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Dr. Peter Osborne: Hey, everybody. Welcome back to the Glutenology Health Matrix. The ultimate masterclass on going gluten-free brought to you by myself, Dr. Peter Osborne, and Gluten-Free Society. Today in Module 5, we're really going to be getting into the devil and the details of going gluten-free. At this point, last time in Module 4, we talked about mindset. We talked about some of the potential pitfalls. We talked about making healthy food decisions, but in this one, we're really going to be diving into the depths of navigating the grocery store, cleaning out your pantry, your refrigerator, preparing for social situations, like all that psychology and all those action steps that have to be taken in order for you to get successful as quickly as possible.

That's what Module 5 is all about. Stay with me. Remember, if you haven't, go back and watch modules one through four to get the fundamental premise. Every one of these modules builds on the one before. We designed it that way on purpose so that as you learn, it gets easier to learn. Let's dive in navigating the grocery store. Most people approach this from that an entirely wrong perspective.

We think about navigating the grocery store, we really want to think about a few things. We mentioned this in Module 4, but I'm going to be redundant here. Eat real food. The grocery store, predominantly, there are two places in it that you should spend the vast majority of your time and that's one side of the store and the other, which is generally for most stores, not all, but most, is your produce department and your meat department.

These are the general guidelines. We want to look for foods that are real, that are non-GMO, that are organic, that are hormone and steroid-free, that are chemical-free, that are minimally processed or not processed at all, that are appropriately raised. If we're talking about animals, we're talking about grass-fed free-range, organic, and the like, and we want to try to choose and try to pick a lot of foods that are low in calories and high in nutrient density. Those are just, again, your general basic ground rules for how we think about entering the grocery store.

Now, some cardinal rules about grocery shopping I want you to try to adhere to. Number one, in my opinion, the biggest rule is never go to the grocery store hungry. You always buy more than what you need, you always buy stuff you shouldn't buy, you always buy processed food. That's my experience. I don't ever go into that place hungry because I know I'm probably going to come out with things that don't need or I shouldn't be buying.

Never go hungry. Don't make those bad decisions. Don't put yourself in the position to make what many call hungry decisions, where you're hungry, angry, you just want something now. You buy something processed to satiate your blood sugar. Always have a list when you go in. It's best to go in with a plan. Without a plan you're just going to browse and surf the store and generally, when that happens, you buy more stuff that you don't need, or you come out with things that you should have bought that you didn't.



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Again, going with a plan, going pre-planning. Think ahead, what meals do you want to have? What things do you want to prepare at home that you can go and pick up on your list? Again, shopping the perimeter of the store is one of the best ways to go in and get out as quickly as possible doing the least amount of damage as possible. Now there's an old saying failing to plan is planning to fail.

Meal planning becomes very important, especially if you're new to the gluten-free diet, in the first six months, really, really critical because everything's going to be new to you and just the challenge of everything being new to you is going to be a challenge enough. We want to plan ahead. That means meal planning, try to plan your meals several days in advance. One of the strategies or tips here is bulk cooking.

Plan on cooking several meals in the same day. This will save you time in the long run, especially if you're going to work and still having to cook your meals as many people do. Plan ahead. This way, you can create a grocery list for the meals that you want to prepare, and you can go in organized, get what you need succinctly, and then get out. The other one of the other strategies here is as you're embarking on your gluten-free journey, start a kitchen binder. We call it a recipe binder in the kitchen.

We started it years ago, but every time we found a recipe or tried a new recipe that was gluten and grain-free, if it was a hit in our family, we put it in a binder in the kitchen and we put little tabs on it, dinner, breakfast, lunch, that kind of thing. Today we have this pretty thick binder in our kitchen of many of our favorite family recipes. That's one way to get ideas and let the ideas that you like grow. As they grow, as time goes by, it just gets easier and easier.

Now, one of the other things that you can do to plan ahead is make sure you're using my foundation Gluten-Free Society as a resource. We have professional chefs creating masterful recipes on a regular basis for you, and it doesn't cost you anything. It's free. Make sure you go over to Gluten-Free Society and hit that recipes tab at the top of the home page, because there's an entire massive cookbook of some of my family favorites, but also, again, some professionally produced foods that are easy small, and short ingredient lists, quick to make, convenient and it tastes good as we always want in our food, we want it to taste good.

Planning ahead, use the resources at your discretion, and use our resources to help you shave time off your gluten-free journey. Again, we've done the work so that you don't have to do it over again. Shopping that perimeter of the grocery store, again, remember that you've got usually most grocery stores are set up where the perimeter is your produce is on one side and your meat department is on the other. Most of the central isles contain what? Highly processed foods.

Now, there are certainly are exceptions to some of those center aisles. You can get canned goods, canned organic vegetables, as an example, you can get dried nuts, and dried beans, and things of that nature that are gluten-free and you can stockpile some critical items for rainy days, but a lot of your middle aisles are junk food. You got to be cautious of that. If you're one of those in your foodie, and, for example, if



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you go down that aisle with the chips that you're going to walk out with five bags of chips, just try to avoid that aisle altogether. Again, if you stick to that perimeter, you're going to do much better.

When you're buying produce and stay on that perimeter of the store, always buy organic. When you're buying meat, you want to look for wild-caught beef or wild-caught fish. If you don't have a hunter in the family, it's hard to get wild-caught beef, and the grocery store most of it's going to be grass-fed. If you're looking at grass-fed, grass-finished would be the term that you would want to look for for your animal meats.

Now, one of the questions comes up a lot is does grain-fed beef contain gluten? The simple answer is no. Nobody has ever studied that. Nobody really truly can say that grain-fed beef is going to contain gluten in its meat. That question comes up a lot. I wanted to inject that answer for you. That being said, why do we buy grass-fed as opposed to grain-fed beef? One of the reasons why is cows are not designed to solely eat grain as their sustenance as their staple sustenance in their diet.

It actually can disrupt their microbiomes, the grain, the properties of grain, in general, a lot of grains are mold contaminated. A lot of that feed, especially in these mass production feedlots are contaminated with mold and mycotoxins. Now, mycotoxins, you can't kill them. They don't go away. They can get in the tissue and they can become a problem. As a matter of fact, they are a problem in our food industry. There are regulatory commissions that try to regulate the level of mycotoxins in foods because they're human poisons that we know can contribute to cancer, and kidney dysfunction, and other problems.

When you're buying a grass-fed grass-finished, there's less of a tendency for you to get exposure to those types of things. There's also an important element in that. Again, if you're a vegetarian, you can tune this part out, but if you're a meat-eater, then you want to hear this. The meat industry itself, if they're grass-fed grass-finished, they generally do a really good job. I raised my own cows. I know for me, I want to raise the happiest, healthiest cows I can raise. Why? Because animals deserve a quality life too.

Not all farmers feel that way. Again, this is where I encourage you to buy local grass-fed grass, finished farmer's markets, things of that nature, even bypassing the grocery store altogether if they're not carrying your local companies. It's just because the more you have a relationship with who produces your food, the more honesty, the more openness that you're going to have in what actually is in your food. It's very, very important to know where your food comes from and that the quality of the food is there.

One of the other reasons why we picked grass-fed instead of grain-finished beef is because of the fat concentration. The grain-fed cattle tend to have higher Omega-6 marbleized fat content, lower vitamin E, and lower levels of a chemical called CLA, which is a specialized type of fat that speeds up the metabolism and helps with weight loss. When you're buying grass-fed, you're getting the CLA, you're getting the vitamin E, and you're getting more omega-3 in your diet because grass-fed cows,



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their meat consistency has higher levels of omega-3. Same thing with your fish. If you're talking about a farm-raised fish versus a fish that was bought, or that was wild-caught.

Wild-caught fish, generally, tend to eat things in the wild. The makeup of their muscle tissue is going to be a healthier variety. Most of your farm-raised fish are fed genetically modified corn and soy. For example, salmon, a lot of your farm-raised Atlantic salmon. They have to inject them with pink dyes in order for their flesh to be pink. Otherwise, it would be more pale and white in color.

It's not something you want to eat. That's even though the food manufacturers have created new novel terms like sustainable. Sustainable means that that farm can sustainably raise as many fish as they need to raise, but it's not sustainable for your health. What good is sustainable in terms of the farmers operating in business versus the sustainability of your health, always choose toward the sustainability of your health, especially if you're sick, trying to recover. Your chicken should be free-range organics.

Another question is if chicken eat grain, does that mean that the eggs contain gluten or that the chicken meat contains gluten? The answer is no, there's no research that confirms that. Remember that chickens, unlike cows, chickens, genetically are designed and they have the digestive tract to handle seeds. They actually do well with some grain. Now, chickens are also grazing birds, their actual native origin is they're a jungle bird. They would graze for grass and bugs and insects and for berries and other things that can be found naturally in the wild. If you are purchasing chicken, you want to look for free range organic.

Again, if you've got a local farmer that you can support, I highly encourage that. If it's a farmer's market, you can sit down with the owner and you can ask them, "Hey, what are you feeding? What kind of feed? Is the feed that you're giving your chickens as a supplemental, is it organic? Do I need to worry about the GMOs or the glyphosate? These are all questions you should be thinking about. Remember, go back and watch Module 4. We talked about some of the pitfalls. Some of the things that happened to people that cramped their gluten-free diet from being effective and that exposure to pesticide chemicals was one of those things.

You want to make good quality choices around your food. We want minimally processed or minimally packaged foods. Again, going back and learning how to read food labels and learning the meaning of package claims becomes a very important part of your future as you need to move forward. The other thing is buy what you need, buy what you need as you need it. Now, it's different if you're trying to plan for a natural disaster and emergency, but we're talking about day-to-day use here, right? Buy what you need as you need it, the fresher, the ingredients, the healthier it is for you. Real food, remember also has a very short shelf life. It doesn't preserve forever.

It won't sit on the shelf for two years and still be good, real food deteriorates. If you stock up on things, generally, it isn't going to be real, unless you're just got a lot of family members that eat a lot of food. Buy as you need it, buy what you need. Now, if you want to do longterm preparedness, have a video you can watch, an article that



you can read on Gluten-Free Society, on that topic I would encourage you to go back and check that out on gluten-free society, just type in emergency preparedness and you could pull that up.

Now, part of this too, you want to teach your children, as you're going through this process, if you have kids. Now, if you're single you'll want to teach your children, your future children. If you are married and you have kids, you want to teach your children as you're navigating this process. One, it's your responsibility. They depend on you for their health. They depend on you educating them about nutrition.

