

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Gluten-free Diets The Radical, Conservative, and Realist Views



THE RADICAL VIEW

Following a gluten-free diet will improve digestive health, hasten healing, and cause absorption of more nutrients from the intestinal tract. Those with the following conditions will have fewer symptoms or a quicker recovery when following a gluten-free diet:

- Celiac disease
- Gluten intolerance
- Dermatitis herpetiformis
- Migraine headaches
- Autism
- Obesity
- Rheumatoid arthritis
- Parkinson's disease
- Neuromyelitis
- Down's syndrome
- Peripheral neuropathy
- Multiple sclerosis
- Seizures
- Ataxia
- Brain fog
- Osteoporosis
- Type 2 and Type 1 diabetes
- Anemia
- Chronic intestinal problems
- Infertility or recurrent miscarriage
- Osteoporosis
- Psoriasis

- Eczema
- IBS irritable bowel syndrome
- Bipolar or schizophrenia
- Hypothyroid
- ADD or ADHD
- Fibromyalgia
- Chronic fatigue syndrome
- Restless legs syndrome
- Sleep apnea
- Any autoimmune disease

THE CONSERVATIVE VIEW

A gluten-free diet has been long-known as the only medical management available to those with celiac disease — an autoimmune disease in which the lining of the small intestine becomes inflamed and damaged if gluten is consumed. This damage leads to malnutrition, weight loss, diarrhea, upset stomach, abdominal pain, and bloating.

More recently non-celiac gluten sensitivity has been identified and responds well to a gluten-free diet.

Although touted as a healthy diet, a gluten-free diet is difficult to follow and may be deficient in fiber, iron, calcium, zinc, and B vitamins. At this

time, scientific studies do not back up the myriad of benefits claimed by gluten-free diet advocates. It is best utilized for those diagnosed with celiac disease or non-celiac gluten sensitivity.

THE REALIST VIEW

A healthy gluten-free menu would include fruits and vegetables, brown rice, seeds, nuts, beans, meat, fish, eggs, and dairy products. The diet avoids all products with wheat, barley, rye, malt and oats (unless gluten-free). These include flours, bread products, pasta, cereals, cakes, and cookies. Can you build a healthy diet with these ingredients? Sure you can. But if you just substitute gluten-free cookies, brownies, muffins and pasta, your diet won't really improve.

Although we don't know a lot about non-celiac gluten sensitivity, a 2011 study published in BMC Medicine last year found that gluten can set off an immune system response in people without celiac disease. Due to an increased awareness of the problem, or agricultural changes that have increased the protein content of grains, or possible other causes, gluten sensitivity has increased significantly over the last 50 years.

Would it hurt to try a gluten-free diet for two weeks and see if any of your symptoms decreased? No, not at all. Those with non-celiac gluten sensitivity may be able to follow a less strict gluten restricted diet than those with celiac disease and still see some relief.

CELIAC DISEASE FACTS

Affects 1% of the US population.

Symptoms: malnutrition, weight loss, diarrhea, upset stomach, abdominal pain, and bloating.

Diagnosed with a blood test, followed with an intestinal biopsy for confirmation.

NON-CELIAC GLUTEN SENSITIVITY FACTS

Could affect up to 5-15% of Americans.

Symptoms: no defined set of symptoms. The most common symptoms are diarrhea, abdominal pain, bloating, headaches, fatigue, and depression, but many symptoms (not yet adequately studied) have been associated with gluten intake.

No definitive diagnostic tests have been developed to confirm non-celiac gluten sensitivity. Some doctors will test your blood for antibodies against gliadin (part of the gluten) molecule. If these tests (AGA-IgA or AGA-IgG) are positive, your body sees gluten as a threat and is making antibodies to fight it. It is estimated that only 50% of those who are gluten sensitive will have positive antibody tests.

WHAT IS GLUTEN?

Gluten is a mixture of proteins that forms when flour (from wheat, spelt, kamut, rye, barley and hybrid grains) is mixed with liquid and kneaded, giving dough elastic characteristics.

So you would expect to find gluten in breads, baked goods and pasta, but gluten can also be found in many other foods like cold cuts, salad dressings, beer, the breading or coating on chicken, and even licorice.

Reading nutrition labels is essential for avoiding gluten in prepared foods. Look for the terms vegetable protein, malt flavoring, modified starch, monoglycerides, diglycerides, and malt.

GLUTEN-FREE DIETS AFTER WEIGHT LOSS SURGERY

A gluten-free diet can fit into a post weight loss surgery meal plan. Factor in six small high-protein meals, avoiding added sugar, and drinking calorie-free beverages and you have a plan that fits both criteria. Just don't skip your vitamin supplements.

