

Gluten free **food solutions**

2017 SEPTEMBER / OCTOBER ISSUE

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LETTER FROM THE EDITOR

I couldn't be more excited about this issue! Summer's winding down and I'm thrilled about easing into fall with you in these pages.

If you're like me and can already taste the pumpkin spice in everything, this issue is for you! We've got healthy recipes that are leaning toward the heartier side, a lovely grain-free pumpkin cupcake you won't feel guilty for enjoying and even Halloween (or any time!) cutout cookies!

And while you're kicked back enjoying those tasty (and healthier!) treats, why not click through the pages to learn the truth about the ketogenic diet that's all the rage these days. Dr. Vikki is our ever-reliable resource for making sense of health fads and trends and she doesn't disappoint when it comes to the facts about keto.

We've also got a treasure trove of info for you if you're battling eczema. From healing tea to natural remedies that really work, there are answers here. Speaking of answers, I have a few for you when it comes to keeping that summer figure all through the holidays. Check out my tried-and-true ways to keep a healthy diet while still enjoying all the holidays have to offer from right now through the New Year!

Now, get out your cocoa mugs, cardigans and all the plaid because here comes fall, y'all!

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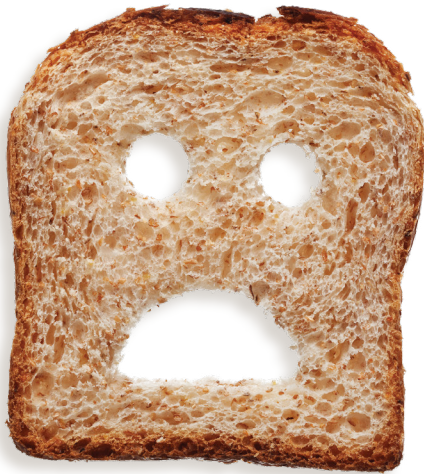
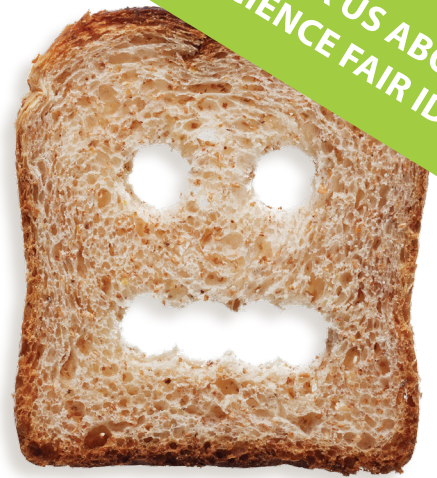
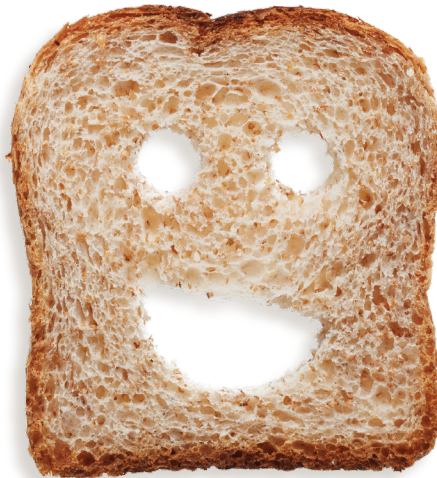
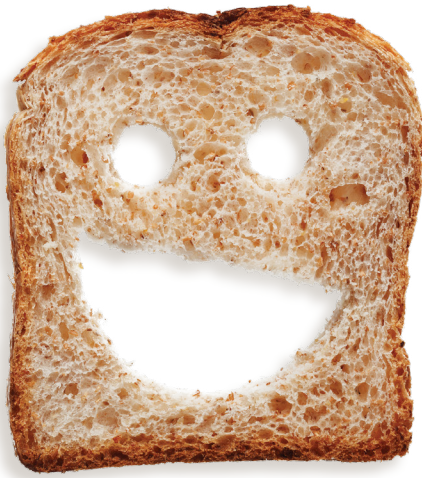
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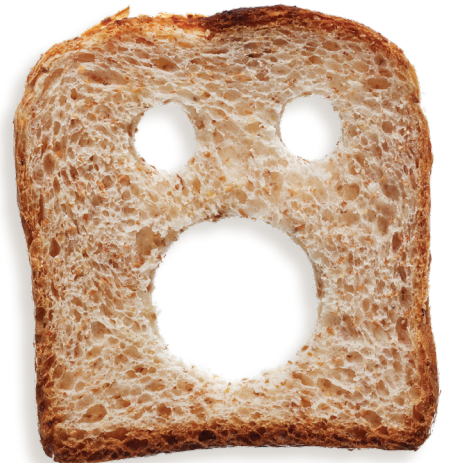
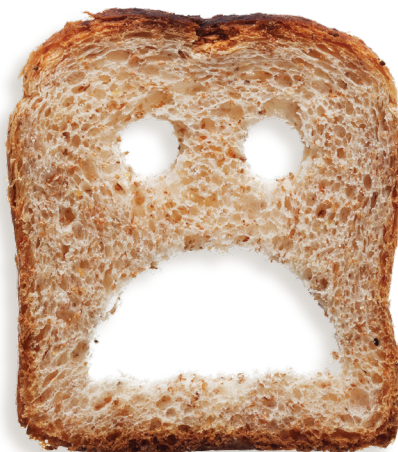
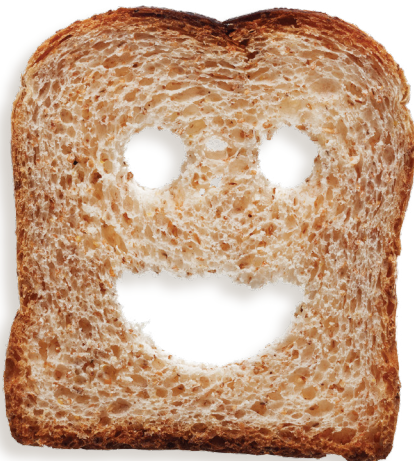
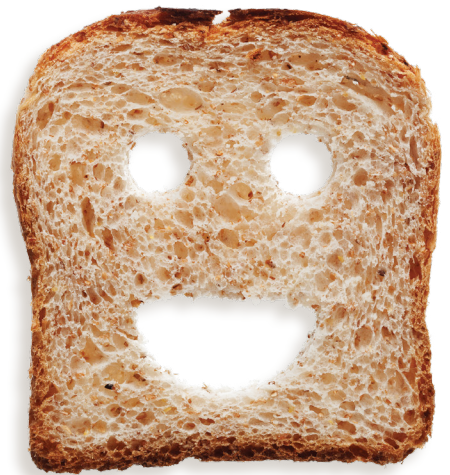
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MARCI PAGE SLOANE, MS, RD, LDN, CDE is a Registered and Licensed Dietitian/Nutritionist and Certified Diabetes Educator in south Florida. She grew up in New York City where she graduated from Columbia University with a double Master's degree in Nutrition and Physiology.

Marci is CEO of Food Majesty, Inc. author of *Reality Diabetes ~ type 2*, *The Diet Game: Playing for Life!*, *The Divorced Woman's Diet* and is contributor to *Chicken Soup for the Soul Healthy Living Series Diabetes*. Sloane is a nutrition and disease counselor, speaks frequently in the community, is coordinator of American Diabetes Association (ADA) programs, an ADA Valor Award recipient and does radio, television and magazine interviews. Marci is passionate about her work and it shows when you meet her.



CYNTHIA S. RUDERT, M.D., F.A.C.P., is a Board Certified Gastroenterologist in Atlanta, Georgia, whose practice is primarily devoted to the screening and following of patients with celiac disease. With one of the largest practices in the United States that manages adults and teenagers with celiac, she has evaluated over 1000 patients with celiac disease and gluten sensitivity.

Dr. Rudert's focus is identifying the core causes of gastrointestinal issues with a comprehensive evaluation enabling her to treat underlying medical conditions that may have previously been undetected. Dr. Rudert then creates an individualized course of treatment tailored to each patient's unique set of needs. Rather than just treating the symptoms of the disease, Dr. Rudert believes the best results are achieved by getting to the core cause of the problem and treating the disease accordingly. Dr. Rudert sees patients from all over the United States for second opinion consults on a variety of gastrointestinal disorders.

Committed to educating the public, patients and physicians about this commonly missed disorder, Dr. Rudert lectures throughout the United States and Canada on celiac disease. She also lectures on inflammatory bowel disease, irritable bowel syndrome, pancreatic exocrine insufficiency and small intestinal bacterial overgrowth.

Dr. Rudert is Medical Advisor for the Celiac Disease Foundation, the Gluten

Intolerance Group of North America and for the Gluten Free Certification Organization (GFCO). She is Medical Director for Atlanta Gluten Intolerance Group (GIG), and founder and president of the Atlanta Women's Medical Alliance, the largest alliance of female physicians in the United States.

In demand as an expert in celiac disease, she was the Keynote Speaker for multiple programs including the New England Celiac Conference, co-hosted with the Beth Israel Deaconess Medical Center/Harvard, and national GIG meetings. Dr. Rudert was the advising physician for the popular television series *House* which featured a segment concerning celiac. Dr. Rudert is a former Assistant Professor of Medicine with Emory University. Learn more about Dr. Rudert and her practice at DrCynthiaRudert.com.



MARK HYMAN, MD has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach known as Functional Medicine. He is a family physician, an eight-time New York Times bestselling author, and an internationally recognized leader in his field. Through his private practice, education efforts, writing, research, advocacy and public policy work, he strives to improve access to Functional Medicine, and to widen the understanding and practice of it, empowering others to stop managing symptoms and instead treat the underlying causes of illness, thereby also tackling our chronic-disease epidemic.

Dr. Hyman is Chairman of the Institute for Functional Medicine, and was awarded its 2009 Linus Pauling Award for Leadership in Functional Medicine. He is currently medical editor at the Huffington Post and on the Medical Advisory Board at The Doctor Oz Show. He is on the Board of Directors of The Center for Mind-Body Medicine, and a faculty member of its Food As Medicine training program. He is also on the Board of Advisors of Memhet Oz's HealthCorps, which tackles the obesity epidemic by "educating the student body" in American high schools about nutrition, fitness and mental resilience. He is a volunteer for Partners in Health with whom he worked immediately after the earthquake in Haiti and continues to help rebuild the health care system there. He was featured on 60 Minutes for his work there.



DR. VIKKI PETERSEN is considered a pioneer in the field of gluten sensitivity and is acknowledged in the U.S. for her contributions to, and education of, gluten awareness in our country.

A certified clinical nutritionist, and doctor of chiropractic, she is also an IFM Certified Practitioner (Institute for Functional Medicine). She co-founded HealthNOW Medical Center in Sunnyvale, California.