Remember as we said, gluten sensitivity is a state of genetics. If you have gluten-sensitive gene pattern, the likelihood that your children have that same or similar pattern is very high. The old saying families that play together, stay together or families that stay together, play together. Families that eat together, stay healthy together, and you shouldn't be feeding your children junk food at McDonald's, while you're over here struggling to try to create healthy meals, what you create for your family, don't create more problems for yourself.

Whether you're a man or a woman, you want a consistent level of eating in the household that is going to have a goal of the improvement of everyone's health around you. If you're the only one getting healthy, you're going to fall into that social situation where everybody's trying to pull you back into poor health, because they don't want to eat healthy. This is better done when you have your family unit as a support group around you and that comes back to core.

The schools have failed to teach your children nutrition. Look at any school textbook on nutrition and what you find is an antiquated food guide pyramid that recommends processed dairy with hormones. It has sugar as part of the food groups and it actually recommends tons of grains. What they're learning is usually the teacher that's teaching the nutrition class and I can't speak for every single nutrition class across the world.

The vast majority is of the ones that I've sat in on. I was a college professor of nutrition and nursing programs for years. Most of the teachers are not fit themselves to teach nutrition. They don't understand nutrition. They don't apply it themselves and there's an old saying about teachers. If you can't apply it yourself, then how can the people that you're teaching the lesson to ever hope to be successful at applying the lessons? This is why when I stand up here in front of you, I can stand up here and say, these are the things that I do, these are the things that I practice in my health speaks for itself.

I want yours to do the same. Teach your children, don't rely on the school systems or other people to teach your children about the fundamentals of nutrition. In my opinion, I talk about you raise your kids, you try to prepare them for, when one day when they get married and they want to grow up, get married and have a family. There are certain fundamental that you teach them. You should have in common with your mate. You should have the same opinion about money, you should have the same opinion about religion, you should have the same opinion about diet.



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Diet is super critical because when you start having babies if your spouse thinks that junk food is fine and you're trying to feed these kids healthy and they're sick all the time, because your spouse is secretly sneaking ice cream to them or whatever it might be, right? Whatever that situation might look like, and you're going to end up with marital problems and stress, and that stress is not going to help you be more successful at your gluten-free diet.

Teach your children. Remember this, more than half of the children in the US today are overweight or obese. It's an epidemic. It's a major problem. Kids are being diagnosed in grade school now with Type 2 diabetes in what we would call adult-onset diabetes is now teenage onset diabetes. Why? Because of the way that they eat, we know diabetes is disease of choice. Not, I'm not talking about Type 1 diabetes. I'm talking about diet and lifestyle diabetes.

Take the children with you, teach them to cook, show them the way, hold their hand, take them to the grocery store. Let them know, verbalize what it is that you're doing and why you're doing it and why it's important. Even if they don't follow it 100%, they're going to grow up with those lessons in their mind. Maybe one day they'll dive off the deep end and eat poorly, but they'll always know what to come back to because you gave them a foundation.

Teach your children and make your life easier. Now, beware of common package claims a lot of your common package claims that are designed is what we would call window dressing. They're they're what marketers create terms to sell more product. Some of the common terms we've seen over the years, zero trans fat, may help lower cholesterol. Gluten-free fat-free, sugar-free paleo, paleo-friendly keto-friendly. These are all terms that have been used in the food industry.

They're stamped on products that might not be healthy, but the term has a healthy connotation. Understand that these oftentimes are marketing tactics, and you want to be aware of these packaged claims. Don't base your decision to buy based on whether or not the front cover says keto-friendly or gluten friendly. Look at the ingredients, flip it over, read the ingredients and make sure that the product is suitable for your consumption.

Let's talk about the organic seal. A lot of people don't know what that organic seal actually means. Most food products will have a sticker on them and it'll say USDA organic. Now there's two types of main stickers. There's a green sticker. Then there's also a black sticker. If you see a green USDA organic sticker, that means 95% or more of the ingredients that that product is made with are made organically.

That's important to understand. That green sticker is better than the black sticker. Now the black sticker still means that the majority of the food in that product is organic, but we want the green sticker. It just has a higher level of organic ingredients. Again, we're trying to avoid pesticides and GMOs, that's a big, important component. When you're buying produce in the grocery store, most of the times they'll fix a sticker to the produce. If you're looking to try to find out organic, a lot of times everything is set up in most grocery stores today, where it'll say very, obviously these are organic. These are conventional.

However, sometimes people pick something up and move it. You may be thinking you're picking up something out of the organic pile and you end up getting something conventional. There's little stickers. Here's what you understand about a conventional produce. The sticker is four numbers or four digits. For example, a pear is 4416 or banana is 4011. Those are the four digit numbers that delineate what that fruit or vegetable is or are. A four-digit number means conventional. That means not organic.

Now five-digit number that starts with a nine. Again, let's use the banana as the example, 94011 would be an organic banana. If the sticker has five digits and the first number is nine, now you're talking about organic produce and that's what you're looking for in the grocery store. Understand how to look at those stickers. Now you can see a five-digit sticker on another if it starts with an eight, that means it's a genetically modified product.

I have yet to see any of the five-digit stickers actually be placed on produce in a grocery store. Usually what you're going to see are the four-digit conventionals, and you're going to see the five digits that start with a nine, indicating that those products are organically produced. Again, when you're shopping in a grocery store, look for the organic sticker and make sure you don't make the mistake of picking something conventional out of an organic spot that maybe was mislabeled or misplaced by another shopper or by an employee of the grocery store.

Again, anytime you can support a local farmer, I would encourage that too. There's actually a website. You take a pen and jot this down. It's called local harvest.org and this is a website, if you type in your zip code that it should give you back a list of the organic farmer's markets and other natural grocers within your area. Use that as a tool. There's also a company called Azure Standard, A-Z-U-R-E Standard, and they have different delivery drop-offs and they deliver a lot of organic produce all over the country.

They're a certified organic company out of Oregon. Again, they deliver, they have drop sites. We have one here, even in Texas and Houston. You can check out as your standard online and determine whether or not they have a drop zone in your area where if you live in a rural area, maybe you don't have a natural grocery store, like a whole foods or trader Joe's or sprouts or something along those lines that's an option.

Food labels, when you're reading food labels, and again, this is a critical part of your education. You want to understand what that label means and how to evaluate it. Now there's two major sections on a food label. There's what's called the nutrition facts panel, which is that panel that lists total calories, fats, proteins, carbs, et cetera. Then there's the section on ingredients. That's usually somewhere below the nutrition facts panel.

You'll see carbs fats, proteins, total calories, but then you'll also see the actual ingredients and the one you really want to pay the most attention to, unless you're trying to manipulate or count your macronutrients in a specific way is you want to really pay attention to the ingredients and make sure that you're reading that list of

ingredients and cross-referencing that list with terms that might mean gluten, or that might be chemicals that you just don't want to ingest in your body.

Keep that in mind, because that's super important. Now, other things to pay attention to, are your serving size, and that goes into the nutrition facts panel. Sometimes you got to be careful. You can overeat. Some people come to me and they're like, I don't know why I'm gaining weight. I'm eating everything healthy and when we come to find out they're reading a food label wrong, whether they thought they were getting a hundred calories of a certain food item, they were getting 500 calories of a certain food item, because they didn't read the nutrition facts panel and that has serving size and calories per serving.

One of the couple of the things that are going to be listed on that panel, we'll put an example image up on the board for you here is again, total calories. Then it'll say calories per serving. Let's say it's a box of something and it has five total servings, but then it says calories per serving is 50 calories. If you eat the whole box with five servings, you're going to get 250 calories, eat one serving whatever that serving size is delineated as grams ounces, et cetera, you're going to get, whatever caloric load is in one serving.

Just pay attention to that, especially if you're cautious and trying to manipulate your weight, either up or down, sometimes it's an issue people don't eat enough and sometimes it's an issue of people eating too much. Other things you can pay attention to or the sodium level on the box, you can pay attention to the sugar level. The lot of you following a keto diet, look at those sugars and carbohydrates and follow them very closely because you're trying to standard certain gram percentage of carbohydrate in your daily diet to hit ketone.

Those are all important pieces of information. Many food supplement fact panels will also tell you how much of certain nutrients are in that product. For example, calcium and vitamin A, and iron are commonly listed. Vitamin C is commonly listed. If there's any tangible amounts of any nutrients, they usually list them by percent of what's called the recommended daily allowance or the RDA. Again, we have the ingredient list. We want to avoid foods that have on their ingredient list, words that we can't pronounce or not without a biochemical degree.

We want to avoid foods that have a lot of chemicals that have unhealthy what we're allergic to, especially gluten and with super long lists. If you see 55 different things in a product, chances are that probably that product is not going to be stellar in terms of helping you recover your health. Other things you want to pay attention to in the grocery store, if you're buying again, non-edibles, and that's a hidden sources of gluten in the store, envelope and stamp glue, if you lick envelopes, that can be a source of hidden gluten.

A lot of people don't realize that envelopes, the ones that you lick, get the ones that you can peel off and it sticks straight down. Face powder and other topical cosmetics can contain gluten, lotions can contain gluten, lip balms, lipsticks, toothpaste, shampoos, conditioners, soaps, read the ingredients and try to look and get as close



to grain-free as you possibly can. Grain-free and gluten-free. You'll find a number of natural products that are available.

We'll actually put some links up below this to help you some of the products that we've hand-selected over the years that we know are gluten and grain-free that you could use that are again, that are safe, that are effective, and that have good reputations. Be aware. Now, we've got a long list of what I call the tricky terms on food labels that you want to avoid. It's a pretty long list of terms. I'm going to have that as a resource for you and the actual download to this video series.

We're going to have a downloadable resource with these different terms. I'm not going to go through each one. The list is just way too long, but I want you to become closely related to this list. You really want to probably print it out and carry it with you as you're navigating it first and get it figured out in the initial interim, because otherwise what's going to happen is you're going to open up a product, you're going to get it home, "Oh, I didn't realize that was gluten. You're going to get gluten for a week before you realize you were even getting gluten so be very cautious there.

I'm also going to put a link. We keep an updated list online. My team and I, we work on an updated list. Things change. New research comes out, we update our list and we'll put a link to that below this video as well that you can tap into free of charge and just make sure again, you print it out, bookmark it for your future reference. Now, you have that information. I want you to go practice, take a trip to the grocery store and start practicing what you've learned.

