

June 18, 2021

Dear Gluten Free Friends,

I am gardening hugely again this summer.

Organic Turkeys

I wanted to share information about organic turkeys. The People's Meat Market sells wonderful organic turkeys. About 2 times a year, 1 in the fall at Thanksgiving and 1 in spring at Easter I will buy one of their organic turkeys. It comes with the inerts as well as the feet and I use it all. I roast it in a 300 degree oven, often just for the 2 of us in order to have left overs to package cooked in the freezer. I cook the bones in the pressure cooker, making bone broth soup. The turkey is big, so it sometimes takes 3 pressure cookers full, that is doing it in repeated batches 3 times. I will often save the feet, freezing them uncooked and cook them separate later in the year for bone broth soup. I freeze the gelatin too in small containers and clean off the bones and package more meat for the freezer along with small containers of broth with turkey meat in the broth. Throughout the year I then have turkey to make in various recipes and soup adding raw vegetables at the table often after the soup is heated, having the vegetables crunchy in hopes that some enzymes are in the vegetables. According to the gaps books, I often will add a raw egg yolk at the table to the bowl of broth. After drinking much / all of the broth, I have sometimes added organic unsalted butter to the vegetable left in the bowl along with a slice of fresh avocado. Yummy! The organic turkeys are very tasty and wonderful.

Recipes for leftover Turkey:

Turkey-Avocado Wraps:

I am making this for lunch today for my husband. As he uses Mayo and mustard.

This recipe is adapted from a Wheat Belly book.

I use 4 large leaves from a head of Romaine. I use lots of Mayo, Primal Kitchen Mayo made with Avocado oil or Chosen Foods Avocado Oil Classic Mayo, which ever one is available at the time at The Free Market in Appleton, WI. I also use with the Mayo, Mustard Girl mustard or I will be starting to use Cadia Organic Classic Yellow Mustard, also at The Free Market. I top that with slices of the thawed frozen in spring organic turkey, slices of Swiss cheese from Mullins cheese factory (that cheese factory is free of the toxic scents, so I can go in!), a thin slice of avocado, and a piece of spinach. My husband will sprinkle with a little "Real" brand salt and place one Romaine leaf on the other and, sorry, needs to be eaten with a fork.

For our noon meal I will have a bowl of Romaine with the following 2 choices of salad, one or the other.

1. Romaine Fruit Salad:

Full bowl of Romaine leaves, topped with carrot stuff (includes whatever also went in the juicer with the carrots) from the juicer (the solid stuff I saved that week in a glass jar. I add a small amount of cranberries that came from the solid stuff from the juicer when I juiced cranberries, about 3 slices of fresh granny smith apple, a couple slices of homemade fermented pickles, a little bit of goat cheese, and a dab of homemade yogurt. Tasty on this hot summer day.

2.Turkey Romaine salad:

Full bowl of organic Romaine and lettuce leaves from Aldi, Turkey pieces, topped with carrot solid stuff from the juicer, homemade fermented pickles or pickle juice or sauerkraut or sauerkraut juice, a little goat cheese, one of many kinds of crafted from Caprine Supreme or goat cheese from the Mullins cheese factory (they have now raw cheddar goat cheese), Pitted Ripe Green or Black olives from in Madison at Whole Foods, canned with only olives, water, and sea salt! Topped with a dab of homemade goat yogurt.

Egg and Tomato Wrap:

Another wrap we use for a quick meal or on a hot summer day for my husband who eats Mayo, adapted from the Wheat Belly books:

4 large leaves of organic Romaine, spread with a healthy brand of Mayo, 1 hard boiled egg peeled and sliced, sliced tiny tomatoes cut in two, a little spinach. Salt at the table and put Romaine leaves together in sets of 2.

Turkey Pot Pie:

Adapted from the Wheat Belly Books

Pressure Cook cauliflower for 2 minutes. Put in bowl with a little organic unsalted butter and a little cheddar cheese, and a little salt. I do 2 bowls, 1 bowl for my husband, and one for me without the cheese.

