



Nadine Grzeskowiak RN BSN CEN  
541.602.1065  
Nadine@GlutenFreeRN.com  
[www.GlutenFreeRN.com](http://www.GlutenFreeRN.com)

---

## Getting Started

100% gluten and casein (all mammary milk) free diet as quickly as possible.

Liquid multi-vitamins every day – be certain they are gluten free with no wheat or barley grass. I recommend the Country Life multi-vitamin, but any kind will do.

Consider taking a probiotic if you have EVER taken an antibiotic.

Clean out your kitchen and cupboards – wipe out the cupboards and drawers and give away: all gluten-containing foods (check your spices too), wooden utensils/cutting boards, and toaster.

Wash your hands and fruits and vegetables before you eat.

ALWAYS carry snacks/bars/food.

If you share a home with someone who does eat gluten make a 'gluten cupboard' or designate a specific area in which to store those products and utensils to avoid cross contamination.

Remember that eating out is like playing Russian roulette. Even items without gluten added in are not safe from cross contamination if the kitchen still has wheat in it.

Expect to feel like you can't get enough to eat initially. Buy and eat the best possible food you can and, as long as your food is gluten free, eat as much as you want!

Pay attention to cravings for food or other items. This can be a sign of deficiency.

Do not eat products manufactured in a facility that also processes wheat (check product labels).

You may feel unwell when you start the diet as your body detoxifies from gluten and dairy (possible symptoms: headaches, diarrhea, fatigue, etc.). This will clear up, but may reoccur as you heal.

Read and ask questions! Find information from reliable sources, join a support group, and learn as much as you can. Be aware that misinformation is everywhere.

Find a gluten free buddy to eat and shop with.

Find a healthcare practitioner that can really help you. Find and hire 1-3 health care providers such as a MD, Doctor of Osteopathic Medicine (DO), a Naturopath, an Acupuncturist, a Chiropractor, a Massage Therapist, etc.

Think about keeping a diary and/or food log.

Take a picture of yourself now and then every 3 months to track your progress.

**This is going to take time and energy; be patient while your body heals.**