[pause 00:28:02]

Okay. We're back for part two of Module 5. We're going to be talking about cleaning out the refrigerator, how to stock up on healthy true gluten-free foods. I want to give you a little perspective on refrigerators. A lot of people have the wrong idea about them. Here's the way I look at it. Refrigerators are designed to keep healthy foods preserved, not to keep preserved foods cold. We don't want to buy a bunch of garbage preserved, junk, and keep it cold in the refrigerator, but we want to keep healthy food as preserved as long as possible so that we can get the richest nutritional density out of it. Keep that in mind when you're thinking about putting things in your fridge.

Where do we begin? First we want to know the difference between a healthy food and an unhealthy food. We've talked about this already in terms of label reading. We want to understand how to do it. We want to understand what elements are critical. We want to understand what terms mean gluten on the average common label, again, we've given you and provided you with a master list that you can print out and shop with.

Some general guidelines, again, food should be pronounceable. If you can't pronounce it, if you can't read the ingredients, it's probably not something you should be consuming. It should be organic. Again, as a general rule, you can break this rule, but as a general rule five ingredients or less in a product generally when it gets longer than that, again, generally we start to run into a bunch of preservatives,



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processed agents, food additives, dyes preservatives, things that we talked about in the last module that we know can perpetuate a leaky gut and sabotage your gluten-free diet progress and success.

Again, five ingredients or less as a general rule. Now, you're most likely going to need a couple of garbage bags when you go through this, because we've got a removal process. The first thing is we want to start removing from our refrigerator what I call the bad list. Processed condiments with added starches and sugars. That's things like Ketchup and Mayo and ranch dressing. Like I know some parents they put ranch on everything so that their kids will. It's a terrible idea because most ranches are produced with genetically modified sugar, genetically modified soy, and vegetable oils, and they're just not healthy for you.

Many of them also they're enriched with MSG which is a source of gluten as well or gluten contamination. A lot of these processed products that are condiments you really want to look at very, very closely. We're getting rid of the Ketchup, the Mayo, the ranch dressing, the other salad dressings, and things of that nature. The marinades, the sauces, anything with added starches and sugar.

When I say sugar I don't mean natural sugar, I mean processed sugar. We're getting rid of sugar, and you're going to know more about why we're getting rid of sugar because I'm going to talk about in Module 8, gluten mimickers, and it's going to blow your mind on sugar. So, just trust me for now when we get to Module 8 it'll all make better sense. Again, anything with added sugar, salad dressing, soy sauce, these are very common, number one ingredient in most soy sauces is wheat and people don't realize that because they think, "Oh soy, it's soy sauce." No, the number one ingredient is wheat and MSG which also can be a gluten-containing item.

Those things we want to remove. Now, what can we replace them with? We can replace them with versions of ketchup and mayo and salad dressings and sauces derived from natural ingredients without additives, without all the sugars or artificial sweeteners or vegetable oils and other chemically derived compounds, or hidden spice ingredients that could contain gluten because again that's what is the big risk with condiments is all that hidden gluten and chemicals.

There are a number of brands today and most grocery stores, if you can't find good brands in your grocery store, there are a couple of websites that I can direct you toward shopping at. One of them is called Vitacost and they're like an online natural grocery store, they carry a lot of different products in this arena of condiments. The other is Thrive Market. They also carry a lot of these natural products in that condiment arena where you can get things without sugar, without gluten or grains, and without all the preservatives and junk.

Again, replace those traditional ones with good ones. Don't panic. It doesn't mean you can never add Ketchup again. Now, let's talk about beverages. The bad list, obvious beverages things like soda, grain-based milk. What do I mean by grain-based milk? I said earlier that we have never seen studies or research that shows that dairy cows, or sheep, or goats that produce milk from a grain-based diet that

that milk contains gluten, but we do know that gluten passes into the breast milk of humans. It's been studied, we know it.

I'm not going to wait for the studies on farm animals. My advice to you is if you're using any dairy at all, we're going to do a whole module on the components of dairy again so stick with me this will make more sense but as for now, I would recommend any kind of grocery store dairy try to tend to stay away from.

Again, we'll get into the devil in those details soon enough. Drink mixes, or additives, that's syrups, powdered mixes things like Kool-Aid or flavored drinks, hydration drinks, Gatorade. New flash, Gatorade's not good for you, it's full of sugar, neither are any of these other popular energy drinks are these popular hydration drinks they're just not healthy. Pasteurized juices it's like drinking sugar water. Juice knockoffs, and things that say made from or with juice when you got to be real careful because they really market to kids in this way where it says, made with juice on the label but it's not actually juice.

It's sugar water with some juice in it so they can get by with saying, made with juice. They're not saying it's made 100% juice, it's made with it. Again, these types of things, these aren't things you should have in your refrigerator if you really want to recover. They're all very, very unhealthy and they're going to set you back light-years and your ability to restore your health. Now, what's on the good list of beverages? We've got water. Obviously water and good filtration, you can get water and bottles but plastics can be a problem as I talked about. In the last module, we said that plastics really can leach into your water and they can create or contribute to a leaky gut.

Water really should be, you should filter it at your source or you should buy it in glass bottles or glass containers. If you want to avoid the plastic components in it. Freshly squeezed or homemade juices. If you're doing your own organic produce and doing your own juicing at home, that's phenomenal, that's great, those are perfectly safe and perfectly fine. Another option, a lot of people have a hard time moving away from soda and so a good option for that would be if you just missing that carbonation would be to do something like a mineral water.

Now just a natural mineral water and if you want to flavor it you can do like some citrus wedges in it, whatever your taste buds desire the most but citrus wedges like orange or lime or lemon or grapefruit all go well. Some people add berries to water and they make a big glass picture, they put the water in, and they chop up fresh berries and that just slowly infuses into the water for more flavor so those are good options for you as well as far as beverages to keep in your refrigerator. Now, there's some general items as well on, let's talk about general items in the fridge on the bad list, we've got things like wilted produce.

A lot of people buy produce and never eat it so it just wilts and goes bad and then it starts to mold and then those mold spores can get on your other food. As food goes bad, get it out of your refrigerator as quickly as possible. Other general items, things like pudding cups, yogurts with added sugars, processed cheese made with hormone enriched dairy, processed meats with nitrates, and other chemical additives.



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You remember real meat goes bad so all these processed luncheon meats and preserved meats you're going to pay a price when you're eating those. Those are on the bad list.

On the good list, any kind of fresh produce. Eggs, wholesome dairy. Again, we'll talk more about what that means soon enough and that could be cheese, butter, yogurt from grass-fed cattle. Just a side note, you have to remember that some people with gluten sensitivity, some people react to dairy too, and again I'm going to talk more about that in an upcoming module so stay with me. My point here is don't go right now and buy a ton of dairy and stalk your fridge because you might actually be one of those individuals that you react to casein and dairy because it can mimic gluten.

This is why if you've ever heard of the gluten-free casein-free diet is that many people that are gluten sensitive react to casein because of their crossover the proteins look very similar and so all of it can be perceived as a gluten. Then we've got fresh meats from a healthy source. Going back to this, if you're a hunter or if you know someone who hunts, certainly one of your options can be wild game. Wild game is probably as close as it gets to the real deal.

Now, I'm not talking about these big farms where people go and pay a fee to shoot deer as they're eating corn under a corn feeder, I'm talking about actual hunters they're out hunting, looking for wild game. Wild fish, as well as opposed to farm-raised fish, remember farm-raised fish are fed genetically modified corn and soy, they use this term sustainable on the package to make it sound healthy but it isn't sustainable for your health, it's sustainable for the farmer who farms that fish.

You want to avoid any type of farm-raised fish, again, not a good thing that feeds genetically modified corn and soy. As matter of fact, the salmon that are fed this, they have to inject them with a pink dye so that their meat actually looks like a real wild salmon. You just don't want to go there, buy wild-caught fish it's definitely a better option. As far as other animals, if we're talking about beef look for grass-fed grass-finished, remember that the quality of grass-fed grass-finished beef is different.

The chemical composition of the meat is different, meaning that it has more Omega-3, it has more vitamin E, it has more of a fat called CLA which helps with weight loss and metabolism. You're not going to get that from grass-fed beef. Now one of the top questions that we do get asked is if a chicken or a cow or another animal eats grain as a staple in their diet, will that make the meat contain gluten? The simple answer is no.

Those meats don't contain gluten, it's just that when you feed animals tons of grain and the animal is not designed to eat the quantity of grain much less the genetically modified grains that have pesticides and other chemical residues in them, what you're basically eating is an unhealthy animal and that in and of itself doesn't support your recovery or your health. We're looking for quality healthy foods and as opposed to foods that could create or trigger a deterioration in your health.

Again, there's no gluten in meat products, that being said, you want to choose meat products if you're not a vegetarian where you're getting quality grass-fed grass-



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finished free-range organic, wild-caught, or wild game are the rules of thumb to follow there. Let's talk about some general items in the refrigerator. We've got again the good list and the bad list. Talk about the bad list. Any kind of wilted produce.

Remember that the longer produce sits in your refrigerator tends to mold and that mold can spread to other foods so you definitely don't want to let produce sit in your refrigerator and go bad. Eat it as you buy it ideally, but get it out once it starts to wilt, get it out of your refrigerator to prevent any kind of mold cross-contamination because that can be a major hiccup for somebody trying to go gluten-free as some of those molten myotoxins can mimic gluten.

Additionally pudding cups, yogurts with added sugars, processed cheeses with hormone-enriched dairy, processed meats with nitrates, and other food chemical preservatives. You want to avoid those things. Remember, as we talked earlier about meat glue, there's just things that are going to help you overcome years of gluten-induced damage and overcome potentiated leaky gut caused by that gluten as well. What's on the good list, of course, fresh produce. What is your desire? Whatever's fresh, whatever's in season.

Remember if you support your local farmer's markets, you can buy a lot of fresh produce organically, locally that's fresh. That's in season. It'll taste better when it's in season. Stock your fridge accordingly as the season goes. Eggs again, grass-fed or free-range chickens are going to be where you get your best source of eggs. Some people use duck eggs or quail eggs, as well as alternatives.

We have duck eggs and actually goose eggs, which tastes very, very similar to a chicken egg. You don't have to worry so much about all the commercial feeds with the pesticides and the GMOs in them. Eggs are a great thing to stock up if you're not allergic to eggs. If you're going to do dairy, and we're going to talk about this in another Module 8, when we get into dairy and some of the problems associated with dairy and gluten and the crossover and the mimicry between the two. If you're not reactive to dairy, you want to make sure if you're buying it that you're buying it from preferably A2 dairy cows and that those cows are grass-fed.