I use the organic frozen and thawed turkey warmed in a bit of butter and add a bit of water left over from cooking the cauliflower. In a baking dish I add to the meat, raw, some fresh vegetables such as fresh organic carrots, can add fresh broccoli, fresh organic zucchini, can add frozen peas if you can find them unsalted without scents and not for the microwave (I'll have them from my garden soon.), mushrooms from Aldi or other fresh vegetables of choice. Add a little salt. I measure out my salt for the day. I add some Kalona Super Natural Organic Sour Cream to my husband's. I add dark leafy greens to mine. Top with mashed cauliflower mixture and put in a 300 degree oven for about 25 minutes. The vegetables will be crunchy, hoping some enzymes will be left in the vegetables.

My kale and swiss chard and collards are growing well in my garden now and I am already using leaves from them. Tiny plants with leafy greens are up from seed and starting to grow well. I use drip irrigation and it runs when lawn is watered and when our geothermal air conditioning

runs. We have about an 8 ft. tall fence around the 40 X 40 ft. garden with hopes the deer will finally choose not to jump the fence and eat all my cabbages that I plan to use for sauerkraut in the fall. Peas are in flower, green and lima beans are up and growing well. I started using some of the onions today.

Breakfast Skillet for today:

I cooked a small piece of pure ground pork with a tiny piece of combined organ meat in a little ghee at a low temperature on the stove top, then divided it into 2 iron skillets. My husband tolerates more foods than I, so each skillet is made different and to our tastes.

I went out into the garden to bring in the food for the skillets. I brought in coriander, marjoram, sage, thyme to add fresh to make the breakfast sausage out of the ground pork and organ meat. I also added a little measured out salt for the day. I also brought in a small amount of garlic chives, chives, kale, collards, swiss chard, a green onion and an asparagus spear that happened to appear this morning. Yeh! I washed them up and put them in both skillets raw. I topped my husbands with Monterey Jack and Cheddar cheese, tiny tomatoes, and 2 eggs. I topped my skillet with asparagus, organic zucchini from Aldi. (My zucchini has flowers on one and very tiny zucchinis just starting but not ready yet. (Wow!.). I bought that one as a plant. I cheated. Other zucchini is just up from seed. I topped mine with goat cheese from Caprine Supreme and 1 egg.

I put the skillets in the oven at 300 degrees for 24 minutes. Mine really should be for 17 minutes as I am using a smaller skillet and I want the yolk to be soft. I was working on these emails, so I cooked it a bit longer than I wanted. Multi-tasking - ugh.

The vegetables were crunchy. At the table I added a slice of avocado. My husband added Aldi Casa Mamita Medium Chunky Salsa and Aldi Friendly Farms Sour Cream, both he uses in great moderation.

I have been quiet the past month due to planting and weeding chores, and now again the weeds are up with the vegetables, so more chores.

There are many ways to be gluten free!

Now it is your turn! I am asking for suggestions of simple meals of just meat and vegetables combinations. What are your favorite easy meals? Also your ideas may include your favorite gluten free products, may include gluten free grains. Your ideas will be shared with others in email and on our website. Let me know if I can share your first name with your suggestions.

Sincerely,

Elaine Rubel

June 17, 2021

Dear Gluten Free Friends:

Below are 2 websites that share important advances and valuable information regarding celiac and gluten related needs and are reliable sources, from what I have check out.

I encourage those who are in our area of our local group of Gluten Free Stevens Point to regularly view these websites to acquire excellent information on how to be gluten free, how to do well on your gluten free walk, how quickly a cure for celiac will possibly happen using drugs, how research is being done, how you can be part of the trials now, how you can donate to the research, how you can report your walk with celiac and gluten related situations towards contribution of information for research, for diagnosis information, for food product information, for videos that explain information related to the above topics, how to eat safely on your gluten free walk, how you can encourage our government to be helpful to the celiac and gluten problem population, and much more.

These websites include amazing information at your fingertips.

You can contact them and they will answer your questions kindly and with understanding, based on my experience.

In July Beyond Celiac is planning to have another virtual Town Hall meeting for which you can register when it is announced. I have found that when I am not available to see it live, if I register, I can view it later.

