



on the menu – if you're not sure, then check ahead online.

Finally, to be extra vigilant, look out for bath and body products that may be hiding gluten as it's commonly used as a thickener. If he is particularly sensitive, you might also like to consider using a gluten-free make up range - Green People cover all bases. Medications and supplements can also be culprits so always check the label, and finally another rather bizarre one is stamps and envelopes! Opt for self-sticking to be on the safe side.

For more guidance on living with coeliac disease have a look at the info at www.coeliac.org.uk.

BECKY GRAHAM

Q What are the potential repercussions of eating gluten when living with coeliac disease?

It can be devastating to be told you'll never eat gluten again. Upon hearing this, most coeliacs go through the recognised 5 stages of grief:

- ≡ Denial
- ≡ Anger
- ≡ Bargaining
- ≡ Depression
- ≡ Acceptance

The first four stages leave coeliacs vulnerable to eating gluten again. This could be:

- ≡ Pretending you don't have it
- ≡ Feeling resentful when cakes appear in the office and having one anyway
- ≡ Deciding you'll only eat it when you go out
- ≡ Getting upset and using foods with gluten as a source of comfort.

It's easy to assume that pain or other symptoms (such as diarrhoea or weight loss) are an indicator for whether gluten has affected your body. The truth is, it's a lot more complex than that. There are long-term issues that include osteoporosis, complications in pregnancy, anaemia and bowel cancer. Since none of these are likely to happen after a 'cheat' day, you might think it's okay to have a bite of normal pizza or to drink a pint of ale at your local pub.

But the effects of eating gluten are harmful and have different outcomes for each Coeliac. It's extremely unwise to opt for the short-term gain of eating gluten (whether for practicality or out of frustration).

The final stage of acceptance is the only sensible option, which means total abstinence from gluten no matter what. To achieve a happy and healthy lifestyle, you may find it useful to join an online support group such as Coeliacs in the UK on Facebook.

ALI WALSH

OUR EXPERTS



Ali Walsh

Ali Walsh has been a Coeliac for twenty years. She started her award-winning business The Local Bakehouse to provide delicious gluten-free cakes

and cake decorating courses. A regular on BBC radio, Ali also writes a blog giving factual advice, recipes and videos to make life a little bit easier. Find out more at 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 Ramsay's *The F Word*. She is also a blogger for the Huffington Post and provides gluten-free recipes to Ocado.

www.myrelationshipwithfood.com



Becky Graham

Becky is a nutritional therapist based at the renowned Institute for Optimum Nutrition in Richmond, London. She is trained in Functional

Medicine, which uses a personalised approach to nutrition working with a wide range of conditions from stress and low energy to digestive or hormonal imbalances. As well as working with clients on an individual basis, Becky works with large companies to support health and well-being initiatives.

www.healthyhedonist.co.uk