Grass-fed A2 dairy would be an acceptable thing if you're not reacting to that dairy or getting a cross-reaction of the casein because casein can mimic gluten. Other things we'll talk about in more detail in dairy and Module 8. Then we've got fresh meats from a healthy source. Going back to this, if you're a hunter, or if you know someone who hunts, certainly one of your options can be wild game.

Wild game is probably as close as it gets to the real deal. Now I'm not talking about these big farms where people go and pay a fee to shoot deer as they're eating corn under a corn feeder, I'm talking about actual hunters. They're out hunting looking for wild game and wild fish as well as opposed to farm-raised fish. Remember farm-raised fish are fed genetically modified corn and soy.

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We're looking for quality, healthy foods as opposed to foods that could create or trigger a deterioration in your health. Again, there's no gluten in meat products. That being said, you want to choose meat products, if you're not a vegetarian where you're getting quality grass-fed, grass-finished, free range, organic, wild-caught or wild game are the rules of thumb to follow there.

Then stock plenty of colder, expeller-pressed organic oils. Extra Virgin olive oil, coconut oil, sesame, avocado oil are all good options. Dried nuts are a good option. Even dried beans, lentils, and dried seeds. Now you have to be just a side note of caution here on the beans and the lentils and the seeds. For some people who are new to the gluten-free diet, beans, lentils, and seeds can be very challenging and difficult to digest. You have to be very, very careful if you're eating those things and it creates a lot of digestive disruption. You might just hold off on them for a while.

A lot of people need to be truly gluten-free for a solid six months before their gut can make a recovery and then they can start trying to reintroduce some of the beans, lentils, and seeds into their diet. Again, if you're past that point, your guts functioning well. These are perfectly fine foods to stock up on. Raw organic honey as a sweetener is a great option.

Honey really has a very long shelf-life. Dried organic spices, organic balsamic vinegar, or other vinegar, apple cider vinegar, as an example.

Then if you're doing any kind of jerky, we've got jerky options like turkey jerky, beef jerky, et cetera, and then you can do dried fruit jerky as well. My advice to you would be save a ton of money by your own fruit and your own dehydrator and dehydrate your own.

Now, if you don't want to go to that effort, then look for organic, dried, or dehydrated from a valid source. We have some sources in our gluten-free shop that we've vetted that we know are really good products. You can check that out on gluten-free society. Just hit the shop button and go to lifestyle and food and you could find some of these recommendations that we have as well.

[pause 00:46:30]

All right. Part three of Module 5, cross-contamination and hidden gluten. This is the bane for many people and their success on a gluten-free diet. I wanted to give a little extra love and attention to the concepts. Let's talk about what is cross-contamination. In a nutshell, cross-contamination is when gluten comes into contact with gluten-free food and it contaminates it with gluten.

The food that you're getting exposed to might be naturally gluten-free, but again, it comes into contact with something. I'm going to put an example up here. Common example is restaurant fryers. You go to a restaurant, you order whatever that is it's put in a fryer. Most restaurant fryers, what they do batter-fried food and they batter in wheat. If that oil is used to fry your gluten-free food, then that wheat residue from the oil can actually cross-contaminate your food.

You fill in the blank, the breaded steak, breaded chicken, French fries, sometimes French fries are actually coated with wheat, but beyond that, and many times French fries are cooked in the same basket they cook chicken nuggets in there. This is not me advocating that you eat chicken nuggets and French fries. I want to be very, very clear. What I'm trying to do is give you a clear delineation of what cross-contamination is. Many of you, as you go on your gluten-free journey and diet, may gravitate back and forward.

You may try to go to a restaurant or a fast food place and order some French fries that are gluten-free and not realize that there is a risk of cross-contamination with that fryer. Even if you're buying-- going to an organic restaurant where there's organic oil, that's used in an organic fryer, but there's again, potential for cross-contamination. I want you to understand what that means--

Cross-contamination is not the same thing as hidden gluten. Cross-contamination is where your gluten-free food comes into contact with gluten thus contaminating it. Hidden gluten is typically found on the label and cross-contamination is not on the label. We tend to think of bread, cereal pasta as foods containing gluten, whereas hidden gluten is found in items we don't typically consider to be gluten-based products.

Hidden gluten on the label. Again, tricky terms. I talked earlier about the list, and I gave you a resource to go to gluten-free society, glutenfreesociety.org, and go to a list of foods to avoid or terms to avoid on food labels. Now, some of those terms are not all-inclusive. Let me give you an example, We can put up a picture here, but natural flavor is an example of a term that might be gluten derivative. Because what does natural flavor mean. It can mean a lot of different things.



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Again, if you're buying food that has natural flavor, you just want to verify from the manufacturer that it is actually gluten-free. Natural flavors is not always necessarily bad, but it can be one of those tricky terms where gluten can be hidden in a product. Cross-contamination versus hidden gluten. Cross-contamination occurs during food preparation typically at restaurants. If you want to avoid cross-contamination, don't eat out. That's the ultimate way to not get cross-contamination in your food.

Sharing of countertop surfaces, where we can also get cross-contamination. This means if you're gluten-free in your house, but your husband or wife is not and they're sharing the same cooking surfaces, utensils, cutting boards et cetera, then you can actually cross contaminate your equipment. Sharing of countertop surfaces sharing of utensils especially things that are porous like wooden chopping boards or wooden spoons can openers are another example we can get cross contamination, sharing of cookware, breadcrumbs in the salad when you're at a restaurant and they're sprinkling breadcrumbs on this guy's salad but not on yours but some of them sprinkled in that's across contamination issue.

Flour for breading, again, we talked about that. Primarily these are current restaurants and then cross-contamination in restaurants also occurs when people don't wash their hands. Again depending on the restaurant if you're going with a bunch of teenagers employed and they're not the most hygiene savvy folks, then that's a risk for you in cross-contamination. Remember, I talked in an earlier module about baker's asthma where the bakers were actually breathing in the wheat flour and it was creating inflammation of their airway.

This cross contamination can happen if you go to a Mexican restaurant, for example, where they make homemade flour tortillas, in the back of the kitchen and they're throwing all that flour around and that's landing on the meat that you thought shouldn't have gluten in it. Now you're gluten you cross contaminating your meat. These are examples of things that you want to think of before you go out to eat.

Eating out I've seen be the biggest bane for many people's success on a gluten-free diet. I see it time and time again, day after day. People doing really well eating at home. They go eat out and they're sick for two days and they struggle or they're sick for three weeks. Everybody's a little bit different when it comes to that but, again, your goal is to be gluten-free. It's not to be kind of gluten-free.

Avoiding cross-contamination situations is your best option in the first several months as you're learning navigate the diet. Again eating out becomes one of those things that I would highly discourage knowing that most people are still going to do it, you want to know where those potential cross-contamination sources are going to come from. Then we have hidden gluten.

Again we talked about labels and so hidden gluten refers to tricky ways they can put gluten in food and not really technically call it gluten. Like MSG and maltodextrin, modified food starch are all examples of terms that are used, natural flavors, that can be hidden. Gluten if you don't ask the manufacturer what the origin of the actual ingredient is. Hidden gluten also refers to foods not considered to contain gluten.



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Like soups, dressings, lunch meats again thickened with different agents that could contain gluten. It also refers to other items not considered to contain gluten like stamps and envelopes and lotions and toothpaste. Again, just be cognizant that all those things are potential places where you might get tricky hidden gluten exposure, be on the lookout. More examples of cross-contamination and hidden gluten. Cross-contamination old cutting boards that have porous material, especially wooden ones, wooded utensils, a toaster oven.

If somebody is using their bread and then you use that toaster oven because you want to warm up some other kinds of food that isn't bread and that crumbs get on your food. Now you're cross contaminated the silverware drawer. Sometimes the crumbs get in that silverware drawer. I said can openers earlier hand drying towels. When people wash their hands if there's any flour residue or anything and then you're going to wash your hands and using the same towel, that's another area where we can get cross-contamination.

The bulk bins at the grocery store big source of cross-contamination. Some of those bulk bins where they have like the dried nuts and the dried fruits and then right next door they have like the different flours. Sometimes you'll see people go in there and they'll just not super clean about how they're going about it. They're just spreading and cross contaminating. A lot of those spins are contaminated with wheat or flour residues. You're using them in those bulk bin isles and that can be again an area where cross-contamination is very common.

Then a shared table, again, that's less of a risk unless again you're eating at a table full of a bunch of people who are eating gluten. That gluten that they're eating is easily aerosolized. That's not super common. People generally don't sit down with flour on a spoon and eat it whole where it can spray all over the table. Again it is one way you can get that cross contamination. Again hidden glutens. We mentioned stamps and envelopes toothpaste lipstick, hairspray, shampoo, detergents, pet food.

Interestingly enough a lot of your pet foods, if you're handling pet foods, most of them are primary ingredients and most pet foods is wheat and corn. You got to be really really careful there. Detergents, medications and vitamins, vitamin products is one of the reasons why we found a Gluten-Free Society was to help people find valid products that they could get that they knew were gluten-free. If you've ever been to our online store, you know we have an entire pharmacy of high quality pharmaceutical grade gluten-free supplements that are verified.

That would be an option for you in terms of vitamins. Now we've talked about medications already in that that can be a source of hidden exposure. That's getting with your pharmacist and your doctor to make sure that's not happening. Then things like lotions and playdough. playdough actually, I think they now have a gluten-free variety but there was a time where they were making it, I think some of them contained wheat. Check if your kids are using playdough that could be a potential.

Then cosmetics can be a source of gluten exposure as well. Other common hidden gluten items. I'm going to put up a list for you and you can just print this list out and that way you have it. As you're learning and getting in navigating through this it gets



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easier and easier as time goes on you won't even need this list but bullion cubes candy can be destined with wheat flour. Can soups often are thickened with grain cheese spreads and other processed cheese foods have grain additives. Chocolate oftentimes contains malt flavoring.

Remember malt is a derivative of barley, barley being one of the gluten containing grains. You've got cold cuts Wiener sausages lunch and meats have cereal fillers a lot of times in them. Dip mixes, dry sauce mixes, gravy mixes can all be thickened with flowers. Face powder, other topical cosmetics can have thickening agents that are grain-based, honey hams. Around Christmas time around the holidays if you're a big honey ham fan, they oftentimes have wheat starch. That's part of the glaze that are used to coat those hams.

