



*The*  
*Lourie Process*

*Gluten Guide*



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

# Gluten and Inflammation



There are many articles on gluten and gluten-free foods in the media and on the Internet. There is also a lot of conflicting information. This is why a nutritional consultation with a professional is important for your health recovery.

I am frequently asked about gluten and gluten-free foods and diets. I have put together an easy-to-use guide to answer the most frequently asked questions:

## **“What is gluten, and how does it affect my health?”**

Gluten, or gliadin, is a protein found in products made with wheat, rye, barley, and spelt.

Oats are not necessarily a gluten-containing grain. However, I feel it should also be eliminated because oats are often processed on the same equipment as wheat and may be contaminated by it.

Gluten sensitivity, which is what affects and concerns so many people, causes a weakening of the villi of the small intestines. Once weakened, their atrophy may lead to a host of chronic ailments. If you are sensitive to gluten you might see any of the following symptoms:

## **INFLAMMATION:**

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Arthritis  
Chronic Fatigue Syndrome  
Crohn's Disease, and other digestive issues  
Fibromyalgia  
Hashimoto's thyroiditis  
Skin problems, such as eczema or psoriasis

## **METABOLIC SYNDROME:**

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Diabetes  
Inability to lose weight  
Infertility  
PCOS  
Pre-diabetes  
Unexplained weight loss

Nutritional malabsorption related to gluten intolerance is one of the roots of all of these conditions. In order to recover your health, it is necessary to eliminate gluten from your diet.

# Gluten-Free Foods

To optimize your health, nutrition is the place to start!

Gluten sensitivity contributes to inflammation which significantly impacts your health and well-being.

Adopting a gluten-free diet is the first step to addressing this source of inflammation and metabolic dysfunction.

Below is a list of foods you can focus on and foods to avoid. Buy organic whenever possible for your and your family's health.

## **FOCUS ON:**

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Amaranth  
Arrowroot  
Corn  
Millet  
Tapioca  
Taro  
Teff  
Quinoa  
Wild rice and all types of rice

## **AVOID:**

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Barley  
Buckwheat  
Couscous  
Kamut  
Oat (i.e. oatmeal)  
Rye  
Spelt  
Wheat