HealthNOW is known for using a multi-disciplined approach to address complex health problems, many of which are rooted in gluten intolerance. Patients travel from all over the world to experience the best of what HealthNOW offers, combining internal medicine, clinical nutrition, chiropractic and physical therapy, to identify the underlying root cause of the patient's health condition. Practicing for over 20 years, Dr. Petersen remains at the forefront of advances in the field of gluten intolerance, which earned her the title of Gluten Free Doctor of the Year.

She co-authored the book, *The Gluten Effect*, celebrated by other leading experts in the field as a huge advance in gluten sensitivity diagnosis and treatment. Dr. Petersen donates much of her time to the community where she speaks about health awareness at corporate events in Silicon Valley, inclusive of Fortune 500 companies. She is a national lecturer, radio personality and food blogger, specifically on the topic of gluten sensitivity and celiac disease.

She is on the advisory board along with holding an associate editor at-large position at *Simply Gluten-Free Magazine*. She has been interviewed by CNN Headline News and *Better Homes & Gardens*, amongst others.



LEIGH REYNOLDS recognized a need for high quality-gluten free nutritional supplementation so she founded *Gluten Free Therapeutics™*. Leigh set out to make one of the most beneficial gluten-free supplement lines available. With high quality pharmaceutical grade ingredients and scientifically researched formulations *Gluten Free Therapeutics™* is proud to offer its customers a superior line of nutritional supplements called *CeliVites*.

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a side of science

A SIDE OF SCIENCE // PRE-GAMING FOR THE HOLIDAYS - GLUTEN-FREE STYLE





PRE-GAMING FOR THE HOLIDAYS GLUTEN-FREE STYLE

BY GIGI STEWART, M.A.

Here we are, wrapping up summer and just around the corner from fall. Before we know it, the autumn holidays will be at our heels. First, the “new” not-a-real-holiday-but-it-feels-like-one, Pumpkin Spice Season begins. That’s when we trade fresh berries and tomatoes in for pumpkin spice everything.

Next, we keep the pumpkin love strong for Halloween, add in some gluten-free Trick-or-Treat candy for good measure, and before you know it, it’s time to set the Thanksgiving table and roast a turkey. The leftovers are barely gone when it’s time for Christmas cookie season. How will we (and our waistlines!) survive it all?!

Here’s how: Together. We gluten-free folks, especially, need support during the holidays. From the family demands to make a special holiday recipe to numerous social engagements, food is everywhere and it’s not all gluten-free.

Then, there’s that other issue – the one about not overdoing it to the point our pants don’t fit come the New Year and we feel like we might fall victim to a juice cleanse ad before we finish the last stanza of *Auld Lang Syne*.

Let’s make this year different. Let’s embrace all the food trends, go to all the parties and come out on the other side without bulging bellies come New Year’s Day. How? Easy! I’ve compiled my best tips for you now, in advance of all the holiday hubbub, so you’ll be prepared,

armed with solid advice and an action plan for the healthiest, happiest, gluten-free holiday season ever!

FIRST, LET’S TALK FALL FOODS. SOME OF OUR FAVORITES ACTUALLY PROMOTE WEIGHT LOSS!

APPLES – Your new favorite snack! Full of pectin, a form of soluble fiber, apples balance blood sugar and keep us feeling full longer.

BROCCOLI – Triple whammy! Full of fiber, low-calorie and a great non-dairy source of calcium, broccoli is your new best (food) friend.

CABBAGE – Broccoli’s lower-cal cousin. With about half as many calories as broccoli per cup, cabbage is one of the most versatile veggies around. Grill it, roast it, steam it or eat it raw.

SQUASH – Orange is in!

This fall, trade sweet potatoes for orange-fleshed squash like pumpkin and save about 100 calories per cup!

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A SIDE OF SCIENCE / PRE-GAMING FOR THE HOLIDAYS - GLUTEN-FREE STYLE



Getting a handle on the foods to eat early in the season goes a long way helping us navigate all those holiday parties and family get-togethers that are on the way. Here are some more tips to avoid the pitfalls of holiday weight gain.

AT THE APPETIZER TABLE, SKIP ANYTHING:

- Wrapped in bacon
- Slathered with mayonnaise
- Covered in cheese

Those are the BIG hitters when it comes to appetizer table calorie bombs. While a bite is fine in moderation, mindlessly consuming enough of these heavy apps to make a meal will leave you feeling bloated, gassy and sluggish.

THE BEST APPROACH AT THE BUFFET IS TO:

- Stroll around and assess what's offered before you pile anything on your plate.
- Load your plate "half full" with veggies

first, then add other foods you want to try.

- Step away, enjoy one plate, and be done.

Sip a sparkling water with your food, chew thoroughly and if you can, find a place to sit and enjoy your meal. You'll realize you actually ate, instead of chatting, nibbling and then feeling you never had a proper meal at all.

By the time the cookie exchange rolls around this year, we're going to be in



Your takeout has been lonely too long.



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Gluten-free is now hassle-free.

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great shape in terms of managing our diet; however, those cookies (pies, cakes, candies, and on and on) get mighty tempting! Instead of putting an all-out ban on holiday sweets, get to the core of the issue and stop sugar cravings in their tracks. That way, it will be easier to navigate the sweet swap and all the days after.

DO:

- Cut back on caffeine – too much morning Joe can trigger sugar cravings.
- Remember to eat regularly – even with a hectic holiday schedule, you're better off taking a few minutes to have small nourishing meals that keep your blood sugar stable to fight the desire to overdo it on dessert.
- Hydrate – dehydration lowers blood sugar and leads to severe sugar cravings.
- Get adequate sleep – when you don't get enough rest, your hormonal balance is thrown off, leading to sugar cravings.

DON'T:

- Make excuses that it's OK to eat pie for breakfast because after all, pumpkin is healthy, right?
- Nibble while you cook, especially when it comes to baking sweet treats. Eat first, then you'll be too full to take a sample when you're baking.
- Sacrifice quality. If you want a sweet, be sure it is really something you want, not something you're eating just to be eating. Consider your choices, make a selection you'll be happy with, and enjoy it! Then be done.
- Feel guilt for enjoying foods you love



around the holidays. Eating is pleasurable, and there is no shame in that. It comes down to balance, and as long as you maintain a balance, keeping treats for special occasions, there is nothing to worry about.

That takes us to the New Year. Wasn't that a breeze? And don't you feel so proud, in control of your eating and your body and so balanced?? Yes!

Now, it's time to continue on. No giving up now, not after you blasted sugar

cravings, fought the urge to splurge at parties and continued nourishing your body with healthy foods throughout the most challenging season of all (in terms of eating with balance).

It's time to reward yourself with more of the same, continuing to be kind to your body by giving it balance throughout the year. And next year, when this time rolls around, you will enter the season feeling on top of the world, because you are!

Happy, healthy holiday cheer all around!



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root cause medicine

THE TRUTH ABOUT GOING KETO

DR. VIKKI PETERSEN DC, CCN



DR VIKKI PETERSEN, DC, CCN, CERTIFIED FUNCTIONAL MEDICINE PRACTITIONER, IS FOUNDER OF ROOT CAUSE MEDICAL CLINIC IN SUNNYVALE, CA. SHE HAS BEEN AWARDED GLUTEN FREE DOCTOR OF THE YEAR AND AUTHORED THE CRITICALLY ACCLAIMED "THE GLUTEN EFFECT". ROOT CAUSE MEDICAL CLINIC IS A DESTINATION CLINIC AND TREATS PATIENTS FROM ACROSS THE COUNTRY AND INTERNATIONALLY. IF YOUR HEALTH IS NOT TO THE LEVEL YOU DESIRE, CONSIDER CONTACTING THEM FOR A FREE CONSULTATION – 408-733-0400.



Ketogenic diets are popular. If you like eating fat, which I'll admit I do, the idea of being able to eat an 80% fat diet does sound appealing.

WHAT ARE KETONES?

After you've gone without eating for 6 to 8 hours your body enters a fasted state. As this continues for the next 10 hours, you will have low blood sugar levels and further will have depleted your liver's store of accumulated energy, called glycogen. Glucose is therefore not available to be utilized as fuel. At this point your body produces ketones.

Ketosis is the state of the body whereby fat is being burned as energy.

Therefore you can achieve ketosis initially through fasting, but you can maintain that state by eating an 80% fat diet, one extremely low in carbohydrates.

Research into the benefits of a ketogenic diet are mostly associated with neurological diseases such as Parkinson's disease, epilepsy and some brain tumors.

Ketones are believed to increase the production of glutathione, our most powerful anti-oxidant – more on that topic a little later.

Okay, so those are the facts of what ketones are and how they are produced – so far so good.

Now we get to the million dollar question:

SHOULD YOU FOLLOW A KETOGENIC DIET?

I'll be honest; researching this topic wasn't easy. There are many, many claims made that completely contradict one another. Worse yet, these are by clinicians in my field of functional nutrition whom I really respect, and they have completely opposing views.

So let's look at some more facts and see if we can come to a decision we feel good about.

Ketones are believed to protect our mitochondria, the power plants of our cells, by increasing production of glutathione, our most powerful antioxidant. No one will argue the point that it's a benefit to have healthy happy mitochondria and strong levels of glutathione.

Mitochondria have been likened to furnaces within our cells that convert the food we eat into useable energy. The combustion, as it were, that takes place inside the mitochondria can transform the oxygen you breathe into something called superoxide, a substance that causes oxida-

tion, damaging our cells and speeding our transition into heart disease and cancer. Aging, too, has been related to oxidation and it can be seen, as wrinkles or brown spots of the skin, or felt, in less brain power and worsened memory.

IS THERE A WAY TO PROTECT MITOCHONDRIA WITHOUT PUTTING YOUR BODY INTO KETOSIS?

You can eat antioxidants in the form of fruits and vegetables, but too often, antioxidants cannot penetrate through to the mitochondria themselves, so aging occurs unfettered. But, don't give up so fast, Mother Nature thinks of everything – there is an enzyme called superoxide dismutase that turns the superoxide back into oxygen – now we're talking.

The enzyme superoxide dismutase is such a hero that it is considered to be anti-cancer, tumor suppressing, brain protecting and more. Women, by the way, generally speaking have higher levels than men, perhaps why they tend to outlive them.

Therefore, if you want mitochondrial protection, which we all do, you will then need robust superoxide dismutase levels. Interestingly, researchers, upon comparing

root cause medicine



the enzyme's activity found a big difference between individuals eating different diets.

Specifically, vegetarians had 300% greater activity of the enzyme as compared to meat-eaters. The researchers wondered if this was why vegetarians tend to live longer and have less degenerative disease, such as heart disease and cancer.

It's not simply due to consuming greater amounts of fruits and vegetables, beans and legumes, although that most certainly helps, but specifically the vegetarian diet upregulated, or increased the production of, this longevity enhancing enzyme.