Ice creams and frozen yogurt, you've got to check your ingredients. Oftentimes, again we talked about not stocking your pantry or your freezer full of those things. Oftentimes the source instant teas and coffees. Now I'm not talking about like fresh whole organic bean coffee. I'm talking about instant coffee. Sometimes the instant coffees and teas there's a wheat or a grain filler in them and that's part of the formula to help them dissolve into your hot water so that you can drink them.

It's not that they're technically have gluten coffee and tea. It's just these instant coffees and teas sometimes have gluten in them. Mayonnaise you got to check the thickening agents that are being used. The mustard powders can contain gluten, frying oil, we talked about earlier, poultry and meat, sour cream can contain modified food starch that's a gluten derivative. Dry roasted nuts and honey roasted nuts oftentimes are dusted with wheat flour. You got to be real careful if you fly certain airlines and they give out peanuts.

Those peanuts are coated with wheat dough. You've got to be careful. You're not just eating peanuts there. Then French fries and restaurants sometimes are coated in wheat for a crispier effect. You might think you're just ordering a potato fry, when in actuality you're ordering a wheat bomb, a gluten bomb on your gut and then gravies especially if you're eating out gravies of an unknown origin that you didn't make I would avoid at all costs.

Now, when you're in the restaurant just say gravy on the side don't allow it to come anywhere near my food. Bottom line, if you want to avoid cross-contamination and you'll want to avoid hidden gluten, avoid eating out as much as possible. Look, it's impossible to control the exposure in a commercial kitchen. Even in kitchens where they have dedicated gluten-free areas because remember what gluten-free means the tradition goes back to why I spent so much time in module one and two defining the definitions around travel additional gluten-free and true gluten-free for you, so that you could understand those things and navigate this better.

Replace your toaster oven if it's old. If you use a toaster oven for grain-free based toasting. Replace any wooden utensils so that you're not getting cross-contamination in that way. Then wash your existing pots and pans, thoroughly clean out your silver wardrobe, make there's no crummer or gluten based residues that are left in there. Look, and if others in the household are not gluten-free, you've got to establish a set

of rules in your kitchen, so that the other people honor what your restriction and your limitation are.

Guidelines to prevent cross-contamination i.e. using separate hand towels, using separate areas of counter space. Like that's your counter space. This is my counter space, kind of his and her sinks if you will but only in the kitchen. His and her counter space. His and her utensils. Ladies if you've got a husband that loves the barbecue and he uses all kinds of barbecue glaze it's full of wheat and he's using kitchen utensils to baste with, you got to give him his own set of basting utensils.

Just keep it as separate as you can possibly keep it. If they're not going on the journey with you. Now, if they're going on the journey with you great, then you can do all of this together and you don't have to worry about keeping two separate zones in your kitchen. That's what I really recommend that you do. Again families that diet together you generally gravitate towards

great health together, and families that don't, generally, have a lot of internal conflict and struggle in terms of overall diet and function.

Cross-contamination at restaurants, as a general rule, eating out is not recommended on a true gluten-free diet, because, why? You can't control other people's mistakes. The food is not organic. The food is radiated. The meat typically come from farm-raised animals, fed high amounts of grain, and as we talked about before, the contained meat glue, which can exacerbate leaky gut and create a gluten-like response.

The dairy in restaurants can come from the same sources as the meat. Unhealthy animals don't produce healthy food products. Most foods are based in sauces that contain gluten and or sugar and or hydrogenated fats and oils. Those things aren't good for you and they're not going to help you recover. The bottom line is really, it's cheaper to stay at home and eat. A lot of people say, "It's too expensive to eat gluten-free."

I would argue, compare your budget to my budget. I bet my food budget is lower if you eat out because we eat real food, real ingredients on a regular basis. It is cheaper. You just have to learn how to shop, where to shop, how to budget, and how to manage your time wisely and get through this learning curve so that you can get as successful at it as possible so that you can help restore your health.

Eating out, limited dining as much as possible is the way to go. If you do eat out, I want you to understand some of these rules. Most restaurant food is not healthy, regardless. As a general rule, eat where there's a chef, not a cook. Where there's a cook, generally, that delineates mass production in food. Where there's a chef, at least, with a chef, if they own their own restaurant, they're going to the local farmer's market to buy their fresh stuff. They're going to produce the very high-quality meal prep versus a homogenization.

For example, if you go to a mainstream restaurant, their chicken meal number five tastes exact same as in Texas as it does in New York. Not because of chemicals



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and manipulation, and you don't want that. That's not going to help you get to a level of great health. That's why I recommend avoiding chain restaurants and fast-food restaurants.

If you're going to go to a restaurant, try to pick a place that serves organic food. Call ahead of time, but don't call during rush hour. Call when the employees are not busy so that you can have that person on the phone and you can talk to them about their menu. Talk to them about how they cater to people with gluten sensitivity so you can get a better idea for how well the service is going to be and how comfortable or safe it is for you to actually attempt to eat there.

Find that menu online before you call them. A lot of restaurants today, post their menus online and that way you don't call and create aggravation for somebody. Prepare to have a conversation about what it is that you might've selected off of their menu.

Then last, if all else fails, if you're traveling, maybe you work and you travel for your work a lot, and not hanging out is almost an impossibility for you, and we're going to talk about that too. The menu, you can go with the vegetables, with the fish, and with the buffalo as backup options as the choice of least danger, as far as your health is concerned. Even if you're eating out too, remember that gluten-free in restaurants is not true gluten-free, its traditional gluten-free.

You're still going to get exposure to the corn, the rice, and the other pseudo grains that can mimic gluten and can create problems. They're going to serve you those substitute grains and the potential for you to maintain your illness or to maintain the damage that gluten has caused is very, very high.

Corn, rice, millet, sorghum, et cetera, remember, research shows that these grains can cause inflammation too. As I laid out for you in module one, they are not served organically and therefore contain a number of different preservative agents, chemical compounds, potential pesticides that can trigger or contribute to leaky gut.

Again, I know I'm being redundant here, but I think it goes to say, you should be aware of these things. These are choices that you're going to make and if your goal, remember, we started this out with mindset. Why do we eat? We eat to nourish our body toward health. We don't eat for fun. Now, you could make eating fun, but you don't eat based on social graces. You eat for a purpose, and you have to understand and answer that question, honestly, what is the purpose of you going gluten-free?

It's not for social fun. It is because your health has deteriorated to the point where again, your fear of the progression of your disease outweighs the fear of you changing your diet and so you've got to get your mind wrapped around these concepts that I'm teaching, because if you don't, you're going to struggle.

Here, look, I want you to do well. I promise you if you're struggling. One of the things that we see happen time, and again, when people struggle and their diets aren't producing results, is they quit. Sometimes they quit too prematurely and sometimes they quit before they even done it right. Again, that's why we're teaching the



Glutenology Health Matrix. That's why we're putting this out there for you so that you can wrap your mind around all these concepts and be successful in your gluten-free diet as possible.

[pause 01:05:45]

We're back for more of module five in this, a social guide to going gluten-free. We're going to talk about dealing with social peer pressures and dealing with family members and friends and different social, we'll call them dilemmas, you're going to face on your new diet, on your gluten-free journey. Back to perspective, remember perspective is always important. Diet is a choice.

That's the good news, diet is always a choice. As in all walks of life, poor choices have consequences. Some consequences are worse than others, but the issue is relative to the person. Going gluten-free maybe a forced choice for you, but you've got to accept it, get over it and start living with it.

Now, we talked earlier about the stages of grief as you go gluten-free, look, you may have that journey and you may have to get through that journey and that's okay. Don't beat yourself up in the journey, but as quickly as you can get your mind wrapped around, "Food is a choice, and if you're going gluten-free for medical reasons, then you've got to dive into that choice." Don't allow the negativity in your life to weigh you down. Go back to module four and watch that over again if you need a boost on more perspective in that regard.

Again, perspective is important. You got to realize that your social life revolving around food has to stop or be better controlled or brought in if you want to achieve greater health. You can't just go out, again, and pop in at fast food here and there and meet with a girlfriend or a guy friend, or whatever that looks like for you, going out for lunch or whatever. You can't just like do that without planning ahead and preparing as we've been talking about.

Let's talk about some social dilemmas that people get into and help you understand how to better navigate and strategically position yourself for better success in your gluten-free diet. Social dilemma number one, look, people will try to feel sorry for you. "You can't eat a piece of cake, poor you, you poor thing." That's a common thing you're going to hear from people, don't allow it.

This is only going to lead you to feeling sorry for yourself and the path to pity is a downward spiral that leads to a diet deviation. It's a very, very critical piece. People are going to feel sorry for you. My advice to you with those kinds of peoples, have a conversation with them and say, "Look, I really don't want my food limitations to be the topic of your pity on me. I really just want to not have that conversation."

"I enjoy your friendship and value who you are as a person, and would just rather avoid discussing food, unless you're wanting to ask me how I'm feeling on my gluten-free diet, or unless you want to get information about how you yourself can go gluten-free. Let's just not make the topic of you pitying me over my gluten-free diet, our conversations in our future relationship." Just have that loving, honest talk with



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them so that you can avoid everybody that you hang out with in your life, creating a perpetual pity party for you.

One of the other dilemmas, social dilemma number two, is that people are going to try to get you to eat gluten anyway. This is classic, especially, I'm not picking on any of you grandparents out there, but this is classic of grandparents in my experience, is that daughter or son learns a I'm gluten-sensitive. I'm going to take my family gluten-sensitive and then they go to the Christmas holiday party, or they go visit grandparents and the grandparents are like, "Well, one cookie is not going to matter," or, "One bite isn't going to hurt you."

They don't understand it. They grew up in a different time, in a different generation. This really isn't something that was talked about. Food and food allergies were really not talked about during that generation. If you had a problem, you just sucked it up. You didn't talk openly or publicly about your problem or your health issue. You just rolled up your sleeves and just buckled through the day.

Most people don't understand the health implications of being gluten-sensitive. Don't expect them to understand. You barely understand it if you're new to it and you're trying to wrap your mind around it, so much less them trying to wrap their mind around it when they're not even invested in wrapping their mind around it. There will be people that call you a health nut. They're going to make fun of your endeavors toward health. They're going to meet you with ridicule and skepticism, expect all of these things. Why do you think I'm the gluten-free warrior? Because going gluten-free can initially be a battle. It's not a battle of your wits and your will against gluten, it's a battle of the social paradigm that our society has created around food. It's a tough struggle. You have to warrior up, you have to get fortitude so that you can push forward into being successful here.

