

AN OPTIONAL—BUT ENCOURAGED— DAIRY AND GLUTEN FREE TRIAL

Throughout the course you will be encouraged to take a break from all dairy-(casein) and gluten-containing foods. It is entirely your choice whether you do this or not. Too many people unknowingly find these compounds challenging to digest and it's not until they take a break from them that they are able to discern this. If you decide to omit dairy- and gluten-containing foods for the duration of the course, you will benefit immensely from being super strict and consuming none. This will allow you to tune into how your body feels without them. Near the end of the course, a clear path to reintroducing these foods is offered, to allow you to decipher which (if either) suits your body. I understand that for many of you this will be a significant change. There are additional resources about dairy- and gluten-free eating available to help you with this. Do your best to approach the month with curiosity. See it as an opportunity to try things differently for four short weeks in the long span of your life.

If you choose to eat dairy- and gluten-containing foods during the course, I encourage you to opt for items that offer greater nourishment. For example, organic sourdough bread is a more nutritious choice than white bread from the supermarket. Full fat plain unsweetened yoghurt is a more nutritious choice than ice-cream.





Taking a break from...

Trialling a gluten and dairy free way of eating may feel like a daunting change this is why I've included this resource to assist you through the process, if you choose to omit one or both of these food components for the month ahead. Please remember, this is just a trial, and only for four short weeks out of your very long life, in the hope you gain more insight into your health and whether your body digests these food components well, or not. When we don't digest certain foods properly, they can add an additional 'load' to the liver's task list.

As part of our journey together, in the course videos I will encourage you to take a break from:

- Alcohol
- Caffeine, except for green tea
- Refined sugars: these are added sugars typically found in processed, packaged foods and sugars you might add to hot drinks, breakfast cereals or baking (sugars naturally present in whole, real foods such as fruit—up to two pieces per day—are fine to consume)
- Ultra-processed foods
- Foods made from or that contain dairy products
- Foods that contain gluten

During the course I will explain why I am encouraging you to have the experience of taking a break from these compounds. How many you exclude for our month together is your choice.

Please omit alcohol and ultra-processed foods (which will get rid of most refined sugars) as the minimum exclusion.

As a guide to whether you would be wise to experience these 28 days gluten and/or dairy free, and you'd like to omit one, not both, of these food components, the following may help you choose.

Please omit all sources of dairy foods for the month if you have a history of (childhood or adulthood) recurrent streptococcus-based illnesses such as tonsillitis, ear infections, bronchitis, croup; or asthma, eczema; or for women heavy, clotty or painful periods, lumpy breasts that swell with your cycle, fibroids, cyclical headaches or migraines.

Please omit all sources of gluten for the month if you have Irish heritage, an auto-immune disease, a family history of auto-immune disease, or gut problems.

You will be guided about how to systematically reintroduce these foods near the end of the course, if you choose to omit one or both of them.

Pre-course or from Day 1 please make the changes you've chosen to embrace for our 28 days together. At the end of the course, I will guide you with the reintroduction process for dairy- and gluten-containing foods in great detail on day 25.



WHY ELIMINATE DAIRY AND GLUTEN?

People diagnosed with coeliac disease cannot eat gluten-containing foods. Yet there are others who, despite not testing positive to coeliac disease, have symptoms that resolve through the same dietary changes. My take on this is that science isn't finished yet. What if there are 50 more mechanisms through which the human body reacts to gluten, yet coeliac disease is currently the main one we know about? The best gauge of your health is your body and the symptoms it gives you, so I encourage you to try this four week trial and notice how your body responds.

Looking at dairy foods, they contain the three macronutrients—protein, fats and carbohydrates. If someone has an adverse reaction to dairy foods, it is usually to the carbohydrates, such as lactose—or the proteins. There are numerous proteins found in cow's milk that can be divided into two main categories: the caseins and the whey proteins. Examples of caseins include beta-A1-casein and beta-A2-casein, while whey proteins include alpha-lactalbumin and beta-lactoglobulin. The fats are typically well tolerated.



Here's the thing.

If someone has been experiencing low level digestive complaints for a long period of time, chances are they will begin to think that this is just how they are. We become so used to the gas, bloating or constipation that we begin to think that it is 'normal'. There are often numerous other reasons why someone's digestive system may not be functioning optimally, and in my clinical experience, eliminating dairy and/or gluten for a trial period can help us gain incredible insight. Clinically, I would use the lists I've created above to guide me whether gluten-free or dairy-free or both would be best for a person to trial.

Are you saying dairy and gluten are 'bad' for you?

I'm not asking you to eliminate dairy and gluten because they don't offer any nourishment to the body—there are of course nourishing options available in both of these food types, if you digest them well. What I'm trying to help you to establish is a better connection to your body's signals and I have found that dairy- and gluten-containing foods commonly get in the way of this. We also want to promote the health of the good bacteria in your gut so that detoxification and elimination happens efficiently and even low-level digestive upsets can have an impact on these processes.

An elimination trial is just that—a trial. Sometimes your body just needs a break from things that currently aren't digested well, to reset and repopulate the good bacteria in your gut. Some of you will find that you notice no difference eliminating dairy and/or gluten, while others will notice an immediate or gradual improvement in your experience of your digestion and other niggly symptoms.



TIPS FOR ELIMINATING DAIRY

- Dairy is anything from an udder, so this includes cow, goat, sheep, buffalo and camel products.
- Must be super strict for the trial period of 28 days.
- Dairy products are commonly included in packaged foods, so make a habit of always checking food labels. Refer to the list of words/ingredients to avoid.