So there IS a way to protect mitochondria without a high fat diet.

As I further researched the topic of enhancing mitochondria production I came across data regarding a nutrient that isn't well known – it's called Ergothioneine, and it's a very powerful antioxidant.

Ergothioneine is an amino acid the body is unable to produce itself; it must be

There IS a way to protect our mitochondria without a high fat diet.

gotten from your diet. While it's not well known, knowledge of its identity is not new; research exists going back over a century. Recent research discovering that it has a dedicated transporter molecule designed to pull the amino acid from our diet and into needed tissues of our body, took the amino acid from a level of obscurity to one of fascinated curiosity. Here was a powerful antioxidant with its own transporter molecule – clearly your body thinks it's important enough to ensure it arrives at some vital organs such as your brain, heart, joints and eyes.

Its major strength appears to be in the arena of anti-aging, along with protection of the heart, brain, eyes, skin, enhanced athletic performance and joint health.

Researchers discovered that starving cells of ergothioneine was not a pro-survival activity. That datum along with the fact ergothioneine cannot be produced inside the body, had researchers yearning to coin it as a new vitamin.

TO ENHANCE MITOCHONDRIAL PROTECTION, ENSURE YOU GET ENOUGH ERGOTHIONEINE

Where can you find this powerful antioxidant and mitochondrial protector? It turns out it is not only unable to be produced by the human body, but it also isn't made by animals nor plants. Uh oh – what does that leave?

Microbes in the dirt of course! Microbes are the only source, but no worries, you don't have to start eating dirt. The roots of plants take the ergothioneine up into the plants themselves and therefore into those who then consume the plants – thereby plants and animals alike possess the amino acid, to a degree.

WHAT'S THE BEST SOURCE OF ERGOTHIONEINE IN OUR DIET?

Research into a variety of foods yields the following results:

Dairy products – zero

Fruit – zero

Fish – 0.07

Eggs – about 0.7, yolks 1.4

Nuts and seeds – 1.4

Vegetables – up to 3.0

Grains – up to 4.0

Organ meats (eating the kidney and liver of animals) – up to 10.0

Beans – up to 13.0

MUSHROOMS (fungi) – over 200!!!

Gotta love those fungi! These are an inexpensive way to support mitochondrial function with low calories (15 calories for an entire cup) and next to zero fat. Kind of debunks the concept that mitochondrial support needs to come from ketosis.



root cause medicine



ROOT CAUSE MEDICINE / THE TRUTH ABOUT GOING KETO

Let's take a look at what Dr Mercola, author of the recent book "*Fat for Fuel*" has to say. Dr Mercola is a BIG advocate of the ketogenic diet. He says:

"Processed grains and sugars (particularly fructose) are the primary culprits behind our skyrocketing obesity, diabetes and chronic disease rates" – **AGREED**

"Two-thirds of the American population are overweight or obese; 1 in 5 deaths is obesity-related, half have pre-diabetes, diabetes or other chronic illness, and 1 in 3 women and half of all men will develop some form of cancer in their lifetime." – **AGREED**

"There's an answer to all of these terrible health trends, and it all starts with ... your diet. Most ... eat far too many processed foods, ... carbs and too few healthy fats, and too many unhealthy fats, which results in gaining and retaining extra body fat and becoming increasingly insulin resistant." – **AGREED**

"Most also eat too much protein for optimal health and, while exercise cannot compensate for the damage done by a high-carb, low-fat diet, most do not get enough physical movement either." – **AGREED**

"Your mitochondria generate the vast majority of the energy (adenosine triphosphate or ATP) in your body. Were all mitochondria to fail, you'd be dead in seconds." – **AGREED**

Your mitochondria are nourished by certain nutrients and harmed by others. So, a healthy diet is a diet that supports mitochondrial function and prevents dysfunction," – **AGREED** "and having the metabolic flexibility to burn fat is the key." – **NOT CONVINCED ON THIS LAST POINT.**

Is the ability to burn fat THE KEY to

nourish your mitochondria? Apparently it's not the only key if you believe the research cited above regarding the enzyme superoxide dismutase and the amino acid ergothioneine.

LET'S SAY WE WANT TO TRY A KETOGENIC DIET, WHAT EXACTLY WOULD THAT ENTAIL?

First it's important to understand that ketosis is NOT something you want to maintain on a daily basis. Dr. Mercola and Dr. Perlmutter, avid advocates of a ketogenic diet, are in complete agreement on the point that remaining in a ketogenic state is not healthy. Instead, a ketogenic diet (80% fat) must be "pulsed" with a higher carbohydrate and protein diet.

Note that "carbohydrates" can entail good complex, high fiber carbohydrates – what you need! Or "carbohydrates" can mean refined sugar and flour and processed foods – most definitely NOT what you need.

There is a great deal of confusion about carbs, *per se*, and those that vilify them are speaking about the types of carbohydrates that SHOULD be vilified, the refined ones that have little to any fiber.

However, and this is a BIG however, the beneficial carbohydrates in the form of whole fruit, vegetables, beans, legumes and whole gluten-free grains are a MUST in any healthy diet. And this is something advocates of the ketogenic diet agree upon, as do I.

WHY YOU CAN'T STAY ON A KETOGENIC DIET

It is not safe to remain on a ketogenic diet. There IS a way to protect our mitochondria without a high fat diet. Dr. Mercola had this to say on his site: "On a personal note, I engaged in long-term (six months or so) chronic nutritional ketosis. But then I started noticing some adverse effects. I think

these effects may be related to action of insulin, which many aren't aware of."

Remember earlier we discussed fasting and how it lowered your blood sugar and depleted your liver of its glucose storage? Insulin production is suppressed in this scenario because of the dramatically lowered blood sugar, but the insulin suppression doesn't continue to keep your blood sugar suppressed, quite the opposite! What? That doesn't make sense.

You're correct. It IS counterintuitive, but the body has many ways of continuing to operate when the environment gets harsh – think little to no food. We were always taught that insulin's sole action was to drive sugar (glucose) into the cells.

But it turns out that insulin's major action is to prevent the liver from producing more glucose. The process, a big word, but an interesting one, is gluconeogenesis – which simply means generating glucose newly from a non-carbohydrate source (typically protein) – an action performed by your liver during times of fasting, starvation or when little to no carbohydrates are being ingested.

Yes, you can have NO carbs, no sugar coming in to your body, and your clever liver will STILL make glucose. It's a survival mechanism.

Therefore, if you have chronically low levels of insulin what's going to happen? The insulin can't suppress the liver from making glucose and you're going to produce it, and a lot of it, despite no carbohydrates coming in.

THE REASON DAILY KETOGENESIS IS DANGEROUS

That's why chronic (done every day) ketogenesis is so dangerous. You're eating a no carbohydrate diet and producing high blood sugar despite your efforts.



A keto diet must be "pulsed" with a higher carbohydrate diet.

This is beyond counterproductive, not to mention moving you toward obesity and degenerative disease, the exact diseases you were trying to avoid.

Of course you're trying to keep your glucose levels low, but if you restrict carbohydrates too much, you're going to get high glucose.

This is important to understand, which is why I'm trying to say it a few different ways. This was what Dr. Mercola ran into when he himself followed a ketogenic diet

for six months straight – he noticed adverse effects on his health. And yes, he's the author of a new book explaining why ketogenesis is so healthy.

You have to give him credit for admitting where he went wrong and sharing the importance of not remaining chronically on a ketogenic diet. As clinicians in the field of nutrition and functional medicine, we have come to realize that change is always upon us as we continue to learn and remain on the cutting edge. I will never fault anyone for sharing data at a given

root cause medicine

point in time and then changing it later as more is learned on the subject.

The takeaway therefore is, at the very minimum, you need to cycle or “pulse” a ketogenic diet to avoid ill health repercussions.

Needless to say, this is where I have major concerns with a ketogenic diet. It’s not something we are recommending for patients, but frequently patients arrive into the clinic on a ketogenic diet. They’ll mention how long they’ve been following it but rarely does anyone mention they are “pulsing”, “cycling” or taking days off from ketogenesis – a rather important oversight considering the strong negative ramifications associated with failing to do this.

Here’s my second concern: The experts caution there is no way to guess at the amount of fat, “net carbs” (amount of carbs after subtracting the fiber in a food), and protein you are eating without strict measuring.

You need to have:

- A kitchen scale to weigh food before you eat it
- Measuring cups to measure your food before you eat it
- A nutrient tracker (no cost for this one; you can download them for free) whereby you enter in data to help you keep track of your ketosis

Now you may be surprised to hear me say this when I’m a self-proclaimed highly disciplined person, but the thought of weighing and measuring all my food PLUS entering it into an app is getting to a level of complexity I balk at.

THE BENEFITS OF KETOSIS ARE STATED AS:

- No more sugar cravings
- Weight loss
- High energy
- Mental clarity

Those are all great, no argument. But we



achieve that for patients regularly without having to follow an 80% fat diet. In fact we do it with closer to an 80% plant-based diet, which includes complex carbohydrates such as fruits, vegetables, beans, legumes, healthy fats and plant-based protein.

MY CONCLUSION IS THAT A WHOLE FOOD PLANT BASED DIET CAN GET THE JOB DONE RATHER EFFORTLESSLY.

With a plant-based diet you are consuming foods known to boost mitochondrial function, are anti-inflammatory and completely brimming with the magical antioxidants and resistant starches known to optimize all aspects of health – they are proven to protect heart health, are anti-cancer and can reverse diabetes and improve autoimmune disease.

FOR WHOM WOULD I RECOMMEND A KETOGENIC DIET?

Those suffering with, or at high risk for certain neurological diseases, based on the books written by Dr. Perlmutter, for whom I have great respect, could benefit from a properly executed ketogenic diet.

But generally speaking, I think the average patient we see who is suffering from digestive complaints, pain, fatigue, headache, weight gain, stress and autoimmune disease, appear to respond very well to a

plant-based diet that includes healthy fats. The only ketogenesis we recommend on a daily basis is that associated with a mini fast – having your first meal of the day anywhere from 12 to 16 hours after your last one, and that is not recommended for everyone, especially pregnant women and those with unstable blood sugar.

Want to learn more about this topic and how to achieve the health you desire?

If your health is not where you want it to be and you’re confused about what to do, we can help. Contact us for a Free Consultation – Call (408) 733-0400.

If you are not local to us you can still receive help, our Destination Clinic treats patients from across the country and internationally.

We help the world’s busiest people regain, retain and reclaim their health, energy and resilience. We are here for you.