Understand that when people are making fun of you, what they're really doing is they're not making fun of you. They have to make fun of you to justify their own bad dietary inadequacies in choices because they're too fearful to look in their own mirror and make a judgment about how they're doing. What happens to a lot of people are struggling with health. They just don't talk to you about it and they're not ready though.

They're not at that place, that junction, that fork in the road where you got to this fork in the road where it was, "I want to be healthy, or I'm going to continue to eat this way and I'm going to be sick." You've got to choose and you're choosing that path of greatest resistance. You're choosing the path least traveled. Most people won't choose that path. They don't have the courage to choose that path.

The way that they continue forward not choosing that path is they ridicule people who do. They point out the differences and why it's crazy. They call you a health nut. There's a new term in medicine that they created for this called orthorexia, which in my opinion is such a bogus term. People who are concerned about their health are now being called orthorexic, because they're overly concerned.



To me, your body is your temple. How can you be overly concerned about your health? Now, it's one thing if your body is wasting when you have anorexia. That's different, but that's not what we're talking about here. What we're talking about here is people that are trying to make healthier choices. If that means not going along with the social pressure, you're going to get ridiculed and expect it. If it happens, prepare your mind to deal with it.

Another dilemma. Social dilemma number three is, you're hungry at a party, your options are limited. You're not sure whether or not something contains gluten. My advice here is always err on the side of caution. You're at a party, I call it OPF. We actually have an internal name for it. OPF stands for Other People's Food. When you're around OPF and you're not sure always err on the side of caution.

When I go to a party I eat before I leave. I generally will carry some snacks or somethings with me if I know I'm going to be there for a prolonged period of time. Small snacks like beef jerky, or Bag-A-Nuts, or piece of fruit, something real and tangible that I know okay it's not going to be a problem.

Now, if you're going to a social party and you know the person really well and you know they've got a bowl of apples or something like that, help yourself. I'm really talking about prepared foods, dips, things of that nature that are commonly served at social parties, you just got to be really, really careful with.

Social dilemma number four, holiday season with family members. This is a big one because it's when we get around family that we have these changes in our behavior. We tend to gravitate toward the old selves. Maybe there's a favorite cookie holiday recipe, or casserole, or something that every Christmas you all get together, every holiday you get together and you celebrate this food element.

That's why holidays can be so challenging because there's a warm heartfelt connotation around that food, around that recipe. If you have to step away from that, that can be a struggle emotionally for you. Again, going back to the process of grieving and how we talked about that.

Holidays can be challenging and so when other family members don't understand especially if children are involved, and again, I said grandparents can be the worst if you've got kids that are gluten sensitive and grandparents are just like, "A cookie is not going to hurt little Johnny." They're sneaking little Johnny a cookie behind your back and you get home and little Johnny has eczema for a month now because of that little cookie that wasn't going to hurt him that did.

Now, you have to start drawing lines in the sand and you have to start putting your foot down and setting boundaries. That is never a fun type of conversation to have. As a parent that's responsible for that child, you have to step up to the plate and take ownership over that responsibility. Sometimes it means having a loving conversation with those people, sometimes it means drawing a boundary.

Sometimes when you go to that holiday, it's calling ahead of time and having a conversation that goes something like this. "Hey, Grandma, I love your casserole



and that I don't want to come to your house and seem like I'm a food snob, but I've got this issue. I'm gluten sensitive. I didn't know it. I was struggling in my health, and now I know it and I know why. My diet has to be really particular. I don't want you to get mad at me if I don't eat certain things when I show up. I'm actually going to bring some of my own food and I don't want you to be offended by that because you know I love your cooking and you know I love you. I also know that you love me too and you don't want me to hurt myself with food."

Have that conversation beforehand, don't get there. Then they've done all this work and prepared all this stuff for you. Then you turn your nose up and say no I can't eat that, I'm gluten sensitive. Now it creates a different dynamic in that conversation. Again, this goes back to pre-planning. You want to plan ahead with your family because just like they don't understand your gluten-free diet and you don't necessarily want to eat that gluten, you've got to give them a heads up. You've got to be open and honest with them before going in there.

Other ideas around grandparents is, if you've got children and they're trying to make gluten-free goodies for those kids or rather gluten-filled goodies for those kids, don't just tell them they can't. Grandparents live to spoil grandchildren. Part of the way they're going to view that is that you're taking away their birthright of spoiling grandbabies. Instead of taking away options, give them options. Say, "Look if you want to make sweets and tangible goods for their children, here's recipes. Please stick to these recipes. If you do that, make it to your heart's content and we'll all be better for it."

Again, options, open communication, love, and communication but set a line in the sand and draw boundaries around it. If that line gets breached, then you've got to really step up and you've got to defend that line. Otherwise what ends up happening is once it's breached, it'll be a constant battle. For your holiday recipe or for your holiday gatherings, you're going to end up with resentment.

That's no way to live. It's no way to live in fear and resentment of knowing if you go somewhere, you're going to be ridiculed or you're going to be coerced to try to eat something that you shouldn't. It's very important to have these conversations beforehand.

Now if you're going to a family member's house and it's just like a day, eat before you go. Maybe consider taking a few dishes that you know you can consume and just bring a little bit of food with you. Especially like potluck types of situations like Thanksgiving, it's very easy to do that and not feel like an outcast.

Let's talk a little bit about parties. Educate your family members as much as they're willing to listen. I said this before. It's key to plan ahead. If you're not hosting the party, you're going to have to do a few different things. Number one, bring several food dishes that are gluten-free that you know are safe that you can consume. Number two, eat before you arrive. Number three be prepared to decline food, but don't show up without having the conversation and preparing them to the fact that you're probably going to decline some food.

Again, plan ahead for that and then keep the snack food handy. If you've got again some Jerky and some nuts or some other things that you can carry that don't require refrigeration that can get you through a day. Nuts are pretty high caloric and high in fat, and so they provide a source of nourishment and energy that might get you through a day.

Maybe use some of these opportunities when you have these day-trip parties and things that nature to do some intermittent fasting. We'll talk more about intermittent fasting later, but there's tremendous benefit in intermittent fasting and you might be able to use some of these social situations to embark on some intermittent fasting.

Let's talk about communicating with your friends. Now friends are often going to be overly focused on your diet choices, even though it's none of their business. Not really unless you make it their business, but it's just the way it goes. They're going to talk about your new diet. They're your friends. They're going to say things like, "How can you eat this way? It's impossible. I could never eat that way."

These are the negative comments and commentary that you're probably going to receive. Look, they're going to bring it up often, probably too often and it's going to become a source of discomfort and you want to try to stop that. Again, this goes back to what I was saying earlier is that be firm.

Let them know that you don't want your diet to be the focus of your relationship and conversations as you move forward. If they would like to know more about your diet just from the perspective of curiosity. Certainly be open to teach and willing to share with them, but don't allow them to make it the way the communication falls and goes.

Communicating with family members especially parents give you probably some of the hardest time of anyone else. Especially if you've been recently diagnosed or if you've been recently making decision if this is the way you want your diet to go. Some people are going to say this is crazy. They're going to say what about the children? That's always a line. Isn't it?

What about the children? Everybody always gravitates to that line as if somehow eating healthy is going to scar the children for life. I would say just the opposite. Eating unhealthy is going to scar them for life literally. Anyway, sometimes you'll hear if you're losing weight, even if it's a healthy amount of weight that you're losing, you'll hear things from family and was like, "Oh my gosh, you look unhealthy. You're losing so much weight." Again, they're not going to celebrate the victory with you all the time. Again, depends on your family. Families are very dynamic. Some families are super supportive and some are not. You know, your family better than I know your family. My advice to you is to be prepared how to communicate with different family members based on who they are as people. They're not always going to understand you and don't expect them to understand you fully, unless you want to be disappointed.

Like if you're wanting to set yourself up for a psychological disappointment and expect everybody to understand and get along just fine. I mean, unless you're just in a super-strong supportive family, most people aren't, there's dysfunction in most



families today. I don't say that in a bad way. I mean, dysfunction is just a part of life. There's always a dysfunctional uncle or a dysfunctional brother or sister, or something along those lines in most families.

Again, when you're communicating be firm, firm but loving, and that's the general rule of thumb here. Firm but loving, if they don't respect your wishes, you'll have to make some tough decisions to protect yourself and your children. Again, don't show up, and turn your nose up to somebody's hard work, or don't show up after somebody has done all this hard work and then cheat on your diet because you felt bad because they did all that work because you didn't have the courage to have the conversation with them before you decided to embark on that trip.

Again, open communication is really the key here with any of these social dilemmas with any of them. If you communicate well and you define your boundaries, just like any other aspect of life, not even just food, but your relationships and everything else, then you'll be successful in these endeavors.

Now, part of how you can reverse the social pressure to cheat on your diet, one of the things I mentioned earlier is become a gluten-free warrior. Look, if you've been with me for any length of time, you know that that's really what it's going to boil down to. You have to become an advocate for your health. That doesn't mean you have to disrespect other people's wishes, but it just means you have to stand up for yourself and not let other people pressure you into situations that are going to potentially create illness for you and illness for your family, but some people can be a warrior.

Some people can stand up and just stand up for themselves really well. You know yourself better than I do, but some people also have a hard time like confrontational situations. Who are you as a person? You have to answer that question honestly too. If you don't do well in social confrontation, then a phone call might be a better bet in having these conversations, but depends on who you are as a person.

If you go to social events, you're going to be the center of attention. If your diet is different than everyone else's. That leaves you with basically two choices, you can not go, which may not be a great choice in and of itself. The other aspect is, if you're a gluten-free warrior, you can draw lines in the sand and have boundaries and you can intend, and you can educate those around you.

The longer, you're on this diet and you stick to it and the healthier you get, instead of being a topic of negative conversation, people are going to start talking positive. That always happens too. It's like in families. I get it all the time, women that had come to see me in my practice, their husbands super skeptical. They don't know about this thing. Then all of a sudden, their wives have lost 20 or 30 pounds. They have tons of energy. They're working out again. Their hormones are starting to regulate.