I did follow the suggestion to contact my government representatives concerning help for the celiac community. The website makes it very easy to make that contact and know what is being promoted for government help by the celiac community and expressed a thank you.

They will send you emails if you wish. I get regular emails and it helps me know information like for the Town Hall meetings, requests for involvement in trials, celiac related Bills happening in Government, etc. A recent email said a cure for celiac is expected in 2030.

The two organizations below work well together, as I have noticed.

www.beyondceliac.org

Celiac Disease Foundation

www.celiac.org

20350 Ventura Boulevard, Suite 240

Woodland Hills, California 91364

818.716.1513 | info@celiac.org

I always add a disclaimer as what is beneficial for one or observed for one may not be the same for another. The above is based on my thoughts and opinions alone.

I am sending this, thinking it may be helpful to some. I appreciate feedback and knowing your thoughts and concerns.

Sincerely,

Elaine Rubel

June 17, 2021

Dear Gluten Free Friends,

I sent an email encouraging hugely you to gather information from the websites below.

www.beyondceliac.org

Celiac Disease Foundation

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20350 Ventura Boulevard, Suite 240

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This email below is mainly how I do / have been doing my gluten free walk with great success for the past 3 years.

Others in the circle of those of which I am aware are doing very similar work with food for their lives, not necessarily related to celiac. I have noticed great attention by these is on balanced nutrition, moderation, and working with a medical team.

I am not suggesting at all that you follow what I am doing, but recently I was encouraged to share this information with another, so did the work for writing out what I do related to food for my gluten free walk, and as the work is done, I will hesitantly share with Gluten Free Stevens Point, not promoting it. I believe the driver of my choices are due to so much gluten and chemical contamination issues, and my desire to have a great digestive track and excellent health.

I have a lot to say on how to avoid the health issues related to the gluten free walk. It might be helpful for some people.

There are many ways to do the gluten free walk. Many that are tasty and use processed fast foods making life like the next person, but not necessarily helpful for excellent health.

A little of this information may be similar to ideas in the Keto diet regarding the benefits of quality meat.

Be careful regarding listening to people that are marketing products including people marketing essential oils. There is a lot of junk out there and online. Work with your good medical team. You do not need supplements with the exception of a good fermented cod liver oil.

I will use parts of sentences at times to make brief.

Based on two authors / Doctors:

3 books by Dr. Natasha Campbell-McBride MD:

(gaps.me is the website about her books)

(Avoid other websites that talk about gaps stuff and especially do not ever use Essential oils that some of these people market. They are dangerous.)

1. **Put Your Heart in Your Mouth**, Natural treatment for Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral, Vascular Disease:

Includes:

Information on all aspects of heart
Information on Alzheimer's disease
Information on Backache

2. **Gut and Psychology Syndrome**, Natural treatment for Dysparaxia, Autism, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia

Includes:

The basic book on how to eat for all 3 books for gut health
Recipes
What foods are allowed to eat / What foods to avoid

3. **Gut and Physiology Syndrome**, Natural treatment for autoimmune Illness, Allergies, Arthritis, Gut Problems, fatigue, Hormonal Problems, Neurological Disease

Includes:

Information on dementia

Information on Back Pain

Information on on about all common ailments and how to make you well
by diet

Books by Dr. William Davis, MD, FACC:

Track Your Plaque

Includes information on lab work and working with your doctor using diet so you may not need meds. How you can track your plaque using labs and working with your doctor, the book telling how to eat depending on what problems show up in labs.

Results often in no need for meds, just the diet.

Heart disease prevention program

Many Wheat Belly books

Includes:

Recipes that I can adapt to make it easy for me and using common foods I use.

How to do diet for heart: What foods not to use / What foods to use

(I checked out the Wheat Belly books from the library and did not buy any of them, just getting the idea of what foods to avoid and what kinds of foods to eat. I follow the Gaps books when they differ. Both sets of books suggest about the same diet.)

(All these books can be checked out in the library, may have to request interlibrary loan.)

Another book, this one on breathing:

New York Times Best seller in 2020

Breath by James Nestor

(This book helps with the digestive track and health in many ways including stress.)

