



patience and practice, but the end result will be well-textured foods that taste delicious.
LISA ROUKIN

I have eliminated wheat from my diet, so why do I still feel bloated all the time?

Let's start by clarifying the big difference between 'wheat' and 'gluten', as they are often used interchangeably. Gluten is a protein that is found within wheat (all varieties) as well as barley and rye. Therefore, wheat will always contain gluten, but gluten is not exclusive to wheat.

If you have excluded wheat due to a gluten allergy or sensitivity, then it may be that you are unknowingly consuming gluten through other sources. This could therefore be causing the bloated feeling.

If you have excluded wheat for general health reasons and are still consuming other grains, this could be causing the issue. All grains (including wheat) contain certain irritants and anti-nutrients; the ones that we are

particularly concerned with here are lectins and phytic acid.

Lectins damage the gut lining, allowing unwanted particles to pass through into the bloodstream. This can cause inflammatory issues as well as bacterial imbalances. Phytic acid binds to essential minerals and carries them out of our body, affecting nutrient intake. The overall result is that the balance of bacteria can be disrupted, leading to gut issues such as bloating.

Try cutting out grains or switching to sprouted grains for a few weeks and see if that helps.

REBECCA FIELD



OUR EXPERTS



Ali Walsh

Ali Walsh was diagnosed with coeliac disease nearly 20 years ago, at a time when free-from food was scarce. She started her own cake business

because there was a lack of fresh gluten-free cake on offer. Ali feels if you can't eat a particular food, you shouldn't feel deprived, and has created recipes so delectable that even people without dietary requirements clamour for her bakes. A regular on BBC Radio, Ali often advises on managing diets.

www.thelocalbakehouse.com



Lisa Roukin

Chef, teacher and writer

Lisa, author of *My Relationship with Food* has as her main focus the desire to develop gluten- and wheat-free recipes. She

runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsey's *The F Word*. She is also a blogger for the *Huffington Post* and provides gluten-free recipes to Ocado.

www.myrelationshipwithfood.com



Rebecca Field

Best known for her books *Introduction to Paleo* and Amazon #1 Best Seller *Paleo: 12 Weeks to Change Your Life*, Rebecca is an author and blogger specialising

in the paleo lifestyle. Rebecca began her career as a commercial lawyer and after 8 years in the city decided to follow her true passion – food and paleo. Through her website, *Paleo Diet and Fitness*, Rebecca focuses on all things paleo, from the basics to incorporating paleo within a long-term healthy lifestyle.

www.paleodietandfitness.co.uk