All these wonderful improvements happen in their life because they changed their diet, and then the skeptic becomes the biggest advocate. That is our best ally. When a skeptic is converted from, "Oh, gluten-free diets are bogus," to, "Oh, my gosh, I can't believe how much that gluten-free diet impacted the one I love the most in this world. I need to get behind this person and support them with every strength and



ounce of fiber I have in my body and really make sure that this person stays healthy. I knew she was sick or what he was like sick and now I know what it's like for them to be healthy, and that's what I want for that person that I love in my life."

If you attend and educate those around you as your health improves, you'll actually create a mini fan club of people who probably want to go gluten-free and want to pick your brain about how to do it, because they've seen the benefits that you've experienced. Understand, ultimately the way we reverse the social pressure, is we create a success of going gluten-free that improves our health and then we share that as we lead by example with the ones that we love and communicate with.

Again, as you go, gluten-free, you'll become healthier, many ways, whether it's weight loss or skin tone or mental acuity memory, whatever that looks like for you, people are going to take note of those improvements. They're going to use these situations. You need to use these situations to introduce them to the power of a gluten-free lifestyle. The more people you know, the less social pressure and skepticism you're going to have to deal with as you educate them.

Remember that gluten-free five, 10, 20 years ago was much more challenging than it is today. Today, we've got so many resources at our disposal at our fingertips, this gluten allergy health matrix, one of the best resources on the topic of gluten-free diets that has ever been made in the history of the world. I firmly stand behind that and believe that. I've been teaching people how to go gluten-free for 20 years. When I say that I can say, this is definitely a fantastic program and a free resource at your disposal.

You can also use Gluten Free Society as a resource. Again, we've got a Q&A section there. We've got free recipes. We've got vitamins in products that you can trust. We've got educational detailed videos and blog posts that you can rely on as valid scientifically valid information that you can use and share with family members, and those who you love.

Take advantage of all of the progress that we've made in the last 20 years because when I found somebody-- I told you the story of Ginger in module one, but that was one of my first encounters and taking somebody gluten-free. At that time, it was a much more difficult process than it is today. I've watched this whole thing evolve over the last several decades, and I can tell you that there's never been a better time and an easier time to go gluten-free. Let that sink in.

You want to avoid this cycle, and I'll put an image up on the screen for you here. Is what I call the Self-pity Cycle. Which is, self-pity creates noncompliance of your gluten-free diet, which creates a missed opportunity to regain your health, which creates a missed opportunity to help others. Remember, when others see you getting healthy, they come to you as the sage, as the person with the advice that they can now take in trust.

That leads to, when you miss opportunities to help others and to help yourself, it leads to continue difficulties with your gluten-free diet, which then leads right back to self-pity, and that cycle is just vicious and it goes round, and round, and round.



Bottom line, you've got to wrap your mind around the reality of the situation. You're on a gluten-free diet for a reason, that reason is to improve your health. It's not to create new social pressures or paradigms, but you've got to create a social paradigm that makes it easier for you to navigate this with success.

That means finding support systems, family members, friends, hopefully, like yourself there are engaging in intelligent conversation around the need for diet change in this country. It also means things like forums in group meetings and using Gluten Free Society as a resource. We've got all these things as support systems that we can tap into. You just need to make sure that you're using them to the fullest extent of the power that they can help you navigate this.

Stay tuned for the next part of module five. We're going to be talking about traveling gluten-free and strategies that you can use and implement to make your vacations and your work trips much less damaging to your health. We'll be right back.

[pause 01:28:40]

Hey, welcome back to module five. We're going to talk next a little bit about eating gluten-free on the road. This is one of the biggest challenges people on a gluten-free diet struggle with is, how to navigate their job if they travel a lot or if they're going on vacation, how do we really stay healthy gluten-free when we travel? The key here is planning ahead. It's always a must when we're looking at any type of travel, again, whether it's for work or whether it's for staying and playing and vacationing, et cetera.

You've got to make time for health. We make time for everything else in life. We got to make time for health and that means when you're planning your vacation, don't just plan on the events and the things that you plan on doing on your vacation plan, your meals plan, where you're going to eat. Those become very, very critical to making sure you don't go on your vacation and ruin the whole vacation by getting massively glutened in the middle of it and feeling bad the entire time that you're gone. Make time to keep yourself healthy by planning ahead.

Let's talk about one of the fundamental strategies that I personally use in this endeavor, and that's something called the Food Suitcase. Take foods with you that are easy to carry and it won't perish quickly. I'd like to take beef jerky, nuts seeds, dried fruit. I also like to use some of my time traveling using a strategy called Intermittent Fasting, where I go for prolonged periods eating nothing. We take breaks from food and we inject our food into a confined time-space in the day. Generally, a good idea when you're on vacation is not caloric restriction. Remember, intermittent fasting is not restricting your calories as much as it is narrowing your window of eating. 16/8, where you have an eight-hour window where you can eat all your food, and then you have this 16-hour break. That can help you plan your vacation as well if you eject intermittent fasting along the course of that vacation.

Now, some people do really well with an even more aggressive pattern of intermittent fasting, where they're on a 20 hour fast and then they inject only a four-hour window where they can eat their foods. What this does when you're on



vacation, is it makes the prep time a little bit easier. It makes the planning a little bit easier, so you can plan on maybe one restaurant or one big meal, and then if you take your food suitcase with you with your non-perishable items, you can get in some additional food if you're still hungry outside of that one main meal. That way you're not having to plan several stops and several different meals over the course of that trip.

Again, that's just a strategy. Not everybody can implement that. If you're vacationing with kids and kids are not intermittent fasters, that might not be the best strategy for you to follow. If you are an adult and there aren't kids to consider, intermittent fasting is a great tool to use when you're traveling. Again, this ensures that you have something to fall back on if you take that food suitcase.

The other thing I would recommend with your travel is pack certain supplements. If you are going to be doing what I call again, OPF, Other People's food, you run the risk no matter where you go of cross-contamination. It's just an issue. You're going to run the risk. When you travel, when you go on vacation, it's always going to be there, it's never going to go away. Not unless you're visiting or going to restaurants that are 100% grain-free, don't allow it in your kitchen. That's pretty rare to see that and really in most places.

What I would suggest that you do supplement-wise, is pack you some Gluten Shield, pack you some Biotic Defense, and pack you some detox seed. Now, this trifecta of supplements, the Gluten Shield, you take that before any meal that you consume that is an OPF meal and other people's food meal. Take two of those tablets because what it does if you get exposure to gluten, is it will help to break it down better than if you didn't have it.

Now, Gluten Shield is not designed so that you can go and eat pizza or pasta. That's not the way it's designed to work. It's not designed so you can cheat. It's designed to minimize the potential should you get cross-contamination or exposure that you're unaware of so that you don't ruin your whole trip. That's the design of Gluten Shield. Think of it as an insurance plan for when you're eating OPF and there's this risk of cross-contamination.

The Biotic Defense, which is a probiotic replenishes the bacteria that we know gluten can basically damage. You get some gluten exposure, you want to have a good probiotic with you so that you can keep your gut supported during that vacation trip. Now, the third thing is detox C, there is a lot of research around vitamin C, but one of the major studies showed that to repair gluten damage, many people don't recover even on a gluten-free diet from gluten damage without taking vitamin C.

That actually is one of the best studies I've seen on vitamin C as it relates to gluten sensitivity and celiac disease. It never hurts to have vitamin C with you because again, if you get gluten, do you want to just be able to support your body's ability to recover. Those are things if you get glutened, or if you're going to be injecting OPF other people's food, like those are preventatives, those are things that you want to have in your mix when you travel to prevent a major issue.



Now, there are a number of travel-friendly foods. We'll put some resources up for you as well. I mean, beef pemmican, beef snack sticks, Turkey jerky, bison jerky, canned wild salmon, sardines, mackerel, dried fruit, name the fruit that you like, mangoes, cherries, cranberries, blueberries, et cetera, and nuts. These all travel really, really well, and they pack really, really well. You can pack a lot of these things in a small space. Packing your suitcase full of these kinds of backup options becomes again, very important.

Plan out your itinerary. Call your hotel ahead of time, find out what restaurants are near, what grocery stores are near. Anything that could be an available resource for you, where you're traveling, you want to know about ahead of time in that way you can make adequate planning.

Now, it's a little bit more difficult if you're traveling overseas and if you're staying stateside, but one of the other things you can do is call your hotels and get ideas for the local restaurants in the area. Look for the organic restaurants, the ones that advertise organic and say, they cater to people who need to follow a gluten-free diet. Check out their menus online and try to plan your eating spots before you get there. This is very, very critical to try to prevent a major catastrophe.

Again, you've got the power of the internet, right? Use an internet search index to basically line up local stores and restaurants, et cetera, in the general area of your vacation so that you can minimize the time and the effort and the energy that you have to do that while you're on vacation. That way you can enjoy your vacation.

One of the other tips is, again, it's harder to do if you're overseas, but find a place that has a kitchenette. Instead of just a hotel, find a place that-- One of the things I did a couple of years ago, I was stuck in a town in Arizona. I booked a room that was a kitchenette and it was across the street from Whole Foods. I could go over and pick up fresh and organic food and I could bring it back to my kitchen and I could prepare.

It's really easy, very, very simple. It prevented me from eating OPF, and it prevented me from getting glutened. Again, it preserved my health during that travel mode. Kitchenettes can be very handy. It can come in handy again, if you're traveling in an area where that's a potential possible option.

That's pretty much it for gluten-free and traveling, stay tuned for the last segment in module five, which is, which alcohols are gluten-free? You are not going to want to miss this part of module five. We'll see you right here shortly.

[pause 01:37:10]

All right, we are back for more of module five. In this segment we're going to be talking about, which alcohols are safe on a gluten-free diet? Biggest question we get, right? Let's just dive in, gluten in spirits. Okay, and when I say spirits, I mean, distilled alcoholic beverages. It should be noted that distilled alcoholic spirits or hard liquors are considered gluten-free by the manufacturers, all of them. No matter what the baseline ingredients are derived from.



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The claim that distillation eliminates any gluten in the beverage is pretty standard in the industry. Now, standard in the industry, but here's what I see in people going gluten-free. I see people that use grain, derived spirits struggle really, really hard and have symptoms and digress. That's why we have this module is to help you navigate what's the safest choice, if you're going to imbibe in spirits, you need to know, "What's the best choice? What's the least dangerous choice that you can make?"

Understand that Dr. Osborne and Gluten Free Society, we do not recommend the consumption of any spirit derived from grain, regardless of manufacturer claims. I want to be very, very clear that legally they can make the claim that our liquor or a hard spirit is gluten-free, but we don't endorse that simply because of the experience that we've shared with people over the many years having problems. If you're going to imbibe in spirits derived from any of the grains, drink at your own risk and I'll say that now.