(This book has a link for online breathing techniques that can be helpful.)

(I did not buy this book, but checked it out from the public library and took notes.)

How my husband and I do the diet:

Avoid all processed foods

(For my husband I will buy some items from a good health food store where the label shows only real basic ingredients are in it.)

No processed meats

Use filtered water. I use a Brita water filter.

My husband will make weak iced tea from tea bags in cold filtered water. He adds a lemon slice and a very little honey. I just drink filtered water. I do not tolerate tea, lemon, or honey.

My husband uses citrus fruits. I do not tolerate.

Use no refined sugars

I use “Real Salt” brand for my salt. Use a little less than 1 teaspoon of salt a day.

(common brands of salt add sugars and other bad stuff)

(Avoid foods with salt added in its ingredients)

Use real foods mostly, foods that do not need a label.

(like an apple)

(Granny Smith apples are low in sugar and is the apple I use. My husband tolerates other apples.)

In many cases I buy organic foods.

Wash the pesticides and gluten off apples that are not organic

Always cook on low heat. Oven always at 300 degrees

Try to eat close to 75% of food raw, if possible. This gives you natural enzymes that help digest food. Your body also makes / has enzymes, but as you get older you need to make sure you are adding to your enzyme bank in order to live long and without disease.

(Lately I will add fresh vegetables last and raw to a meat dish I am making then when I put it in the oven at 300 degrees for about 25 minutes, the vegetables will still be crunchy and it is my hope that some enzymes will still be present. They digest well for me that way.)

I use a pressure cooker at times. Pressure cooking a meat first, then adding a vegetable to cook in pressure cooker for 2 min. And letting the pressure go down on its own accord.

The food is all cooked food for this kind of meal. It is an easy meat and vegetable meal that takes little time. A fresh salad can be added, thinking of the enzyme needed or another meal or snack of the day may be more fresh uncooked foods.

Use small amount of a pure almond flour for magnesium.

(Bobs Red Mill Gluten free Almond flour is a good brand. Some brands have gluten contamination - avoid that - stick with what you know is gluten free and is pure.)

(I buy almond flour by bulk from a site that is without contamination and non GMO and keep it in the freezer. Always ask questions.)

www.treehousealmonds.com

Can use almond flour with fruit like a few slices of granny smith apple and cheese makes a good balance with calcium and magnesium. Sometimes I will add a very small piece of very ripe banana and then I will have potassium also at the same time. Eat almond flour / eat banana in great moderation. Can just use 1 or 2 T. Almond flour at a time.

Almond flour is an enzymes inhibitor so it can take away from your enzyme bank in you body. I believe dairy also is an enzyme inhibitor and so can take away from your enzyme bank, so use both in great moderation. Legumes and soy, and pineapple are enzyme inhibitors too. Use in moderation.

Magnesium is needed and makes muscles relax

Magnesium is found in almonds, lima beans, flaxseed, dark chocolate, bananas, shellfish, fish, salmon, chicken, avocados, pumpkin seeds, leafy greens

B3 Niacin is needed

B3 is found in orange, liver, pork, cheese, yogurt, beef, chicken, eggs, almonds, spinach, asparagus, broccoli

(Niacin is helpful and needed for heart health, but it can also make a person itchy, so everything in moderation. If itchy perhaps reduce the amount of foods high in Niacin especially liver and organ meats.)

Manganese is needed

Manganese is found in spices, dark chocolate, almonds, shellfish, leafy green vegetables, spinach, lima beans,

Vitamin C is needed

Vit. C is found in citrus fruits, cantaloupe, peppers, cranberries, strawberries

Vitamin A is needed

Vitamin A is found in Liver (highest), cheese, butter, eggs, fish, pumpkin, carrots, sweet potatoes, dark green leafy plants, beet greens, cod liver oil (has A, D, K2)

Vitamin D is needed

Vitamin D is found in Cod liver oil, fish egg yolk, salmon, butter

Alpha-Linolenic Acid (ALA)

ALA is found in Flaxseed and dark leafy vegetables

Vitamin B2 Riboflavin is needed

Vitamin B2 is found in liver, orange, yogurt, eggs, pork, cheese, beef, chicken, spinach, apple

Vegetables under water sprayers in the store cause a problem with the food even though it is just water, it forms a chemical reaction on the food and will make me sick.

