

What to do when you are **glutened**

Being glutened from accidental exposure is not a nice experience for any of us with Celiac Disease.

I first want to say: Don't be hard on yourself. You will learn the longer you live with this condition, that it happens. We all make mistakes and sometimes these experiences are out of our control.

What can you do when this happens?

Before I give you my top tips, please remember that we all experience this differently, just as we experienced our initial Celiac symptoms differently. For many of us the symptoms are very much the same as when we first experienced Celiac symptoms.

These symptoms can vary from person to person and will also depend on the amount of gluten ingested.

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- My top tip is to **rest and sleep**. The body's immune system has been hard at work fighting and you need to rest.
- Drink plenty of **water**
- Eat **light meals** and avoid heavy foods to give your digestive system time to recover
- Avoid sugar
- Avoid alcohol
- If you are going to exercise, do **light exercises**
- Take extra **probiotics and prebiotics**
- Drink **herbal teas** like chamomile, peppermint, ginger, honey and buchu, green tea- all very good for the digestive tract and anti inflammation.
- Avoid doing any work that involves making big decisions and brain work, because most of us seem to have a non functioning brain during this stage! (I can't even get out coherent sentences, I get things muddled up and I forget half way through a sentence or thought what I was saying and thinking!)
- **Supplements** that can help: L-glutamine, magnesium(for joint pain and cramps), **digestive enzymes**(takes some of the strain off digesting food, as digestion uses a lot of energy)
- Have an **epsom salt bath** (magnesium relives sore muscles, joints and helps to relax)
- **Essential oils** such as lavender, chamomile, thyme, rosemary and patchouli can help with inflammation, sore muscles, sore joints and to relax. (always check before use because they need to be diluted and never taken orally. Always add 3-5 drops to bath water for safe use)