That being said, let's talk a little bit about alcohol and as a general rule. Alcohol is generally not recommended because common consumption, I say common consumption, meaning daily consumption of alcohol is not healthy, no matter whether you're gluten-sensitive or whether you're not. I know a lot of people they'll drink a half a bottle of wine every night, and they'll say, "It's red wine at my cardiologists said it's healthy for the heart."

Understand that alcohol is a poison and alcohol breaks down into an even more complicated poison called acetaldehyde, and these things impact and affect your liver. Understand that gluten also can cause non-alcoholic fatty liver disease. Sometimes what happens is that person's maybe even drinking wine, which is gluten-free, but the gluten they were eating their whole life caused a liver issue. Then, they went gluten-free, but they're still drinking alcohol, and their livers already damaged. That alcohol is not doing anything to help them overcome it.

If you're struggling with illness and you're struggling to overcome an autoimmune condition and that's why you've chosen to go gluten-free, I don't recommend any alcohol at all for the first six months of the diet. Give your body a break, let it rest, let it breathe. Let your liver recover first, and then if you want to come back and choose to bring back in some alcohols, that's perfectly fine doing it in moderation. Let's define moderation. Moderation is not daily. Moderation is not a bottle of wine a week. Moderation is one to two drinks per week as a max. I don't even really recommend it to that degree, but my definition of moderation is alcohol consumption can occur once a month. That's me, personally in my life. That's the way I choose to do it. The reason why as we see it, time and time again in clients is that alcohol tends to impact the healing process. Even if you're already healthy, it can still slow things down. Alcohol can cause B vitamin deficiencies. It can damage the liver. There's just a lot of negatives that come with it.

Bottom line is, Gluten Free Society does not recommend daily use of any alcoholic beverage while you're over trying to overcome illness. Remember that gluten sensitivity, again, causes liver damage. We don't want to meet in the middle and create confusion for you.



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Now, all that being said, let's talk about some of the common alcoholic beverages. There's beer, there's Mead. There's ale wine, wine coolers, Brandy, champagne, cider, cognac, malted beverages, Grappa, Ouzo, rum, Saki, schnapps, tequila, vodka, and whiskey, as your commons. We're going to walk you through some of those.

Beer and ale. Beer is typically brewed using grain. Pretty much there's no such thing as gluten-free beer. Now, there are some companies claiming to make gluten-free beer, but they're using grain. They're just using, again, they're using sorghum as a base, or millet, or buckwheat as a base, or brown rice as a substitute for the wheat, and the barley, and the beer. These are still grain-based products. We don't recommend them. People tend to struggle with them and do poorly with them.

Again, if you haven't watched module one, go back and watch module one. It'll all make better sense. If you watch module one and get a true definition for what gluten actually is versus what is defined as the classic or traditional definition of gluten.

When it comes to wine and champagne, you want to understand that they're produced from grapes. Typically, wine is safe on a gluten-free diet. Again, check with the manufacturer though, to make sure no gluten has been added. One of the tricks with wine is sometimes when they're sealing it in the oak barrels, there's a wheat based paste or adhesive that's used in the seal and that can leach into the wine. That can be a problem.

You've just got to be careful about that as a potential, but beyond that, most of your wines and champagnes are going to be naturally gluten-free. Now, where you got to be cautious about wine and champagne and really any alcoholic beverage are the pesticides used in the growing process. I'll talk more about that in just a minute.

Now, it's important to understand when we're talking about wine and champagne, we're not also including wine coolers in that category. Wine coolers are generally malted beverages. They're sweetened with barley malt. They're not gluten-free and not something that I would encourage you to consume.

Brandy. Brandy's distilled typically from fruit. Most commonly brandies are distilled from pears, cherries, peaches, and raspberries, and they are safe on gluten-free diet. Brandy is a go in that regard. Ciders. Now, ciders generally made from the fermented juice of apples. That's the most typical type of cider and the juice is fermented in an Oak barrel and they add yeast.

Now, it has a higher alcoholic content than beer. It's a common new product that's come out, especially in the gluten-free world. Now, not all ciders are gluten-free because many manufacturers also add barley to them. Again, this comes back to checking the manufacturer of the cider company to ensure whether or not that's part of their process. If ciders can be safe and they can be okay, again, it boils back down to calling the manufacturer.

Cognac is our next one. Now cognac is typically made from white grapes and so very safe on a gluten-free diet. No problems with cognac, if you enjoy a slow sip.



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Grappa is another drink it's made from press grapes. It's also safe on a gluten-free diet. Mead, mead tricky. Mead is a wine that's produced by fermenting typically honey. It's safe technically on a gluten-free diet, but where you have to be careful is different manufacturers of honey Mead, add different sugar bases or different types of fillers to the product to enhance the taste.

This is where, again, making a discriminate phone call and asking the manufacturer whether or not their product is how their product is produced and whether any of these other types of grain-based fillers or ingredients so that you can stay on the safe side. True fermented honey Mead is okay. Provided those added ingredients do not have grain-based issues.

There was a beverage called Ouzo. This is a Grecian drink made from anise and fennel, another aromatic plants. It's safe to consume on a gluten-free diet. There is no natural gluten in ouzo. If you enjoy ouzo with your Greek food, have at it. Some similar beverages are things like Absinthe, sambuca, and Reiki. These are also similar to ouzo and are also safe on a gluten-free diet.

Rum. Now, most rum is made from sugar cane. Rum, technically, there's no gluten. It's perfectly fine perfectly safe. Where you have to be careful is rum drinks, mixed drinks, in any mixed drink for that matter, where they're adding corn sugars and other other things to flavor it up. Some of the newer flavored rums, you have to be careful with a lot of the flavored hard liquors.

It's a big market right now where they're adding different sweetening agents or flavoring agents to some of the hard spirits. Again, some of these ingredients are grain based. It becomes an issue of calling the manufacturer and finding out which one is appropriate. Just pure distilled rum is gluten-free.

Saki is made from milled rice. I don't recommend it. Again, rice being on the list of grains that I would recommend that people avoid on a true gluten-free diet. Rice is used as the base for Saki. It's also they add a mold, a Koji mold, *Aspergillus oryzae* to it. Oftentimes that Koji that they use, again, it's a mold, it's fermented, is basically it's barley derived. That can also produce a problem with Saki. The rice issue, but also the barley issue. We don't recommend the consumption of Saki on a gluten-free diet.

Schnapps. Now there's different kinds of schnapps, but a true German schnapps is made from fermented fruit. It's considered a true spirit. This type of schnapps is perfectly fine on a gluten-free diet, but many of your American shops are alcoholic beverages produced by mixing grain with fruit flavors and other flavors. American produced schnapps, you got to be real cautious around. It's not something I'd recommend unless you can verify that the company is actually just truly fermenting the fruit by itself.

Tequila, everybody's favorite drink to not get drunk on twice. Tequila is made from blue agave. Technically it's a distilled spirit from the agave plant. It's perfectly fine and safe on a gluten-free diet. There's no grain in it. Again, just like with rum and other hard spirits where you're doing a mixed drink. It's the things they mix with the



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tequila. Like for a margarita, for example, it's what they mix. It's what's in the margarita mix that can prevent or create the problem.

Then there's vodka. Vodka can be made from grain. It can be made from potatoes. I've got a list of some of the potato based vodkas for you. Now, my advice here is at any time a manufacturer could potentially change how they make things. It's always best to call and ask, but Adamba, Blue Ice, Chopin, Cold River Vodka, Cîroc, Jan kill, Kamchatka,

Luksusowa, Monopolowa, Victory, Zodiac and Teton Glacier Vodkas are all potato based. If I mangled a few of those names, I apologize. I'm not a beverage connoisseur by any stretch, but I wanted to give you some options in that vodka category.

Whiskey. Whiskey is distilled from fermented grain. Typically bour, rye, wheat and corn are your predominant whiskeys. It's also commonly called scotch, bourbon, or moonshine, and it's not recommended. They're all, grain-based not recommended on a gluten-free diet. At least not by us, I see too many people to it.

Now, mixed drinks. Let's just talk quickly about mixed drinks. They're made with the use of a variety of mixes containing multiple ingredients. You can get products that are thickened with wheat starches or grain-based starches. Margaritas and daiquiris are examples where you got to just have to be careful. If you're going out to a bar to meet friends and have some drinks, you're better off erring on the side of a pure spirit without all of the other added ingredients that could be corn sugars or other hidden forms of grain or gluten based products.

This last slide I've shown you this slide before and it's the correlation graph between glyphosate and celiac disease over the last 30 years or so. What you want to understand about alcohol is that, if it's not organic, there's a lot of glyphosate going into alcohol production because remember, most alcohols are made from plant-based materials that are commonly sprayed with a lot of pesticide. There was a study done a few years ago that showed that most wines produced in the United States are contaminated with glyphosate. You have got to remember that one of the things I talked about in an earlier module was that glyphosate exposure was one breaking problems in your gluten-free diet. Meaning it potentiates a perpetual leaky gut and microbiome dysbiosis, which can perpetuate your symptoms and create problems.

This is just another reason why alcohol can be problematic and why I recommend, if you are still struggling in your health that you don't really implement alcohol on a regular basis at all in your healing phases of going gluten-free. Now, beyond that I would encourage you to buy organic alcohol, and there are a number of varieties nowadays that are available at most major liquor stores where you can find organic spirits. I would encourage you to invest in those organic ones to avoid the potential for glyphosate and other pesticide exposure when you choose to buy.

Okay. Bottom line, know what you are drinking. Read your labels and if you are not sure, don't take any chances. It's just not worth it, especially again if you are in your



healing phase of the gluten-free diet. That being said, I am going to put some links up for some of the companies, again, that we recommend that do proper testing on their alcoholic beverages that will give you some organic options, et cetera. We will put some of that underneath the video for you to tap into so that you can find some good resources on organic and more healthy varieties of alcohol based beverages.

Stay tuned for Module six. I am going to be discussing the seven highly effective habits of a gluten-free warrior. This is going to help you bring a lot of pieces together. What I am going to be talking about in Module six, is all the things people forget to do. They change their diet but they don't do the other things that are going to improve the elements of their health and really, really spring board them to a better place. Tune in to Module Six, the seven highly effective habits of a gluten-free warrior.

[01:52:30] [END OF AUDIO]