GLUTEN-FREE FOODS

Amaranth	Flax	Quinoa
Arrowroot	Eggs	Rice
Buckwheat	Meat, fish, poultry	Sorghum
Legumes (<i>beans, peas, lentils</i>)	Fruits	Soy
Nuts	Hominy (corn)	Tapioca
Seeds	Gluten-free flours (<i>rice, soy, corn, potato, bean</i>)	Teff (or tef)
Corn		Vegetables (<i>incl. potatoes</i>)
Cornmeal	Millet	Most dairy products



FOODS TO AVOID ON A GLUTEN-FREE DIET

Barley	Breads* (<i>includes pizza dough, bagels, muffins, buns, rolls, donuts, etc</i>)	Processed lunch meat*
Malt, malt flavoring, malt vinegar	Cakes*	Salad dressing*
Rye	Pies*	Sauces*
Wheat	Candies*	Seasoned rice mixes*
Bulgur	Cereal*	Potato chips*
Triticale (<i>a cross between wheat and rye</i>)	Cookies*	Tortilla chips*
Durum flour	Crackers*	Self-basting poultry*
Farina	Croutons*	Soups, soup bases*
Graham flour	French fries*	Vegetables in sauce*
Kamut	Gravies*	Oats*
Semolina	Imitation meat or seafood*	Hydrolyzed vegetable protein
Spelt	Matzo*	
Beer*	Pasta*	



**avoid unless specifically labeled as gluten-free*

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RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. **Call us today for more information!**

SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online (http://www.barixclinicsstore.com/share_your_story.html).

We'd love to hear from you.

QUESTIONS

ABOUT FINANCING
YOUR SURGERY?

Call a Barix Patient
Service Representative
at 800-282-0066



It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Here is just one example of a posting (edited) that supports the person posting and also inspires others. If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need (forum.barixclinics.com).

POSTING

Hello!! I had surgery on April 10th (gastric bypass). I think overall, it was much easier than I had anticipated. I had NEVER had surgery of any kind so I was just clueless as to what to expect. I did have to stay an extra day (surgery on Tuesday, went home on Friday) because I had a hard time eating without feeling sick. But it was kind of a comfy stay! The nurses were good about trying not to bother me when I was sleeping and letting me get my rest. Now this is my second day home and I'm not too sore, just more exhausted than anything (basically requiring a couple of 2- to 3-hour naps a day). I'm scheduled to go back to work on Wednesday, which should be interesting! So those with upcoming surgery, ease your mind! You will be home and

on your way to recovering fully before you know it.

P.S. It's really weird, but after the surgery, I kind of felt like a prisoner who had been set free. I don't even care how much weight I've lost so far, but I have comfort knowing that I will not allow myself to become the person I was before, letting food rule my life. AND I am SO excited to do the things with my kids this summer that I haven't been able to do in years.

RESPONSE 1

Congratulations! I am happy to hear you are doing well. My surgery date is Wednesday the 18th and I am still a bit nervous but am sure everything will be ok. I am surprised you are going back to work so soon. I wish you the very best on your new journey!

RESPONSE 2

Congrats and welcome to the Losers' Bench! I am so glad that all went well and you're feeling good! Sorry to hear about the extra day's stay, but as you said, they make you feel comfortable and cared for. I am eight weeks out, down 54lbs and could not be happier! Stay well and prayers for your health!

RESPONSE 3

Congrats to you...Isn't it a great feeling, knowing you now have a chance to change your life forever? All that earlier feeling of hopelessness is gone. You have your tool and you are committed to making your life different. Good luck to you and believe in your chosen direction each and every day. It does work and WELCOME TO THE LOSERS' BENCH!

REQUEST a Free Brochure for you or a friend. Call us at 800-282-0066, or log on to www.barixinfo.com

Broccoli, Cheese and Ham Omelette

½ cup broccoli florets, cut into small pieces
½ cup egg substitute
¼ cup sharp cheddar cheese, shredded
¼ cup lean ham, chopped

Wash broccoli florets and place in small saucepan. Add just enough water to cover the bottom of the pan. Cover the pan and heat the broccoli over high heat, steaming for 2–3 minutes. Drain and set aside to cool.

Place seasoned omelet pan on burner set a little higher than medium heat. Let the pan preheat for 1 minute. Remove pan from burner. Pour egg substitute into pan and return to heat. As the egg begin to cook, gently begin to push the egg away from the edge of the pan and tilt the pan so uncooked egg runs into that spot. Work around the pan edge until the egg is no longer runny.

When the egg is almost done cooking, add the filling. Let the cheese melt. Fold the omelet in half and slide out of pan. Makes one serving.

NUTRITION INFORMATION PER

SERVING: 282 calories, 31 grams protein, 15 grams fat, 4 grams carbohydrate, 810 mg sodium.

Tea Sandwiches

Tea sandwiches are perfect treats for weight loss surgery patients. Eat them as a snack or serve them at an elegant Mother's Day luncheon—they fit in anywhere. It is easy to make them gluten-free too. **Here are a few ideas to get you started.**

Top cucumber slices with cream cheese and a slice of ham.

Cut mini pita bread in half and fill with hummus. Garnish with a thin wedge of cucumber and tomato.

Use a cookie cutter to cut wheat bread into bite-sized shapes. Spread with herbed cream cheese, tomato slices and minced black olives.

Top thin slices of baguette with basil pesto, fresh mozzarella cheese, and a thin slice of tomato.

Top a slice of bread with sliced turkey and provolone, top with another slice of bread and cut off crust and then cut diagonally into four triangles.

Make a peanut butter and no-added-sugar jelly sandwich. Cut off the crust and then cut into four squares.

REWARD YOURSELF



This month, you could earn a SPECIAL GIFT for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by May 31, 2012. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.