Dark Chocolate with 90% or more cocoa my husband is able to eat. Not allowed in Gaps but is in Wheat Belly books. Sam's choice Dark Chocolate is at Walmart and a fair price. I do not tolerate chocolate of any kind, but my husband enjoys it in great moderation breaking it in pieces and just eating a few at a time. Again sugars in great moderation. The label has several ingredients that are not allowed on gaps.

Eat good quality meat, however you can find it. I have a meat market that has excellent standards. I use the People's Meat Market.

Eat liver and organ meats.

(like chicken inerts)

(Can mix liver and organ meats with good quality hamburger and makes it taste like hamburger)

(It is possible for my meat market to combine organ meat like as follows:

The recipe I have for organ meat that my meat market grinds up for me: 10% Liver + 40% heart + 10% kidney + 40% ground Beef. This mixture I add to other meats and recipes with meat like ground beef so it tastes like ground beef, yet I get the organ meat. When I ordered this, they had to make a huge batch as they were just selling it to me, so it took a lot of freezer space. Some may be able to order it and get a smaller amount if they make it for others too. I am not recommending you use organ meat in this way, but do eat organ meat. Use this in great moderation. For example a lot of liver regularly may not be good for your health. Liver is a good source of Niacin. Also a lot of Niacin has a side effect of itchiness. Small amounts once in awhile has really helped my digestive track and health.)

p. 186ff in the Gut and Physiology Syndrome talks about the importance of eating organ meats.)

If you can do dairy use good quality cheese, not the processed kind.

(I make homemade goat yogurt with a special sugar free starter listed below, but my husband does not / can not tolerate yogurt. I am not telling you to use homemade goat yogurt, just telling you what works for me. Processed yogurt is not necessarily good. I do not tolerate goat milk, but when it is made into cheese or homemade yogurt it works for me in moderation. I can only do organic unsalted butter from cow. Other cow dairy products do not work for my digestive track. This way I am able to do some dairy.)

www.culturesforhealth.com/yogurt

(My husband uses the good quality cheeses from cow dairy.)

We do not use liquid cow milk. I only use goat milk if it is made in goat cheese or I make it in yogurt. Use just cultured milk items. Raw milk not pasteurized is good, but I do not have access to it or choose to use it. Gaps information says raw milk is very healing.

Eating cheese with different kinds of fruit that you like is a good snack

(Eat cheese and fruit in great moderation, perhaps just part of a granny smith apple at a time. Fruit has natural sugars, reduce even natural sugars a great deal.)

(Can add 1 or 2 T. Almond flour)

(Too much dairy can cause rash by nose. Wheat Belly books discuss this.)

Eat brown healthy kinds of eggs where ever you can find them.

(We eat skillet breakfasts which is done in an iron skillet, cooking meat / pork sausage / side pork instead of bacon [can add garlic, cayenne, paprika, and salt to season for the taste of bacon] / possible 1 in. by 2 in. piece of organ meat once in awhile, then adding raw vegetables of choice / cheese / salt / 1 or 2 eggs. I then bake in a 300 degree oven. By adding the vegetables

raw, they are crunchy in hopes there may be some enzymes still in the vegetables. I do not know for sure if any enzymes are still in the vegetables.)

(For breakfast pork sausage I add a little coriander, sage, thyme, marjoram, from my garden fresh or dehydrated, and salt.)

(Eat eggs / meat / vegetables for breakfast

(I will steam small amount of salmon or scallops from Aldi with adding ginger, spinach / vegetables, last when in the bowl with the liquid from steaming. I will add olive oil last in the bowl. I will also add last garlic. It is a meal I use for any meal of the day including breakfast.)

For breakfast think outside the box.

Use organic butter without salt. Use Ghee. Can also use lard and fat from meats.

(Aldi carries ghee that has a good label of ingredients)

(Use ghee and butter and lard and meat fat for cooking, not oils.)

