

## Living Gluten-Free

By Dr. Neetu Dhiman

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications. The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats. Related proteins are found in triticale, spelt, kamut. Some of the symptoms of CD include:

- Abdominal cramping/bloating
- Acidosis
- Constipation
- Dehydration
- Diarrhea (See Stools below)
- Energy loss
- Fatigue
- Flatus (Passing gas)
- Muscle cramping (Especially in the hands and legs)
- Skin (Very dry)
- Weakness
- Weight loss

I first learned that I had CD while in medical school. It became apparent that if I was going to stop being sick, I needed to take matters into my own hands and adopt a gluten-free diet. Below are recipes for Gluten-free fare that incorporate some of my favourite dishes.

Gluten-free Fare (includes recipes for Cottage Cheese Pancakes; Broccoli, Mushroom & Cheese Fittata; Deep Dish Chicken Lasagne and more!) Note: This is a PDF file that requires Adobe Acrobat be installed on your computer to view.

If you think you may have Celiac disease and would like to discuss your symptoms with Dr. Dhiman in further detail, contact her at 604-787-9936.