. BUT that is not true for many of you reading. Some of you have some serious set backs if you dabble with the forbidden foods.

## **Dealing with Set Backs**

So how do you deal with a set back? Start over and don't give up! Sounds simple and it is. But just because it's simple doesn't mean

it's easy. Again, I can't stress enough how important it is for you to learn about CBT. This one tool will help you in so many ways, I just can't emphasize it enough! You are in control, once you control your thoughts.

## Quotes for Inspiration

So to finish up I'd like to share some quotes of inspiration. You can post them around the house or even memorize them. Some are religious in nature, but they are very effective if you believe in God.

"Do what you need to be done even if you don't want to do it."

"Self-control is just choosing between what you want NOW and what you want MOST"

"Self-control is knowing you CAN but choosing you WON'T"

"Knowing others is intelligence; knowing yourself is wisdom. Mastering others is leadership; mastering yourself is true power."

"Self-control is the ability to control the expression of our desires."

"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it." 1 Cor 10:13 NIV

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33 NIV

"For Jehovah God is our Light and our Protector. He gives us grace

and glory. No good thing will He withhold from those who walk along his paths." Psalm 84:11, TLB

"For I will restore health to you and heal you of your wounds,' says the Lord" Jeremiah 30:17, NKJV

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." James 1:5, NKJV.

"You will keep him in perfect peace, Whose mind is stayed on You, because he trusts in You." Isaiah 26:3, NKJV.

"I would that all could realize what possibilities and probabilities there are for all who make Christ their sufficiency and their trust. The life hid with Christ in God ever has a refuge; he can say, 'I can do all things through Christ which strengtheneth me.'" {CL 28.2}

"You need to cultivate self-control... Discipline yourself to die to self, to bring your will in subjection to the will of Christ. A deep and thorough conversion is essential, or you my dear brother will fail of eternal life. Your service in the cause of God must be more hearty, full and thorough." {PH104 24.1}

## References:

1 <http://www.livestrong.com/article/541370-does-pineapple-improve-digestion/> <http://www.healthyandnaturalworld.com/top-10-herbs-to-improve-digestion/> & Fox NEWS - <http://www.foxnews.com/health/2011/12/21/herbs-to-improve-digestion/>

2 NHS "Good Foods to Help Your Digestion" Livewell <http://www.nhs.uk/Livewell/digestive-health/Pages/stomach-friendly-foods.aspx>

3 <http://www.cdhf.ca/en/digital-library/sort/6>

# Appendix: Food Dairy

DATE \_\_\_\_\_

DAY \_\_\_\_\_ of \_\_\_\_\_

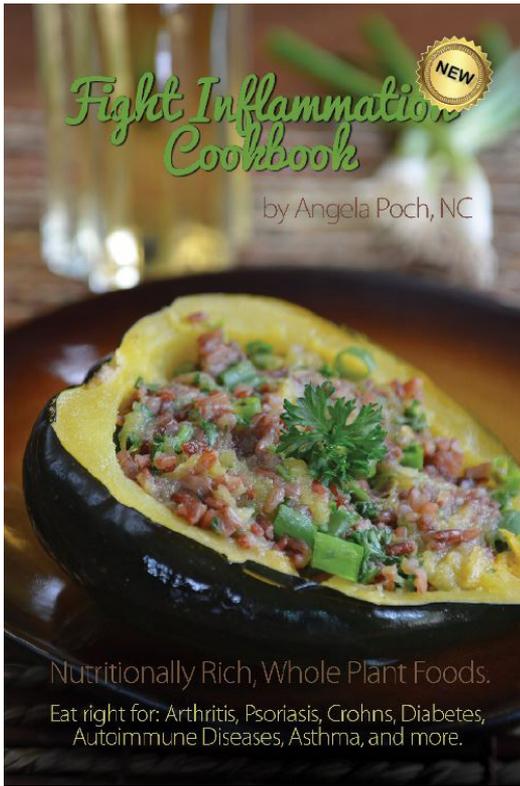
WEEK \_\_\_\_\_

VeganNutrition4U.com

TIME	DESCRIPTION OF FOOD, MEDICATION, OR DRINK	SYMPTOMS

### Symptoms to watch for:

Headache   Cravings   Heartburn   Sore throat   Constipation   Abdominal Pain   Hay fever like  
Bloating   Diarrhea   Hives/rash   Wheezing   Hyperactivity   Bowel changes   Asthma like  
Belching   Bad breath   Runny nose   Irritability   Indigestion   Flatulence (gas)   Appetite change



NEW cookbook for those with restricted diets or just want very simple cooking for weeding out their food allergies and more. Visit us online: [www.HigherPathStore.com](http://www.HigherPathStore.com) and look for the "Fight Inflammation Cookbook". This cookbook is FULL color with loads of photos.

We also have courses available from vegan cooking to nutrition and much more. Check our website out today!

# Why are some foods toxic to some people, even healthy ones?

## How do you deal with food allergies and sensitivities as a vegetarian?

It seems we are plagued with more and more food issues and our bodies are crying out. Food allergies and sensitivities are on the rise in North America and we are starting to see the results of this issue.

Can we stop the epidemic? Is food the only cause?

Discover how to deal with food allergies, what is the difference between allergies and sensitivities, what causes them, how to find out if you are sensitive, what foods can you substitute, and much more in this book.

Housewife and cook, Angela has her Nutritional Counseling Diploma. She has written and published many completely vegetarian cookbooks, hundreds of health articles and booklets, and run's the Vegan Vegetarian Cooking School as well as

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VeganNutrition4U.com and many other ventures. Her desire is for others to have health and happiness with God's plan for living.



*Angela Poch, NC*