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It's A Jungle Out There!

If you are gluten free you know the tribulations of surviving vacations, work, dining out, family gatherings, and, visiting grocery stores. Temptation is everywhere with cafes and bakeries beckoning you to come in for a bite. Even if you are committed to the gluten free cause, it's easy to feel like a martyr. Gluten free isn't for everyone, but for those who feel better when they avoid that devilish little protein, it's worth it. Having the knowledge on how to better your health is something that you should never take for granted.

Having been gluten free myself for 20 years and, having spent my career at the IBS Treatment Center diagnosing people who have gluten intolerance, gluten sensitivity, and other food reactions, I have learned that there are definite factors that set apart those who successfully survive a gluten free lifestyle from those who don't. SURVIVAL is key. There are challenges whether you have chosen this mission, or it has chosen you.

Gluten Free Living

The #1 factor in surviving a gluten free lifestyle is mind set. If you think you can't, then you won't. I've heard people say, "I can't live like this." This doesn't, however, deter me from helping them achieve their goal. What changes a "can't do" is my confidence they "can do." You can avoid gluten – something that when you eat makes you ill. The more you learn, the more you will understand the importance it has in your health and your life. In the words of the Alderleaf Wilderness College, "You need to think clearly, navigate safely, satisfy your need for food, and signal for help." Maintain a good attitude by remembering to PEA. (And to pee! That also helps.) PEA stands for: Plan, Execute, Assess. As a survivalist, you need a plan of action. First, is to be prepared. The foundation of a gluten free diet is established at home. Learn to satisfy your dietary needs by preparing gluten free foods for every meal.



Gluten free

#2. Don't leave home hungry. If you let your self get hungry, you will likely make a mistake with your diet.

#3. Plan for situations. Will you eat ahead of time? Take food with you? Can you meet where you are comfortable eating? Even if a restaurant isn't ideal, most still can prepare something that is gluten free.

#3. When traveling have a longer term plan. You need to sustain yourself until you find a store that has what you need. Good planning is being prepared. Bring gluten free snacks. Helpful is the Find Me Gluten Free app that locates gluten free food sources anywhere in the U.S. Out of the country visit the Gluten Free Passport website containing endless resources and apps with good food choices.

You'll bump into gluten eating zombies where ever you go. Many will want you to join their tribe. But have the confidence knowing you can survive, and have the skills to execute your plan. You will make mistakes. Everyone does. Once you execute a plan assess it. Did it work? Do you need to make changes? It won't be perfect the first time. Learning from mistakes makes you a better gluten free survivalist. People will admire your knowledge, and start asking you for advice. Because YOU... are a TRUE survivalist.
www.IBSTreatmentCenter.com.



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