(I get my lard from my local meat market.)

(In Appleton, WI, The Free Market carries Organic Valley Cultured Unsalted Butter and Organic Valley Cream Cheese, and Kolona Super Natural Organic Sour Cream [Amish]. They also carry Chosen Foods Classic Mayo and / or Primal Kitchen Mayo, Primal Kitchen organic unsweetened Ketchup. The labels on these items appear good. My husband uses these products. I use the butter.)

Use a good quality olive oil fresh on food. (Do not heat olive oil). (Perhaps on a fresh salad)

Avoid grains

(When first week off grains may not feel good as an addiction reaction. It will pass when you stay off grains.

Avoid starches, see gaps for the list for foods to avoid.

(We will use a very small sweet potato shared between us with a steak dinner from time to time. But sweet potatoes are on the list of foods to avoid. We just put a little salt and butter on the sweet potato.)

Can eat Homemade, not canned, sauerkraut and fermented foods are good to use, can at times use just a few drops of the fermented liquid. I make homemade fermented pickles, not canned. Eat just a little bit with a meal. Gaps - good for healing the digestive track.

I have seen jars of sauerkraut, not canned, in the coolers at health food stores. By not canned, it has not been cooked, so enzymes are in it. Read labels.

(If you want my recipes for sauerkraut and pickles, just ask. They are easy to make.)

Avoid GMO foods

Avoid foods with chemicals

Eat Bone broth soups

Eat fruits at a separate time than with meats except with tomatoes, lemon, avocados that are common with meat dishes.

(I use Aldi canned tomato paste for my husband as the ingredient label is pretty good.)

Eat only foods you tolerate. Avoid foods to which you might or appear to be allergic.

Eat meat and vegetables for meals / fresh and cooked vegetables / salads

For Sandwiches, wrap meat / Hamburger / hard boiled egg in lettuce or Romaine / can add tiny tomatoes sliced / avocado / a good ingredient label Mayo / mustard / ketchup.

You may be able to find a BBQ sauce with a good ingredient label in a health food store to use with pork. We found one.

Over time make up a small number recipes you like that follow the guidelines listed above and record them and just repeat day after day (That is a suggestion from the Wheat Belly books).

I know many of you are wonderful cooks so you will be able to make up your favorite meals /recipes adapting to fit with the this diet.

(I have a list of two weeks of recipes, 3 meals a day, and just repeat the two weeks, so it is easy to plan and shop. I often shop just every 2 or 3 weeks, using freezer and sales or buying bulk from health food store in Appleton and shopping at Aldi / meat market.)

(My husband and I tolerate different foods, so meals may be different for each of us sometimes.)

(My husband kindly chooses to wash the dishes, which gives me a break and help since I do most of the cooking. I know it would be a lot of work for one to do all this from scratch cooking, so if others help in other ways or with the cooking, it can be a gift to the cook.)

Keep things simple and easy and tasty to your liking.

I juice and drink in morning just a small amount:

Carrot, celery, spinach, parsley, one slice of granny smith apple, a little fresh ginger that I put fresh through a juicer. I add the solid stuff from the juicer to my salad.

I juice cranberries. This keeps people from urinary track infections.

In blender I put a combination of fruit such as frozen cranberries / frozen blueberries / fresh slice of granny smith apple / slice of avocado / a spinach leaf / filtered water.

(I can my own grapes and can cherries, both with no sugar using some filtered water in canning. I add to the blender juice. I drink just a small amount. For me I will add my homemade goat yogurt, for my husband it is plain. If you want my canning recipe for grape juice, just ask. It is simple.)

I do use 1 t. Unflavored Fermented Cod-liver oil that I buy online from Green Pasture. You can not get this in a store. It is how I get Vit. D. Store brands do not have cod liver oil correct. I take Cod liver oil first thing in the morning. Fermented Cod liver oil encouraged in gaps books.

Stay away from chemicals you breath or use in laundry or cleaning or your environment.

If possible shop in stores that do not use air fresheners. It gets on the food. It can make me sick. It would be a chemical added to meats and foods in that store.

