



WHEAT PRODUCTS

Wheat flour, Wheat germ, Wheat based crisp breads, Wheat biscuits, and Wheat breakfast cereals (e.g. Weetabix, Puffed Wheat, and All-bran) Wheat based alcoholic drinks (whiskey, most gins, lager and beer) Wheat bran, Bread baking powder, Bread crumbs, Batter mixes, Cakes and cake mix, Crumble toppings, Macaroni, Spaghetti and other pasta, Pastry, Pancakes and mixes.

Also check the list of ingredients of the following products

Baked beans, Chocolate, Coffee (cheap instant), Drinking chocolate, Cocoa, Cream (imitation), Chutney, pickles, Custard, Gravy powder, Curry powder, Pie fillings, Puddings (instant), Sausages and pates, Sauces, Stock cubes, Spreads and pastes, Soy Sauce, Soups (canned and packet)

You can replace wheat flour with rye flour, brown rice flour, potato flour, corn flour, buckwheat" flour, and arrowroot flour."

BREAD

Rye is the easiest to get hold of (try bakers, health food shops, supermarkets) Oat cakes, Pumpnickel bread, Rice cakes, Ryvita, Rye Scanda Crisp, Etc Sprouted grain brads, Carrot and Raisin breads"

BISCUITS

Flapjacks, Macaroons, Prewett's Fruit Bars.

CEREALS

Corn Flakes, .Rice Krispies, Porridge etc.

CRUMBLE TOPPING

Bread crumbs, Oats, Sesame Seeds, Ground Rice.

PASTA

Buckwheat pasta, rice, noodles"

GRAINS

Amaranth, Arborio, Bar ley, Basmati, Brown, Canaroli, Paella, Wild R ice Buckwheat, Corn," Kamut, Millet, Oats, Quinoa, Rye, Spelt, Soya."

BAD COMBINATION

Grain with dairy or meat = gas

Fruit with vegetables = gas

Fruit with meat = gas

Fruit with grain or dairy = gas

Fruit with fish = gas

GOOD COMBINATION

Fruit by itself= no gas

Grain with vegetable = no gas

Pasta with vegetable = no gas

Beans with vegetable = no gas

Meat with vegetable = no gas

Fish with vegetable = no gas

8 p.m. to 4p.m. (Assimilation, absorption, and use): 4 a.m. to Noon (elimination for body waste and food debris): Noon to 8 p.m. (Eating and digestion)”

CRAP Coffee Refined salt and sugar Alcohol Processed food:

HOPE High fibre Oils Probiotics Enzymes

BROW Barley Rye Oats Wheat (These four cereals have Gluten in them)”