

Summary of Major Nutrition Topics Covered During Our Gluten-Free Retreat Weekend

Nutrition Instructor: Melinda Dennis, MS, RD, LDN

March 7-9, 2014

Nine hours (4 sessions) packed with gluten-free nutrition information, power point slides (copies for you), cookbook reviews, gluten-free samples, take-home goodies from carefully selected companies, and Q & A time with Melinda.

In between classes you will enjoy gourmet gluten-free meals and optional yoga, massage, swimming, or relaxation time (indoors or out).

Getting Up to Speed with Your Nutrients

Why is zinc so important in celiac disease?

Am I getting enough omega-3s in my diet?

How can I resolve my headaches, constipation, poor appetite, and mouth ulcers?

How do I count calcium on food labels? And how much do I need?

We'll review blood work you should ask your doctor for and how to monitor your own labs. One by one we'll review key nutrients – B vitamins, iron, calcium, vitamin D, zinc, magnesium, omega-3s, and fiber – and how to spot symptoms of deficiency and resolve them with food and/or supplements.

Optimizing Overall Health

What do celiac disease and non-celiac gluten sensitivity (NCGS) have in common? How are they different?

What does extra-intestinal disease mean? And why is this important for me to know?

Why isn't the IgA-tTG a great test for measuring day to day adherence to the gluten-free diet?

What else can I do to track my healing?

We'll take a close look at autoimmune diseases, how they affect our bodies, and how to manage diet and lifestyle to optimize health; review celiac disease vs NCGS and their medical management; and look at gene testing and diagnostics. Guest lecturer: Sheila Crowe, MD

Understanding Supplements

When would I use (or not use) probiotics?

How do I sift through all the vitamins out there to find the right one for me?

What's the difference between an oxide and an amino acid chelate on a supplement label?

Understanding what vitamins, minerals and other nutrients our bodies need to heal and thrive is hard enough without all the confusing information on the market. We'll examine the details of what gluten free formulas, ingredients, ratios, and amounts to look for, what to avoid, and why it matters. Probiotics and digestive enzymes will also be covered.

Food, Food, Food!!!

Which gluten-free super grains have which nutrients?

What if I can't tolerate any gluten-free grains? How can I balance my diet?

What's happening with the new labeling law?

Where can I find ideas for healthy, TASTY, simply prepared gluten-free meals?

There is so much wonderful and HEALTHY gluten free food to eat. Through a live food demo, slides of delicious food, gluten-free recipe reviews, studying your own 3-day food log with assistance, grain/nut/seed storage and preparation information, and lots of sharing about meal and menu ideas, you will come away with a multitude of ideas to enhance and revitalize your own meals at home! Traveling and dining out tips also provided.

And more.....!!

Melinda Dennis MS, RD, LDN
Delete the Wheat, LLC
www.DeletetheWheat.com