Some recipes and information are on the gluten free website I have for our local group under resources. Much of the website is not about the diet I use now that is grain free and gluten free. There are many ways to be gluten free and the website shares ideas on those many ways.

glutenfreestevenpoint.weebly.com

If you want some recipes from me, just ask. Over time I will add more recipes to the website, especially if requested.

Toxic chemicals in air fresheners, dryer sheets, strong scented laundry products, essential oils, pesticides, herbicides, etc . . . they cause me to have gluten problems including diarrhea, breathing problems, tremors, brain fog . . . bloating . . . rashes . . . and now syncope . . . I often wear a mask that has a filter for the problems with the toxic scents . . . I was told years ago that

these scented products including essential oils cause these same problems as gluten and that until the marketing changes it will be a problem.

March 2021 I had syncope for the second time in my life. It is when the blood goes from the head to the feet and if you are sitting up you die. I had delayed chemical sensitivity (Can be up to 72 hours after being hit by the toxic chemicals). I was blessed that my husband found me and laid me down the first time. The second time when I blacked out I had a concussion and a laceration to the eyebrow. Ugh. My husband found me standing up mopping the blood. He laid me down after I blacked out again. All that said I am very healthy as long as I stay away from the toxic fragrances that are marketed hugely now. I am told the toxins store in your fat cells and it makes it very hard to lose weight if one uses these fragrances. People need to know that and that they are more dangerous for everyone than smoking tobacco. The book, Silent Spring, by Rachel Carson talks about the toxic chemicals back in the day with DDT and how they affect the enzymes in the digestive track. Her description of reactions by animals and people are the same as what I have from the toxic fragrances and the chemicals seem very similar. I work very hard with success to stay away from the fragrances people and stores use and I wear my mask. I am blessed with good health with long bike rides and walking 2 to 3 miles regularly, gardening, sewing, and reading. It is my hope that sharing this information will be helpful to others, as secondhand fragrances are like secondhand tobacco.

Stay away from chemicals you breath or use in laundry or cleaning or your environment.

Links regarding toxins in air fresheners, essential oils. Laundry and cleaning products, scents, etc. and how it effects people:

<https://invisibledisabilities.org/environmental-illness/fragrance-free-home/>

Air Fresheners are dangerous to everyone. Please Google: Air fresheners / adverse effects / Also can add Canada. I am like the canary in the coal mine and must avoid air fresheners. Elaine Rubel 715-347-2417

https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html

www.cdc.gov/niosh/topics/indoorenv/chemicalsodors.html

Google: Building and environment, 10 questions concerning air fresheners and indoor built environments

Google: INDOOR AIR QUALITY: Scented Products Emit a Bouquet of VOCs

Google: Everyday chemicals surpass cars as source of urban air pollution

mcs-global.org

ewg.org

gaps.me

ADA regulations

Other links: <http://www.pharmpress.com/files/docs/aromascich07.pdf>
This last info tells the dangers of essential oils based on scientific data.

All this above said, I know about changes and chances in our lives that can cause life and health problems even with the greatest attempts to have excellent health, so I most of all look to the Lord for my strength and help and comfort. I feel the Lord has blessed me with my wonderful medical team and the information I gather. This way I eat I first asked my dietician that works with my GI doctor, and I also work with my regular doctor who understands celiac and gluten problems hugely.

I add an important disclaimer. What is written above are my thoughts and beliefs on what has been helpful for my husband and I. Others may not agree at all or with parts of this diet and information, or ever want or need to be this gluten zero. I thought about sharing my success for a long time, but feel everyone has to find what works for them on their gluten walk. Others may enjoy that gluten free pastry from the special bakery shop or desire fresh gluten free bread that works for them every time. Others may never have a need to be this gluten zero. Others may have no problems with chemicals that they eat or breathe. Often it is when health problems arise that people like me start thinking outside the box and are blessed with information that is helpful along with a wonderful medical team.

It is my hope that some may find some of this “stuff” helpful in their gluten free walk and only if they find it is needed and / or wanted for themselves.

Sincerely,

Elaine Rubel