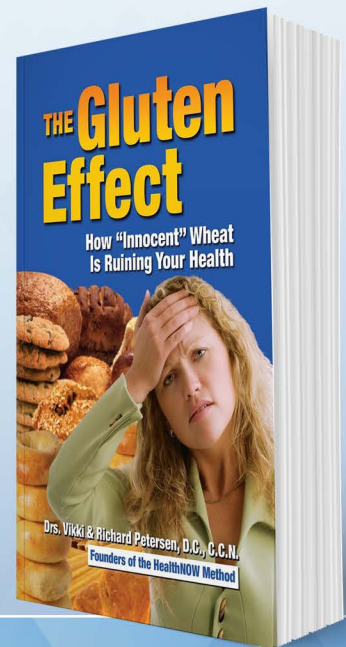
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Talk to a Great Gluten Doctor

Dr. Vikki Petersen, DC, CCN
ROOT CAUSE MEDICINE



- Winner of the "Gluten Free Doctor of the Year award"
- Author of the best seller "The Gluten Effect"
- Certified Functional Medicine Practitioner
- Winner of "Gluten Free Writer of the Year" award
- Certified Clinical Nutritionist
- Doctor of Chiropractic



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DOES CAFFEINE CAUSE ECZEMA?

Dr. Stephanie Davis gets to the bottom of the caffeine-eczema issue in this informative piece about how caffeine affects inflammation in the body.





Who doesn't love their morning cup of caffeine? Coffee and tea consumption are a significant part of American society. The cafe culture is a multi-billion dollar industry. This isn't anything new. Many civilizations for centuries have worshiped these beverages, too. But do these beloved brews contribute to eczema?

This is a question I've had to tackle for years in my practice with patients, and for myself. Like any issues related to food or root causes of eczema, it's a matter of individuality and how these beverages affect the inflammatory process in your body.

Personally, I love both tea and coffee for different reasons. I've been a lifelong tea drinker, but in my early 30's I discovered

*There are
3 primary ways
coffee and tea
can promote
eczema.*



coffee. I'd always loved the smell, but didn't care for the taste. But as I began changing my diet to be cleaner and gravitated to Paleo/Primal, my taste buds changed.

Suddenly, I really liked coffee. I enjoyed the slight bitterness, dark chocolate, and fruity notes, much like a good wine. I hear this from patients, too. They report liking bitter things such as coffee and really dark chocolate as they lose the taste for sugar.

I can drink it black, but I really love a warm cup of Joe with grass-fed butter and coconut oil in the morning. That's heavenly for me!

So when the question of eliminating caffeine consumption arises, the reaction is similar for most of my patients. It is one of complete horror (even if they are only eliminating coffee for a short duration). I'm often met with comments like, "There's no way I can do that!" or, "you want me to do what?! For how long???"

I get it. The thought of giving up my tasty, warm beverages (especially considering that I live in Minnesota) gave me slight panic, too.

Caffeine is America's number one drug of choice. Some of us like it for the taste, mental boost, or purely for the energy surge. But sadly, your favorite pick-me-up can be counterproductive if you have a condition like eczema that has roots in inflammation.

nutrition

I don't ask patients to drop the mug to torture them (although some may strongly disagree). I do it because I understand the many ways caffeine alters the immune and inflammatory response.

HOW DO COFFEE AND TEA CAUSE ECZEMA

At first thought it may seem crazy to consider coffee and tea as causes of eczema, but they can alter the inflammatory response in ways that play a role in the process of developing eczema. Once you have eczema, they can contribute to the vicious cycle of exposures (foods, infections, toxins, etc.) that perpetuate the condition until they're removed.

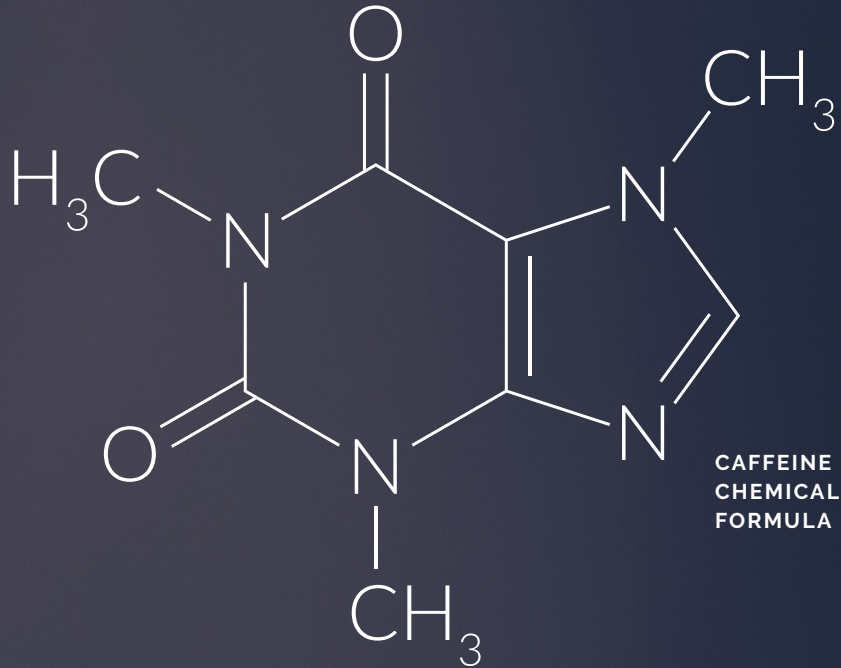
HERE ARE THE MOST SIGNIFICANT WAYS THAT COFFEE AND TEA PROMOTE ECZEMA:

1. CAFFEINE SPIKES ADRENAL HORMONES JUST AS STRESS DOES.

I generally suggest stopping caffeine for individuals with HPA axis dysfunction (also known as adrenal fatigue). This is because of caffeine's effects on the inflammatory process. Caffeine sends a signal to the brain which sends a signal to the adrenal glands to pump out cortisol and adrenaline (epinephrine), effectively putting the body in constant fight-or-flight mode. This is not good if you have eczema and need your cortisol for its anti-inflammatory effects.

2. ELEVATED CORTISOL CONTRIBUTES TO LEAKY GUT.

The chemicals secreted during the stress response are linked to intestinal permea-



bility (leaky gut), inflammation, overgrowth in bad bacteria and decreased microbial diversity, all of which can alter immune function. These are significant root causes of eczema that need to be addressed to completely heal it.

3. SOME INDIVIDUALS REACT TO THE MYCOTOXINS FOUND IN COFFEE.

Mycotoxins are toxins produced by fungi. The two commonly found in coffee are ochratoxin A and aflatoxin B1. These compounds are known to be immunosuppressive, carcinogenic, and brain damaging among other health problems.

Chronic, low level exposure can build up in your system causing an immune response that can promote inflammation.

Now that it's clearer how caffeine can promote eczema, consider a swap with an alternative healing beverage you can make at home.

SWAP YOUR CAFFEINE WITH A WARM DRINK THAT WILL HELP HEAL ECZEMA

I hate to tell patients that they must avoid something forever. In some cases this is necessary, like a celiac patient avoiding gluten, but generally, most people can handle some caffeinated beverages once they've healed their eczema and gut.

Until that joyous day when you can imbibe again, turn the page for an alternative that's equally as tasty and will help heal your eczema and gut.

ABOUT THE AUTHOR

Dr. Stephanie Davis, DC, received her doctorate from Northwestern Health Sciences University. She has extensive post-graduate training in Functional Medicine through the Institute for Functional Medicine, the Kalish Mentorship Program, the Hashimoto's Institute, and Ben Lynch's Seeking Health Educational Institute, in constant search for more tools to help patients achieve their health goals. She is published in Integrative Medicine: A Clinician's Journal and contributes to several websites. Check out her blog, or connect with her on Facebook or Twitter.



Cheddar Broccoli CASSEROLE

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1 head of broccoli - separated into florets - boiled
- 1 head of cauliflower - separated into florets - boiled
- 1/2 cup Cheddar Cheese diced
- 2 eggs
- 1/2 cup 4C plain Gluten Free Crumbs
- salt & black pepper

DIRECTIONS

1. Preheat oven to 350 degrees
2. Combine broccoli & cauliflower florets, oil, eggs, 4C Plain Crumbs, cheddar cheese, salt and pepper
3. Pour mixture in a baking dish & bake for 20 minutes
4. Enjoy!

4C GLUTEN FREE PLAIN CRUMBS ARE AVAILABLE IN STORES AND WWW.4CSTORE.COM





I enjoy this drink because it's reminiscent of my favorite morning coffee, but it also incorporates the spiciness of ginger and turmeric that I love. It's also warming and soothing on cold days. Prep is quick and easy too- usually 5 minutes from start to finish.

ECZEMA

BY DR. STEPHANIE DAVIS

HEALING TEA



INGREDIENTS

- 1-2 inches peeled, fresh turmeric
- 2 inches peeled, fresh ginger
- 1 garlic clove peeled- don't worry, the other flavors mask the garlic
- 2 tablespoons coconut oil
- 1 tablespoon raw honey
- 1 serving collagen powder
- 8-12 ounces hot water

Tip: If you want to have a speedy process, peel and portion out the turmeric, ginger, and garlic for several days. I keep mine in a mini Mason jar or glass container in the refrigerator. If you prep too much it can start to



dry out, so placing a small damp towel or cloth on top can help prevent that.

INSTRUCTIONS

Get your water heating up before you start prepping so that you can pull it off and let it cool if necessary before you pour it into the mixture. I like to use a kettle to warm mine up.

Remove the skin from your turmeric, ginger and garlic. You can use a knife or spoon (scraping down the sides) to get rid of the skin. Note: spoon scraping gives a slightly better yield but is more time consuming than using a knife. Place them in the blender.

Add in the coconut oil and honey.

Pour the water over the mixture. Warning: don't blend it up if it's too hot and steaming because the pressure could build up and burn you when the lid is removed.

Add the collagen in last (truthfully, it probably doesn't matter when it's added, but I try to keep the collagen from clumping or sticking to the sides of the blender cup or carafe).

Blend up until all ingredients are fully incorporated. It should take 15-30 seconds for most high speed blenders. Pour into a mug and enjoy!

ADJUST THE RECIPE TO YOUR TASTES.

The beauty of this recipe is that it can be adjusted to taste and needs. Don't like turmeric- don't add it. Have a sensitivity to collagen powder? Leave it out. Got Candida or a fungal issue? You may want to adjust or eliminate the raw honey. You can customize this as you wish.



nutrition

I actually make variations on this recipe often. I'm a ginger lover so I'll add a huge 3-4 inch piece in some-times. I'll bump up the collagen if I feel more stressed. I don't always have raw turmeric on hand, so I make it without it. If I'm feeling congested or sick from a cold, I'll decrease the water by 2-4 ounces and add in the juice of one lemon and/or raw apple cider vinegar (ACV). Be careful using this variation if you're in an eczema flare as the histamines in lemon and ACV can make symptoms worse.