AVOID FOODS THAT CONTAIN THE FOLLOWING WORDS OR ITEMS IN THE INGREDIENTS LIST

- Dairy
- Cheese, cheese powder
- Yoghurt
- Cream
- Sour cream
- Ice-cream
- Butter, margarine
- Chocolate
- Milk, milk powder, milk protein, milk solids, non-fat milk solids
- Skim milk solids, skim milk powder, skim milk protein
- Whey protein, whey powder
- Casein or sodium caseinate
- Lactose (milk sugar)
- Beverage whitener



DAIRY SUBSTITUTES

Dairy foods to avoid	Alternative
Milk	Rice milk, almond milk, macadamia milk, cashew milk, hemp milk, coconut milk (opting for unsweetened versions, or make your own)
Butter/margarine	Avocado, tahini, nut butters, olive oil, coconut oil/coconut butter, vegan butter (made from whole food ingredients only)
Dairy yoghurt	Coconut yoghurt (ensure no refined sugars or flavours added)
Cheese	Cashew cheese, macadamia cheese





Is lactose-free milk suitable during the dairy elimination trial?

Lactose-free milk is regular dairy milk with an enzyme (called lactase) added to break down the lactose (naturally occurring milk sugar) in the milk. This can be helpful for people who have lactose intolerance. Symptoms of lactose intolerance are usually quite overt, and include things like bloating, cramping, offensive smelling flatulence and loose stools.

However, lactose is only one component of dairy foods that people can potentially react to. Casein (one of the proteins in dairy) is another component that can be problematic for some people. During a dairy elimination trial, all dairy products (including lactose-free dairy products) are omitted for the set period of time.

What are some dairy-free sources of calcium?

If you are choosing to consume a non-dairy milk (such as almond milk or rice milk), there are calcium-fortified options available which can help to ensure you are meeting your calcium requirements. Check the label to see if it has calcium added (aim for at least 100mg calcium per 100mL), but please be mindful of avoiding other additives and opt for unsweetened varieties.

Calcium is also found in salmon with edible bones, sardines, tahini (sesame seed paste), broccoli, kale, almonds, chia seeds and figs. By cutting out caffeine, you will also be minimising calcium losses from the body as caffeine increases urinary excretion of calcium. However, if you decide to avoid dairy long term, we recommend working one on one with a nutrition professional to ensure you are meeting your nutritional requirements over the long term with the foods you are choosing.

TIPS FOR ELIMINATING GLUTEN

The following table lists gluten-containing foods and ingredients according to their gluten content. Most are highly processed. This list is simply to show you how gluten presents in foods and on food labels.

The term 'glutinous' on a food label refers to the 'stickiness' of the product, and is unrelated to the gluten content. If the word 'thickener' is used on an ingredients list, the source of the thickener is often included in brackets after the word. If you are not sure of the gluten content of any food, use the general rule 'when in doubt, leave it out'. Food labels constantly change so it is a good idea to read them regularly.



Contain gluten		Don't contain gluten
<ul style="list-style-type: none"> • wheat • rye • barley • oats • semolina • couscous • triticale • pasta • noodles • crumbs • wheat vermicelli • farina • burghul • spelt • durum • hydrolysed vegetable grain • soy sauce • maltodextrin* 	<ul style="list-style-type: none"> • dextrin* • pre-gel starch* • stock* • thickeners (with a 1400s code)* • beverage whitener • hydrolysed vegetable protein • cornflour* • wheaten cornflour • wheat starch • malt • malt extract • starch* • modified starch • malt vinegar <p>* These ingredients may be derived from wheat, and therefore may contain trace amounts of gluten.</p>	<ul style="list-style-type: none"> • rice • sago • tapioca • millet • buckwheat • sorghum • arrowroot • quinoa • amaranth • besan (chickpea) • dhal • seeds • psyllium • corn/maize • cider/wine vinegar

Are oats gluten-free? Do I need to omit oats during the gluten elimination trial?

There's a lot of confusion around whether or not oats are gluten-free. Gluten is the name given to a protein in wheat, rye, barley and oats. It is a composite name representing gliadin (in wheat), hordein (in barley), secalin (in rye) and avenin (in oats).

The current tests for gluten can measure gliadin, hordein and secalin, but not avenin, as it is a slightly different protein. Avenin is an essential part of oats, just as gliadin is with wheat. Oats will never be gluten (i.e. avenin) free, even if they are described as gluten (i.e. gliadin) free. Approximately one in five (20%) people with coeliac disease react to pure uncontaminated oats. That is, they react to oat avenin. While some people with coeliac disease and some who are gluten-intolerant can tolerate oats, others can't. If you have coeliac disease, please do not include oats unless your doctor has advised it is safe for you to do so.

With over 20 years in practice, I have seen thousands of people have health conditions improve or resolve without gluten despite there being no test that shows that this will happen (i.e. they haven't tested positive for coeliac disease).

If you identify with any of the following, I suggest excluding oats (as well as the other sources of gluten) during your gluten elimination trial period:

- Strong Irish heritage
- Autoimmune disease
- You don't use your bowels daily
- Your bowel motions are not formed
- You experience excessive bloating after meals and/or at the end of the day.

If the above doesn't apply to you, you are welcome to include oats (but please still exclude all other gluten-containing foods during the elimination trial).

Is spelt gluten-free?

Spelt is an evolutionary older form of wheat that has a lower gluten content than modern wheat, however it does still contain gluten so it's important to eliminate this during a gluten-free trial. It can be a great option to try when you are ready to reintroduce some gluten-containing foods after the gluten elimination trial.

