



Taking Your Gluten Free Diet To The Next Level: The Paleo Diet

The Paleo Diet: Know and understand where your food comes from and focus on eating local whole real foods that ‘get back to the basics’.

Benefits: Can clear up lingering “gluten” issues, leads to sustainable weight loss, increased energy, clearer, and smoother skin, stronger immune system, improved sleep, fights disease, less risk of gluten exposure, overall better sense of well-being.

Foods To Avoid: Refined sugars, all cereals and grains including rice and corn, vegetable and seed oils, processed foods, legumes/beans (including peanuts), and dairy.

Foods to Eat: Organic fruits, vegetables, nuts*, seeds*, grass-fed meat, seafood, shellfish, and eggs* (* Consider avoiding these foods if you suffer from any autoimmune issues. Also consider removing all nightshades such as potatoes, tomatoes, sweet/hot peppers, eggplants, etc.)

Sourcing Quality Food: Know where your food comes from and how it was grown/raised. If you don’t have access to fresh local food do the best you can. Source organic fruits and vegetables and look for meat that is grass-fed, organic, hormone and antibiotic free.

Fat: Your body needs fat! Attempt to get a good source of fat with every meal. Including: avocados, grass fed meats, high-quality olive oil, coconut oil, nuts, nut butters, and eggs. Hemp and/or Coconut ‘milk’.

Sleep: Sleep is essential for your health. Try to get 8-10 hours of sleep every night in a darkened room.

Start moving: Walk, bend over, stretch, run, hike, yoga, lunges, etc. Just move.

Get Started: Clean out your house, go grocery shopping, take a before picture of yourself, visit the Gluten Free RN website for information, get sleep... Begin your journey to feeling great!

Keep in Contact: I am available for speaking engagements, consultations, seminars, and workshops. Contact me today for more information!