ECZEMA HEALING TEA IS A HEALING BOMB AND INFLAMMATION BUSTER

The elixir is packed with several anti-inflammatory, immune boosting, antimicrobial, and skin supporting ingredients. Coffee and tea definitely can't claim that. Here's a breakdown of the benefits:



1. Turmeric is a member of the ginger family which is why they share similar characteristics. However, the curcuminoids are what give turmeric it's superior inflammation fighting power. The journal, *Oncogene*, published a study that found turmeric to be one of the most potent anti-inflammatories in the world, even beating out NSAIDs. It can also help heal the lining of the intestines, which is critical for resolving eczema.

2. Ginger, like turmeric, supports immune and anti-inflammatory pathways in the body. Ginger is a

great antimicrobial too, acting against a wide range of bacteria and fungi, like Candida. It widely supports the gut too, relieving nausea, bloating, constipation, and acid reflux which are symptoms that often accompany eczema root causes like dysbiosis, GI infections, and food sensitivities.

3. Coconut oil is considered to be the "motherlode" of healing foods. One of best features is the broad antimicrobial activity of lauric acid, helpful for addressing bacterial, fungal, and viral infection, but also for maintaining daily health. The antioxidants in coconut oil are well documented to combat inflammation. It also has pain relieving (analgesic) capabilities. The same properties that make it amazing for internal use also apply to the skin. Externally it can be used as a cleanser, moisturizer, and as an ingredient in a healing salve or ointment.



4. Garlic in its raw form is a close second to coconut oil in its ability to protect against the “bad bugs,” having potent antibacterial, antiviral, and antifungal properties. The sulfur containing compound allicin is effective against the opportunistic staphylococcus (staph) bacteria which is thought to play a role in eczema for many individuals.

5. Raw honey is an antioxidant powerhouse. It contains several classes of polyphenols and flavonoids that support the immune system. In addition, it contains 22 amino acids, many of the B complex vitamins, and 27 minerals including magnesium, potassium, iron, zinc, selenium, calcium, and phosphorous.

6. Collagen is the most abundant protein in the body and a critical building block of the skin. Using supplemental collagen powder has been shown to improve skin quality by increasing the barrier function meaning better elasticity, moisture, and texture. Good news if your skin is damaged from eczema! Another reason collagen is great is that it heals leaky gut, which is a primary root cause in eczema. Its benefits are similar to what’s seen on the skin externally- it “seals and heals” the intestinal barrier breakdown that’s the hallmark of leaky gut.

Doesn’t all this goodness make you want to brew up a batch right now? You may not ever want to go back to coffee or tea!

ABOUT THE AUTHOR

Dr. Stephanie Davis, DC, received her doctorate from Northwestern Health Sciences University. She has extensive post-graduate training in Functional Medicine through the Institute for Functional Medicine, the Kalish Mentorship Program, the Hashimoto’s Institute, and Ben Lynch’s Seeking Health Educational Institute, in constant search for more tools to help patients achieve their health goals. She is published in Integrative Medicine: A Clinician’s Journal and contributes to several websites. Check out her blog, or connect with her on Facebook or Twitter.



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3 NATURAL ECZEMA REMEDIES TO START HEALING NOW

DR. STEPHANIE DAVIS

HEALING NOW

Have you tried the drug store potions, over the counter (OTC) medications, or even prescriptions only to have little to no improvement in your eczema?

This is a common theme in my virtual clinic. We see many people that've tried everything, including things we recommend like diets or supplements, only to have a small change in their eczema. So, what's going on?

The truth is that eczema, like any other chronic inflammatory or autoimmune condition, is complex and the causes are



COLLAGEN PROTEIN POWDER



SHEA BUTTER

different for each person. This makes it difficult to treat, especially self-treat. Super frustrating, right?

There's a small percentage of people that can eliminate the common food triggers (like the caffeine I discuss on page 24), take a couple of supplements, and achieve resolution of eczema. However, this is rare.

If they don't maintain their diet or if a major stressor comes up, the eczema usually returns because the underlying causes of their eczema haven't been addressed.

You might be thinking- what do I do?

Addressing the root causes like stress, hormone imbalance, diet, gut infections, nutrient/vitamin deficiencies, and immune dysfunction provides long-term resolution, but in the meantime here several natural eczema remedies to help control the symptoms and start healing.

TOPICALS

DON'T: Petroleum jelly goes under many names such as Vaseline®, petrolatum, mineral oil, or paraffin, and it's a byproduct oil refining that contains compounds such as hydrocarbons that are harmful to health. It also seals the skin, trapping potentially harmful bacteria and letting the skin breathe.

Even worse, it can cause collagen breakdown which is the opposite of what you want if you have eczema.

DO: Shea butter, cocoa butter, coconut oil, and jojoba oil are all great options and each their own benefits. Some people find they work well alone, but in practice we've seen that people usually benefit from a combination.

You can purchase one like Moon Valley Organics EczaCalm (there are many other options available and we'll be doing a review of our favorites so stay tuned). You can also customize a blend of your own with our Healing Salve recipe. The



recipe can be altered with different base butters, oils and essential oils.

Remember, topicals help soothe the skin, but real healing comes from inside the body.

SUPPLEMENTS

Supplements seem to be an obvious starting place for natural eczema treatment, but in reality are a complex task to tackle, especially alone.

DON'T: Sadly, we see many people that are either on 20-30 supplements at once (YES...this is real unfortunately) and have no relief and lots of wasted money!!

The truth is this could be making the situation worse since you don't know what ingredients are helping or hurting. Plus, there are the fillers, binders, and additives to consider as well as the active ingredients that could be causing issues.

DO: Start simply. Use single or few ingredient products that are clean, well sourced, and have a good reason for you to invest in them.

Here are two great options that have worked well in our clinic: Collagen Protein has many benefits. It's a critical building block of our skin that is compromised with eczema and it helps heal the gut which is a primary root cause in eczema and other autoimmune conditions.

Bifidobacterium based probiotics reduce histamine and can help heal the gut. This 2008 study shows using *B. infantis* and *B. longum* reduced histamine signaling which can translate to less itching.

DIET

Again, diet is often difficult to navigate on your own (even harder than supplements). We're all different and for some just taking out a couple of foods or food categories may work, but no one will ever respond to the same exact diet (not even identical twins).

DON'T: Taking on too many dietary changes at once can be overwhelming and lead to unnecessary (and unwanted) stress. Don't try removing

gluten, dairy, salicylates, and histamines all at once. This will leave you with nothing to eat and likely cause confusion.

DO: Take baby steps with diet and monitor closely so you know what's going on. An easy stepping stone is to remove all gluten or dairy products for 3-4 weeks minimum (you can do both if you're willing). When you re-introduce them watch for reactions not only on your skin, but digestion, headaches, runny nose, fatigue, and achy muscles or joints.

Eggs, soy, corn, or nuts might be good options for you to test eventually too. If you find the main food allergens and sensitivities aren't your problem, then it might be time to look at broad categories like salicylates or histamines.

THE BOTTOM LINE

These are all good, natural eczema remedies to start with and are things we recommend in the clinic while we're working on reversing the root causes since the ultimate goal is healing on the inside and outside.

ABOUT THE AUTHOR

Dr. Stephanie Davis, DC, received her doctorate from Northwestern Health Sciences University. She has extensive post-graduate training in Functional Medicine through the Institute for Functional Medicine, the Kalish Mentorship Program, the Hashimoto's Institute, and Ben Lynch's Seeking Health Educational Institute, in constant search for more tools to help patients achieve their health goals. She is published in *Integrative Medicine: A Clinician's Journal* and contributes to several websites. Check out her blog, or connect with her on Facebook or Twitter.

WHAT RESEARCH SAYS ABOUT ORGANIC VERSUS CONVENTIONAL FOODS & HEALTH

BY ROMILLY HODGES, MS CNS

ABOUT THE AUTHOR
Romilly Hodges, MS CNS, holds a Master's Degree in Functional Nutrition from the University of Bridgeport, CT, and is a Certified Nutrition Specialist (CNS). She is passionate about the power of food to nourish and heal the body.

Reviews of scientific research on the benefits of eating organic support the opinion that it is very much worth choosing and consuming organic foods over conventional foods wherever possible.

Here is the current consensus according to research, with highlights regarding why organic is better for overall health.

ANTIOXIDANTS

Organic crops have higher antioxidant activity and between 18 and 69% higher concentrations of a range of individual antioxidants. Increased intake of such plant compounds is linked to a reduced risk of certain chronic diseases such as cardiovascular and neurodegenerative diseases and certain cancers.

CADMIUM AND PESTICIDES

Conventional crops have higher levels of the toxic metal cadmium, and are four-



NUTRITION / WHAT RESEARCH SAYS ABOUT ORGANIC VERSUS CONVENTIONAL FOODS AND HEALTH

times more likely to contain detectable pesticide residues. Research shows lower levels of cadmium and pesticide residues in organically grown crops.

It is generally recommended that we should minimize the intake of pesticides and cadmium to avoid potential negative health impacts.

PROTEIN, NITROGEN, NITRATE & NITRITE

Conventional crops have higher concentrations of protein, nitrogen, nitrate and nitrite. Increased intakes of these compounds have been linked to both positive and negative health impacts. For example, nitrates and nitrites are often vilified in health literature for their potential link to gastrointestinal cancer and heart disease; however, there is conflicting research that shows these compounds could have a positive impact on cardiovascular health as blood thinners.

While the jury is still out on these compounds, what we do know is reducing the amount of preservatives and food additives in the diet is in the best interest of overall long-term well being.

OMEGA-3 FATTY ACIDS

Organic meat, milk and other dairy products have higher concentrations of nutritionally-desirable omega-3 fatty acids. Omega-3 fatty acids are known for their benefits to cardiovascular health, joint health, improving symptoms of depression and more.

MEAT

Composition differences between organic and conventional meat are noted. Conventional meat has slightly, but significantly, higher concentrations of the saturated fatty acids myristic- and palmitic acid, which are linked to an increased risk of cardiovascular disease.

MILK

Organic milk is reported to contain higher levels of total conjugated linoleic acid (CLA), higher iron and α -tocopherol concentrations, which are all considered to be nutritionally desirable. It should be noted; however, that the evidence for health benefits of CLA is mainly from *in vitro* and animal studies. Future human studies are needed to further confirm the benefit of CLA in humans.

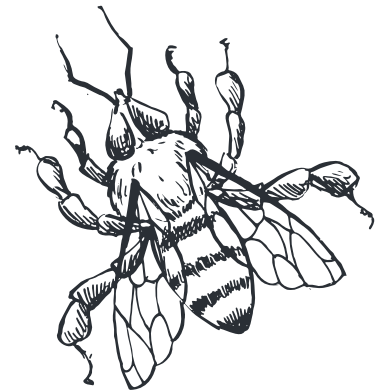
The take-away message about organic is this: Relevant differences in the composition of organic and conventional foods does exist. Scientific evidence supports the potential benefits of organic food. More research is needed to further clarify and confirm this; however, in the meantime, getting adequate nutrition from whole foods, including plenty of fruits and vegetables is important for everyone.





MANUKA HONEY: FOR SKIN AILMENTS, WOUNDS & MORE

BY SUSAN BENTSEN, BSN, RN, IFMCPC



If you've noticed an increasing number of drugstores and cosmetic products touting the benefits of Manuka honey, the odds are you are not alone. A number of products are emerging infused with Manuka honey, including throat lozenges, cough syrup, skin moisturizer and even bandages.

You may wonder if the medicinal properties of honey are all they are claimed to be and whether they warrant the lofty prices that often accompany these products. Manuka honey is proving to be one of modern medicine's little miracles. Research substantiating its use to treat eczema, acne, burns, wounds, ulcers, allergies, urinary tract infections, reflux, sore throat and immunity continues to emerge.

In addition, Manuka honey has potential for combatting drug resistant bacteria, an increasing and serious problem.

MANUKA HONEY IN WOUND CARE

Used in wound care for centuries, honey fell out favor as alternative remedy in the 1930s and 1940s with the advent of antibiotics; however, its benefits are increasingly being recognized scientifically.

Some of honey's benefits in wound care are:

- It acts as a barrier to help prevent cross-contamination
- It speeds wound healing
- Honey can reduce pain and inflammation
- It minimizes scar formation

Recent evidence suggests synergistic effects in combined treatments using lower doses of antibiotic plus medicinal honey. If effective, this method of treatment could aid in preventing antibiotic resistance, as well as reduce costs and side effects associated with antibiotic use.

ANTIBIOTIC RESISTANCE IS A CONCERN

The Centers for Disease Control estimates as many as two million Americans are infected with drug resistant bacteria each year. This results in more than 23,000 deaths annually.

Medical grade Manuka honey demonstrates the ability to inhibit 80

bacterial species, including drug resistant pathogens such as:

- MRSA (methicillin-resistant *Staphylococcus aureus*)
- MSSA (methicillin-sensitive *Staphylococcus aureus*)
- VRE (vancomycin-resistant enterococci)
- *Clostridium difficile* (associated with severe bowel inflammation)
- *Helicobacter Pylori* (associated with stomach ulcers)

WHAT'S SPECIAL ABOUT MANUKA HONEY?

All honey is believed to possess anti-microbial properties.

This is due to:

- High sugar content
- Low pH
- Generation of hydrogen peroxide

These factors create an inhospitable environment for bacteria, thus they are not able to thrive.



But let's be clear: not all floral honeys are created equal. Variation in honey is due, in part, to the honey's botanical source, biochemical components, as well as to climate and geographical differences.

The honey derived from the Manuka plant (*Leptospermum scoparium*), which is native to New Zealand, harbors phytonutrients four times that of other floral honeys.

Additional bioactive compounds, methylglyoxal and methyl syringate, contribute to the non-peroxide

activity unique to Manuka honey and protect it from potential enzymatic degradation.

The concentration of methylglyoxal, noted for its unique anti-microbial properties, has been documented to be 100 times greater in Manuka honey than in any other functional food, a factor that has health scientists and pharmaceutical companies taking note.

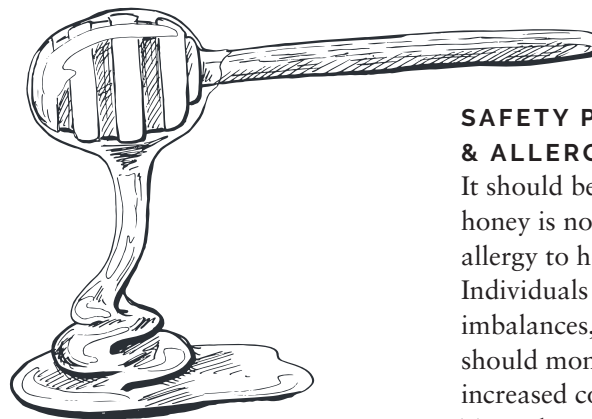
HOW IS MANUKA HONEY GRADED?

The Unique Manuka Factor (UMF)

Honey Association, New Zealand's leading authority on Manuka honey, established and trademarked a grading system that can be found on many product labels.

Their trademarked logo and numeric assignment refers to the non-peroxide factor attributed to the bioactive compounds leptosperin and methylglyoxal.

The grades range from UMF5+ to UMF20+. Grades above 10 are noted for having medicinal properties.



Medihoney™, which has been sterilized using gamma irradiation and engineered to enhance anti-oxidant properties, is finding its way into several clinical applications where its antimicrobial properties show promise in treating chronic wounds and drug resistant infections.

WHAT ABOUT NON-MEDICAL OPTIONS?

While medical grade Manuka honey is uniquely formulated, the health benefits of consumer grade UMF® 10+ and above should not be overlooked. The anti-microbial, anti-inflammatory, and antioxidant properties can be beneficial to treat topical ailments and disorders affecting mucosal membranes.

SAFETY PRECAUTIONS & ALLERGIES

It should be noted that medicinal honey is not for individuals with allergy to honey or bee products. Individuals with sugar metabolism imbalances, including diabetes, should monitor blood sugar with increased consumption of honey. Topical use can be “patch tested” prior to broad application. Due to its acidity, a mild stinging sensation of short duration is not uncommon.

Be sure to speak to your health care provider before making any changes to your diet or health regimen, including the use of natural products such as Manuka honey.

ABOUT THE AUTHOR

This article was contributed by Susan Bentzen, BSN, RN, IFMCPc, a nutrition resident with Dr. Kara Fitzgerald. Susan is currently completing a Master’s of Science degree in Human Nutrition and Functional Medicine at the University of Western States in Portland, Oregon. She holds a Bachelor of Science in Nursing degree and is a licensed Registered Nurse. Dedicated to assisting others find lasting solutions to chronic health issues, she believes diet and lifestyle have a profound impact on health and vitality. Susan combines her knowledge of Functional Nutrition with clinical nursing experience to provide practical strategies to help people of all ages realize their health goals.

Generally, darker honeys carry a higher concentration of antioxidants.

The association advises consumers to check product labels for the UMF® quality mark, the New Zealand producer’s name, UMF license and batch number to ensure it is genuine Manuka honey.

CLINICAL-USE MANUKA HONEY

Clinical-use Manuka honey is formulated and often prepared with an additive such as wax or oil relative for its use and application.



This month, it's all about healthy dishes that hint at fall. From Asian-inspired Pad Thai and Lettuce Cups to Stuffed Acorn Squash, our recipe contributors pulled out all the stops with nutritious dishes everyone will love!

They're all so easy to prepare, which means getting better-for-you meals on the table is simple. And because it wouldn't be Halloween without a not-so-scary cutout cookie, we have just what you need on page 64. If you don't celebrate All Hallows' Eve, not to worry – you can cut out any shape you'd like and decorate for fall, back to school or even tuck away the recipe for your holiday cookies this year! Either way, you'll love this sweet taste of the season!

Happy cooking!

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MEAL IDEAS & RECIPES AT EATBETTERWITHTYSON.COM



BEE BOWL'D

BY TINA HAUPERT

PAD THAI



POWDERED GINGER



CAULIFLOWER



MINCED GARLIC

Servings or Yield: 2

INGREDIENTS:

SAUCE:

- ¼ cup creamy unsalted sunflower butter
- 2 T freshly squeezed lime juice
- 1 teaspoon minced garlic
- 1 tablespoon gluten-free soy sauce* (see Editor's Note below)
- ½ teaspoon rice vinegar
- 1 tablespoon honey
- ¼ teaspoon powdered ginger

CAULIFLOWER "RICE":

- ½ tablespoon vegetable oil
- ½ head cauliflower, broken into florets
- 2 eggs

TOPPING:

- 2 tablespoon finely chopped salted peanuts** (see Editor's Note below)
- 2 green onions, chopped
- 1 tablespoon chopped fresh cilantro

DIRECTIONS:

In a food processor, pulse the cauliflower until it forms rice-sized pieces. Measure out 3 cups.

In a small bowl, whisk together ingredients for sauce and set aside.

Add oil to a large pan on the stove

top over medium heat.

Sauté cauliflower rice until semi-soft, al dente in texture.

Add eggs and scramble until fully cooked.

Once the eggs are finished cooking, remove cauliflower mixture from stove and stir in sauce and peanuts; fully combine.

Divide among two plates and top with green onion and cilantro and serve hot.

EDITOR'S NOTE:

*If you are gluten-free and soy-free, substitute an equal amount of coconut aminos for the gluten-free soy sauce.

**Omit if peanut-free; you could substitute an equal amount of toasted sunflower or pumpkin seeds here.

ABOUT TINA HAUPERT

Tina Haupert's passion for food, fitness, family, and travel is fueled by a well-balanced, healthy life. As a writer, blogger, nutrition coach, wife, mom, and runner, she has mastered the art of doing it all. Tina is the co-founder of Designed to Fit Nutrition, a custom meal plan company, as well as the voice behind Carrots 'N' Cake, a popular health and lifestyle website that chronicles her adventures, workouts, and recipes, all while sharing how you can have your carrots and eat your cake, too! Her work has been featured in Glamour, Health, People StyleWatch, Runner's World, Shape, The Boston Globe, Women's Day, and more. The South Shore of Massachusetts is home to Tina, her husband, son, and pug.



**NUTRITION
INFORMATION
(PER SERVING):**

Calories: 442.
Fat total: 31 g.
Carbohydrates: 29 g.
Cholesterol: 186 mg.
Sodium: 592 mg.
Protein: 19 g.
Dietary Fiber: 6.
Calories from fat: 63%

food

FOOD / SMOOTH AS HONEY WHITE BEAN SPREAD

**NUTRITION
INFORMATION
(PER SERVING):**

Calories: 132.
Fat total: 7 g.
Carbohydrates: 16 g.
Cholesterol: 0 mg.
Sodium: 293 mg.
Protein: 4 g.
Dietary Fiber: 2 g.
Calories from fat: 48%



SMOOTH AS HONEY WHITE BEAN SPREAD

BY TINA HAUPERT



CINNAMON



HONEY

FOOD / SMOOTH AS HONEY WHITE BEAN SPREAD

You might think honey doesn't belong in a spread with beans, but before you skip this, consider the almond butter, creamy consistency and flavors cinnamon and vanilla add. This might replace your PB&J!

Servings: 4
Food processor or blender

INGREDIENTS:

- 1/3 cup canned white beans, drained and rinsed
- 3 tablespoons creamy almond butter
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon pure vanilla extract

DIRECTIONS:

Combine ingredients in a food processor (or blender) until smooth.

Use a spatula to transfer spread to a glass container with a lid.

Store in the refrigerator for up to a week.

Spread on toast, rice cakes, or fresh fruit.

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WHITE BEANS



A Natural BEAUTY

mykind Organics vitamins are Certified USDA Organic, Non-GMO Project Verified, Vegan and Gluten Free made from more than 30 whole foods, fruits and vegetables.



"I searched for certified organic, Non-GMO Project Verified, whole food supplements for years and could not find one that I would take, let alone recommend to anyone. I was surprised they didn't exist and went looking for a partner to create them.

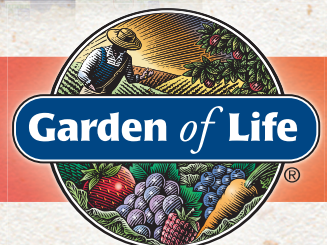
I teamed up with Garden of Life because we share the same vision of bringing the highest-quality vitamins (unlike many that are derived from petroleum chemicals and synthesized in labs) to families everywhere.

I wanted to take a multi from the same types of organic, nutritious foods I eat in my daily diet. I didn't want a bottle of chemical isolates dressed up with organic fluff. The multi that I wanted to take didn't exist, so that is why we created mykind Organics."

Alicia Silverstone
Actress, *NY Times*
Best-Selling Author,
Health Advocate



Empowering Extraordinary Health®





NUTRITION INFORMATION (PER SERVING):
 Calories: 327,
 Fat total: 11 g,
 Carbohydrates: 24 g,
 Cholesterol: 110 mg,
 Sodium: 491 mg,
 Protein: 36 g,
 Dietary Fiber: 4 g,
 Calories from fat: 30%

SNACK OR PACK 'EM HONEY LETTUCE CUPS



BY TINA HAUPERT

*Servings or Yield: 4
 Crock-pot / slow cooker*

INGREDIENTS:

- ½ cup marinara sauce
- ¼ cup honey
- 2 teaspoon chili powder
- 1 ½ pounds boneless, skinless chicken breast
- 2 heads of Bibb or Boston lettuce (8-10 leaves)
- 1 tablespoon chopped fresh cilantro
- 1 small ripe avocado, pitted and cut into small chunks

DIRECTIONS:

Combine marinara sauce, honey, and chili powder in a small bowl.

Place chicken breasts in a crock-pot and cover with marinara mixture

Cook on low for 4 hours.

Once chicken is fully cooked, remove from the crock-pot / slow cooker and place on a plate, shred with a fork and place back inside the crock-pot / slow cooker with the sauce.

For each serving, use two lettuce leaves. Top with sauced chicken, cilantro, and avocado.



ABOUT TINA HAUPERT

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FOOD / SNACK OR PACK 'EM HONEY LETTUCE CUPS



POLENTA

"FRENCH TOAST" ROUNDS WITH QUICK BERRY COMPOTE

RECIPE COURTESY
OF ANCIENT HARVEST™



*Trade in the
sliced bread
for a new
twist on
a breakfast
favorite!*

INGREDIENTS

- 2 cups fresh or frozen mixed berries
- 2 tablespoons orange juice
- 2 teaspoons lemon zest
- 1 tablespoon honey
- 1 teaspoon ground cinnamon
- 1 tablespoon butter
- Cooking spray
- 1 tube Ancient Harvest™ ready-to-eat polenta Traditional variety
- Approximately 1/3 cup quinoa flour
- Optional: maple syrup and powdered sugar, to serve

DIRECTIONS

Prepare the compote: place fruit, juice, lemon zest, honey, and cinna-

mon in a small saucepan and bring to bubbling over medium heat. Break up fruit slightly with a spoon or masher. Reduce heat and let simmer while preparing polenta, approximately 10 minutes.

Melt butter in a large skillet over medium heat.

Place quinoa flour in a bowl and coat polenta rounds before adding to skillet. Cook rounds until golden brown and lightly crisped, approximately 2 minutes per side. Spray lightly with cooking spray as needed to keep rounds from sticking to the pan. Serve with compote and additional toppings as desired.





CREAMY CAULIFLOWER SOUP

BY ROBIN PUGLIA

FOOD / CREAMY CAULIFLOWER SOUP

This warm, creamy soup is total comfort food. Full of healthy fats, gut healing nutrients from the bone broth and phytonutrients from the cauliflower, onion and ginger this deceptively simple soup packs a real nutritional punch.

INGREDIENTS

- 1 large or 2 medium cauliflower
- 3 tablespoon olive oil
- 1 large potato, peeled and roughly chopped
- 1 onion, peeled and chopped
- 2 inches of ginger, peeled and grated
- 1.2 liters chicken or vegetable broth
- 1 can full fat coconut milk

INSTRUCTIONS

Remove the stalk from the cauliflower and cut into florets.

Heat the olive oil in a large saucepan, then tip in the cauliflower florets, potato, ginger and onion. Sweat together for about 10 minutes over a low heat, stirring occasionally, until the vegetables have softened but not colored.

Pour in the stock and bring to the boil.

Add the coconut milk with some salt and pepper and return to a simmer.

Now simmer, uncovered, for 10–15

minutes until all of the vegetables are soft.

Puree the soup using a freestanding or handheld stick blender until smooth.

Serve immediately. Makes a fantastic starter for Christmas or Sunday lunch, add some protein for a complete meal and finish with a big green salad.

Enjoy!

ABOUT ROBIN PUGLIA

Robyn is a Clinical Nutritionist with a specialized interest in the Functional Medicine approach to health. Robyn is very involved with the field of Coeliac Disease, Gluten-Reactive Disorders and Autoimmune Disease. Her passion for the healing power of food, has led her to work with complex cases, involving multiple diagnoses, and chronic health issues such as ME, auto-immune diseases and fibromyalgia. She also has a passion for working with the growing tide of chronic, lifestyle mediated illness; diabetes, cardiovascular disease and obesity, and runs a lifestyle intervention clinic for these issues. Robyn works with patients to nutritionally support their bodies, so that they can heal. She has successfully helped many people around the world improve their health and increase their quality of life. Robyn sees clients in London, Tokyo and New York, and has a virtual practice that allows her to work with people all over the world.





FOOD / CREAMY CAULIFLOWER SOUP

SIMPLE, DELICIOUS DUCK WITH ORANGE

BY ROBIN PUGLIA

This dish is very simple and quick to prepare. Add steamed greens or a mixed salad for an easy, yet elegant meal that's perfect for fall!

INGREDIENTS

- 2 duck legs with skin
- Zest of 1 orange
- Juice of the whole orange
- 1 tablespoon balsamic vinegar
(You can substitute 2 teaspoons of apple cider vinegar plus 1 teaspoon pure maple syrup if you prefer.)
- 1 tablespoon olive oil
- Half a thumb of ginger, grated
- Salt and freshly ground black pepper

INSTRUCTIONS

Preheat your oven to 150°C (about 300 F).

Wash the duck legs, pat dry with kitchen towel and place in a large plate or bowl.

Prick the skin, but not too far otherwise the duck gets dry when cooked.

Sprinkle with salt and rub into the skin.

Add the following to your food processor: orange zest, orange juice, balsamic vinegar, olive oil, coriander and garlic.

Blend until you get a paste.

Pour this over the duck legs and make sure they are well coated in the marinade.

Sprinkle on some freshly ground black pepper.

Place the duck legs in a roasting tray.

Pour over any remaining marinade.

Place in the oven near the top, and cook for about 90 minutes.

When cooked, plate with your sides, drizzled with remaining marinade from the pan.

ABOUT ROBIN PUGLIA

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Duck is one of my favorite meats. I love how much flavor it has. Pairing duck with orange is a classic combination, with very good reason – it's absolutely delicious. The tangy sweet orange sauce perfectly complements the rich meat.





FOOD / SIMPLE, DELICIOUS: DUCK WITH ORANGE

STUFFED
ACORN
SQUASH
WITH SPANISH
QUINOA

BY JENNIFER FUGO

*Makes 2 large servings,
or 4 smaller servings*

INGREDIENTS

- 1 medium uncooked acorn squash
- 1 cup uncooked quinoa
- 1 ½ cup water (to cook quinoa)
- 1 can (15 ounces) diced tomatoes in juice
- 1 cup cooked black beans
- ½ cup chopped red onion
- ¼ cup finely chopped fresh cilantro (for garnish)
- 2 teaspoon sea salt
- ½ teaspoon ground black pepper
- Dash of ground white pepper
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- Optional: crumbled goat cheese for topping (adding cheese makes the dish vegetarian, not vegan)



Stuffed Acorn Squash paired with Spanish style quinoa and protein rich black beans - this is the epitome of fall flavor and is naturally gluten-free!



ACORN SQUASH



BLACK BEANS



QUINOA

INSTRUCTIONS

Preheat the oven to 375 degrees.

Slice one medium acorn squash in half and scoop out the seeds. Place the two halves of cleaned acorn squash upside down in a large baking dish and add about 1/2 inch of hot water to create a water bath. This helps the squash to cook evenly.

Cover the dish with aluminum foil and roast the squash in the oven for 35-45 minutes or until insides are soft to the prick of a fork. Remove from the oven and let rest.

While the acorn squash roasts, prepare the Spanish Quinoa stuffing. Be sure to rinse the quinoa thoroughly before cooking it. Using a fine mesh kitchen bag to rinse it makes this very easy. Add the rinsed quinoa, water, diced tomatoes and juice from the can, all spices and salt/pepper to a saucepan (or cook it in a rice cooker).

Bring contents of the pan to a boil, then cover and simmer for 15-20 minutes or until quinoa is fluffy and all liquid has been absorbed. Add the black beans and red onion and mix well.

Add the Spanish quinoa by the spoonful into the cooked acorn squash “bowl” for a yummy presentation. Top with finely chopped spinach and crumbled goat cheese (optional) to taste. Enjoy warm!

STUFFED ACORN SQUASH TIPS AND TRICKS

When cutting the acorn squash in half, cut off the bottom and the top (to create flat surfaces making it easier and safer to cut). Then with the squash seated with a flat cut side down, cut down through the middle. Voilà, done! To see how this is done, check out this video!

In order to avoid wasting any part of the squash, scoop out the seeds and save them for roasting just as you would with pumpkin seeds! Rinse the seeds, let them dry on a paper towel, place on a baking sheet with a drizzle of olive oil, salt and pepper. Then toast them in the oven at 250 degrees F for about 15 minutes until golden and crisp. You may want to move them around about half way through. Then crunch away!

When roasting the squash for this recipe, place the two halves of the squash cut side down in the roasting pan. Placing them cut side down ensures that they won’t roll around as you place them into the oven and take them out.

Just to rehash what we said earlier, to make this recipe paleo diet friendly, try replacing the Spanish style quinoa and black beans with a cauliflower based “risotto” that is grain free and legume free. Also leave out the optional crumbled goat cheese topping.

Quinoa can also be cooked in a rice cooker instead of on the stove!

ABOUT JENNIFER FUGO

Jennifer Fugo is the founder of Gluten Free School, a website dedicated to teaching gluten-sensitive individuals simple, savvy and empowering steps to get healthy. She’s a certified Health Coach named a “Gluten Free Guru” by Philadelphia Magazine who hosts the popular “Gluten-Free Sugar Cleanse” to empower gluten-free women to take control of their diet, feel great and kick their sugar habit.



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Tito's TIPSY GUGELHOPF



More gluten-free goodness from Blackbird Bakery and Tito's Handmade Vodka! Nothing is more gorgeous than a scalloped bundt cake in the summer and many of the bundt cakes you see are loaded with spirits! The alcohol bakes off in the oven, but the sugar in the cake absorbs all the liquid leaving you with a sinfully moist crumb.

INGREDIENTS:

- 4 tblsp. Tito's Handmade Vodka
- 2 ¼ cups Blackbird Bakery Cake & Muffin Blend
- 4 eggs, separated
- 1 ¼ cups sugar
- Zest of 1 lemon
- Zest of 1 orange
- 1 tblsp. vanilla
- 1 ½ tsp. baking powder
- 1 cup half and half
- ½ cup cocoa powder
- 1 tblsp. instant coffee
- 1/2 cup water

DIRECTIONS:

Preheat oven to 325 F. Coat the inside of a 7.5" x 4" (10 cups) bundt pan with non-stick spray. Beat the egg yolks, lemon zest, sugar and 2 tablespoons Tito's Handmade Vodka until pale and creamy.

Sift the Blackbird Bakery Cake & Muffin Blend with the baking powder. Alternating with the half and half, add the sifted flour and baking powder to the yolk mixture and mix on medium until the batter is very smooth and well combined. In a clean bowl, beat the egg whites with a pinch of salt and 2 teaspoons sugar until glossy peaks form. Fold into the batter.

Spoon half of the batter into a separate bowl. In a measuring cup, whisk the cocoa powder, with the instant coffee. Zest the orange into the cocoa powder. Stir in the water and remaining 2 tablespoons of vodka. Mix until smooth.

Spoon a small amount of the blonde batter into the bottom of the pan. Then add a layer of the chocolate batter. Repeat until all of the batter has been used. The cake will marble as it bakes.

Bake for 30 minutes, then rotate the pan and bake for 30 minutes more. The cake is done when it pulls from the sides of the pan and a wooden skewer inserted in the middle comes out clean.

Allow the cake to cool in the pan for 5 minutes, then invert on a wire rack to cool completely. Dust with powdered sugar and serve with freshly whipped cream. Serves 12.



These moist Flourless Pumpkin Cupcakes are gluten-free and paleo-friendly. Perfectly spiced with a decadent tasting vanilla coconut creme frosting, these are ideal for anyone craving a healthier dessert option!

ABOUT JENNIFER FUGO

Jennifer Fugo is the founder of Gluten Free School, a website dedicated to teaching gluten-sensitive individuals simple, savvy and empowering steps to get healthy. She's a certified Health Coach named a "Gluten Free Guru" by Philadelphia Magazine who hosts the popular "Gluten-Free Sugar Cleanse" to empower gluten-free women to take control of their diet, feel great and kick their sugar habit.

COCONUT PALM SUGAR



FLOURLESS PUMPKIN SPICE CUPCAKES WITH COCONUT WHIPPED FROSTING

BY JENNIFER FUGO

INGREDIENTS

DRY

- 2 cups almond meal
- ½ cup organic coconut palm sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 pinch salt

WET

- 1/3 cup pumpkin butter
- 1 teaspoon gluten-free vanilla extract
- 2 large eggs
- ½ cup almond milk (or other non-dairy milk)

COCONUT WHIPPED FROSTING INGREDIENTS

- 15-ounce can full fat coconut milk
- 1 teaspoon gluten-free vanilla extract
- 1/3 cup organic powdered cane sugar OR 5 - 10 drops liquid Stevia for sweetening

INSTRUCTIONS

Preheat the oven to 375 degrees.

Combine all the dry ingredients thoroughly in a large mixing bowl.

In a separate mixing bowl, add all the wet ingredients and mix until well combined.

Slowly incorporate the wet ingredients to the dry ingredients and stir until everything is well combined. The consistency should be similar to cake batter--not too thin, but not too thick.

Ready a non-stick cupcake/muffin pan by using coconut oil to grease each cup. This helps reduce sticking. (Optional: Fill cupcake/muffin pan with cupcake liners).

Fill each cup just over halfway with batter. This should fill about 10 cupcakes worth, but depending on the size of the pan itself.

Bake in the oven at 375 for 15 to 20 minutes maximum. Do not

overcook the cupcakes, as almond meal can get crispy if left in the oven too long. Check at the 15 minute mark. Remove cupcakes when done and let cool.

Coconut Whipped Vanilla Frosting Instructions

A couple hours before you'll need to frost the cupcakes, place the can of full fat coconut milk in the fridge upside down. After a few hours, take the chilled can out, open it and pour out the liquid that has collected on the top.

Spoon out the remaining coconut cream into a large mixing bowl. Add the organic powdered sugar (or Stevia) and gluten free vanilla extract.

Using an electric beater on medium speed, mix together ingredients until it resembles a soft frosting that holds peaks. Top the cupcakes with a dollop or two of the whipped frosting, sprinkle with ground cinnamon and nutmeg for a great presentation, and serve!



Adios, gluten

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GLUTEN-FREE BY KARLA SALINARI HALLOWEEN CUTOUT COOKIES

Kid-friendly and Halloween inspired, these cutout cookies will be a hit at your house all autumn long!

INGREDIENTS

DRY INGREDIENTS

- 2 $\frac{3}{4}$ cup gluten free all-purpose flour
- $\frac{1}{4}$ cup coconut flour
- 1 cup organic coconut palm sugar
- $\frac{1}{2}$ teaspoon fine sea salt
- $\frac{1}{2}$ teaspoon baking soda

WET INGREDIENTS

- 3 eggs, room temperature

- $\frac{3}{4}$ cup coconut oil, melted
- 2 tablespoons vanilla extract

DECORATIVE TOPPINGS (OPTIONAL)

- $\frac{3}{4}$ cup Enjoy Life chocolate chips
- Dye-free decorative sugars

INSTRUCTIONS

Add all the dry ingredients - except sugar - to a medium-size mixing bowl.

Combine dry ingredients and set aside.

In a large mixing bowl beat eggs with an electric mixer.

Add coconut sugar, coconut oil and vanilla extract.





ABOUT KARLA SALINARI

Karla Salinari, Food Flip Blogger and Founder of OurFlipSideLife, is a wife and mother with a passion for keeping her family healthy through food flips. Visit Karla on her website, Facebook, Instagram and Twitter!

food

FOOD / GLUTEN-FREE HALLOWEEN CUTOUT COOKIES

Look for dye-free colored sugars and sprinkles online, or use natural toppings like finely shredded coconut, crushed nuts or ground seeds, depending upon allergies.



Beat again using an electric mixer, 1-2 minutes.

Slowly pour the wet ingredients into the dry ingredients and combine.

Using your hands, form the dough into a ball and place it back in the mixing bowl. Cover with plastic wrap and refrigerate for 30-45 minutes, or until the dough becomes firm.

Preheat the oven to 350°F.

Line a baking sheet with parchment paper.

Sprinkle a clean, flat surface with coconut flour and roll out the dough, about ¼ inch thick.

Cut shapes from the dough with your favorite cookie cutters.

Transfer the cookies to the baking sheet and bake 13-15 minutes, until lightly golden.

Transfer cookies carefully to a wire rack and let cool completely before decorating.

DECORATIVE TOPPINGS

In a sauce pan over medium heat bring about an inch of water to a simmer.

Set a glass bowl in the mouth of the pot, making sure the water doesn't touch the bottom of the bowl.

Add chocolate chips and stir occasionally until completely melted.

Set aside and let cool.

Using a spatula spread the cookies with an even layer of melted chocolate and sprinkle with dye-free decorative sugars in as many fun colors as you choose.



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breaded chicken nuggets with Alphatots French fries, corn, and chocolate cake



Alphatots

Trust made simple. **GLUTEN FREE**
BREADED CHICKEN NUGGETS
CHICKEN RAISED WITH NO ANTIBIOTICS
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO soy
USDA ORGANIC
NO preservatives, artificial ingredients, flavors, or colors
Made with only white meat chicken
Excellent source of critical nutrients
Uncooked - KEEP FROZEN
NET WT 8 OZ (227g)

CHICKEN RAISED WITH NO ANTIBIOTICS
NO wheat or gluten
NO milk or casein
NO eggs
NO nuts
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN
NET WT 7 OZ (198g)

Trust made simple. **GLUTEN FREE**
FISH STICKS
NO wheat or gluten
NO milk or casein
NO eggs
NO nuts
NO soy
NO preservatives, artificial ingredients, flavors, or colors
Excellent source of protein
Uncooked - KEEP FROZEN
NET WT 8 OZ (227g)

NEW
Trust made simple. **GLUTEN FREE**
ORGANIC CRISPY POTATO PUFFS
USDA ORGANIC
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO soy
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN
NET WT 5 OZ (142g)

Trust made simple. **GLUTEN FREE**
NO wheat or gluten
NO milk or casein
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN
NET WT 5 OZ (142g)

NEW
Trust made simple. **GLUTEN FREE**
ORGANIC TEMPURA-STYLE SWEET POTATO STICKS
USDA ORGANIC
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO soy
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN
NET WT 5 OZ (142g)

Trust made simple. **GLUTEN FREE**
BREADED POPCORN UNCURD* TURKEY CORN DOGS
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO soy
NO preservatives, artificial ingredients, flavors, or colors
*Uncooked - KEEP FROZEN
NET WT 8 OZ (227g)

NEW
Trust made simple. **GLUTEN FREE**
ORGANIC TEMPURA-STYLE GREEN BEANS
USDA ORGANIC
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO soy
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN
NET WT 5 OZ (142g)

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ALLERGY FRIENDLY
IANSNATURALFOODS.COM
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Trust made simple. **GLUTEN FREE**
ORGANIC CHICKEN NUGGETS
USDA ORGANIC
CHICKEN PATTY FILLERS
NO wheat or gluten
NO milk or casein
NO eggs
NO peanuts or tree nuts
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN

NEW
Trust made simple. **GLUTEN FREE**
ANCIENT GRAINS BREADCRUMBS
with QUINOA and AMARANTH
NO wheat or gluten
NO milk or casein
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN

Trust made simple. **GLUTEN FREE**
PANKO BREADCRUMBS
NO wheat or gluten
NO milk or casein
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN

Trust made simple. **GLUTEN FREE**
HOMESTYLE STUFFING
SAVORY
NO wheat or gluten
NO milk or casein
NO preservatives, artificial ingredients, flavors, or colors
Uncooked - KEEP FROZEN



NO GLUTEN



NO DAIRY



NO GMO'S



NO NUTS

YES.

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