

FOOD ALLERGY
AND
GLUTEN-FREE
WEIGHT LOSS

*Control Your Body Chemistry
Reduce Inflammation
and Improve Your Health*

NICOLETTE M. DUMKE

REVIEWS AND RECOMMENDATIONS FROM EXPERTS

The most significant review is from a person who has used the principles in this book to improve his or her health and lose weight. The following review was posted on Amazon.com when the book had been out about two and a half months.

Weight loss without hunger

For years I tried to lose weight without success. I was eating very little but it didn't help. This book is what finally worked. I have lost over 10 pounds and have barely noticed that I am trying to lose because I am never hungry. The explanations of how to eat to lose are easy to understand and follow. My husband also decided to follow these guidelines and has done even better. With four more pounds, he will have lost 20 pounds. My doctor told me that all I needed was about 13 more pounds and all the areas that my blood work was out of balance will be corrected. Even with the weight I have lost, I was amazed at how well my tests came out for the first time in years. Also, I have multiple food allergies and needed a book that addressed weight loss along with food allergies. Thank you, Nickie, for writing this book.

- J. Trimble

See this Amazon review here: http://www.amazon.com/Food-Allergy-Gluten-Free-Weight-Loss/dp/1887624198/ref=sr_1_1?ie=UTF8&qid=1300982977&sr=8-1

Recommendations from experts:

It is so good to finally have a book on healthy gluten-free weight loss and eating! Many gluten-free recipes contain sugar, are low in fiber, and are basically unhealthy, but these recipes are great! The explanations about weight gain are right on – just as I explain it. I highly recommend this book to those who need to lose weight or just need to improve their diets.

- Kathy Gibbons, PhD, Nutritionist and Founder of Healthy Actions,
Centennial, Colorado

This book is a great educational read for me and any of the patients I see.

- Patricia Grabill, Allergy Technician and Coordinator for
Environmental Medicine Practice, Pennsylvania

I am amazed at this book! It should be read by the general public, not only by people with food allergies and gluten intolerance. The principles about controlling hunger and body chemistry in this book will be helpful to everyone. They will improve the health of people who struggle with blood sugar control and inflammation as well as those who need to lose weight. By applying the information in this book, we can lose weight without being hungry and re-establish normal self regulating maintenance of healthy weight.

- Ann Fisk, RN, Founder of An Ounce of Prevention, Castle Rock, Colorado

News release:

New Book Reveals Hormones are Missing Piece to Weight Loss Puzzle

Most diets fail because they leave people hungry and don't recognize how body chemistry, inflammation, and hormones (insulin, cortisol, and leptin) influence fat metabolism. Nicolette Dumke's new book provides the missing pieces to the diet puzzle.

Denver, Colorado (PRWEB) May 03, 2011

Most people who want to lose weight have tried counting calories, eating special foods, and exercising, yet they rarely achieve desired or lasting results. The reason is simple: diet plans have failed to include all the pieces of the puzzle necessary for weight loss—until now. Discover the missing puzzle pieces to weight loss with Nicolette M. Dumke's new book "Food Allergy and Gluten-Free Weight Loss: Control Your Body Chemistry, Reduce Inflammation and Improve Your Health" (ISBN 9781887624190, Allergy Adapt 2011).

Don't think, "Not another diet book!" Don't let the title "Food Allergy and Gluten-Free Weight Loss" lead to thoughts that the book is only for those with food allergies or gluten intolerance. Author Nicolette Dumke has not written just "another diet book." What sets this book apart can be found in its subtitle, "Control Your Body Chemistry, Reduce Inflammation and Improve Your Health." Dumke knows why most diets don't work—because people fail to take into consideration the role of hormones—the missing puzzle pieces to weight loss—in understanding how the body processes food and metabolizes fat. And calorie counting diets only lead to hunger and binge-eating later or even to loss of muscle mass which results in a persistent low metabolic rate.

Hunger is the number one reason why most low-fat, low-calorie diets fail to produce lasting results. Understanding hunger and its cause is key to weight loss. Hunger is a

signal of high insulin levels, which inhibit fat burning. Dumke's book offers a nutrition plan designed to prevent hunger based upon understanding how insulin, cortisol, the master weight control hormone, leptin, and other hormones are the missing pieces to the dieting puzzle. Whether people have food allergies or just excessive body fat, both cause inflammation that inhibits leptin's role. When leptin functions normally, the body self-regulates body fat to maintain a healthy weight. In "Food Allergy and Gluten-Free Weight Loss," Dumke teaches readers how to return leptin to normal functioning.

Dumke's approach to dieting is practical. Beyond offering fascinating scientific details about the body's chemistry, Dumke takes into account human nature and common sense. She reminds readers that no two bodies function the same, so everyone needs to do what works best for his or her body's chemistry by listening to the body's reactions rather than blindly following any specific diet. She also offers tips and tricks for when people have the urge to splurge on unhealthy food and even encourages occasional controlled splurges.

Readers will especially appreciate that Dumke helps them to put her ideas into practice through her numerous recipes—some new and surprising, others being preparation and ingredient twists on standard meals. Each recipe includes nutritional information about carbohydrate and protein units and fat content to plan for well-balanced meals. Although the recipes were developed for those on food allergy or gluten-free diets, they will be enjoyed by all. Because she encourages readers to seek a dieting companion, a chapter of "regular" bread and treat recipes is also included.

Already Dumke is receiving enthusiastic responses. Reader Views states, "Ms. Dumke's approach to healthier nutrition is simple, feasible and appetizing....a very helpful and inspirational book for anybody who is willing to make some relatively easy changes to attain greater health and balance" and one Amazon reviewer stated, "Nicolette Dumke has done it again...a wonderful service to those of us with multiple allergies!" Whether eating around food allergies and gluten intolerance to lose weight or losing weight without a special diet is the goal, "Food Allergy and Gluten-Free Weight Loss" can help frustrated dieters finish the puzzle of healthy eating.

See this news release here: <http://www.prweb.com/releases/2011/5/prweb8359766.htm>

Other reviews:

Most approaches to weight loss I've seen tend to fall into two categories: super complicated, science (or pseudo-science) based combinations of different factors into a specific pattern or extremely restrictive and boring diets (cabbage soup three times a day for a month, anybody?). I never found either of those appealing, or really feasible. Yet most

of us could use some help in either losing weight or keeping it in the healthy range over a long period of time. I found Nicolette M. Dumke's "Food Allergy and Gluten-Free Weight Loss" a valuable resource in such a quest. Before you turn away, saying that this does not apply to you, since you are not gluten intolerant and/or do not have food allergies, let me reassure you that the book offers a sensible approach for a much wider population than what the title itself would lead you to believe, which is actually expressed very well in the sub-title, namely "Control your Body Chemistry, Reduce Inflammation and Improve Your Health."

Ms. Dumke's introductory chapters deftly deal with the underlying science for the approach suggested in this book, mostly based on glycemic index, glycemic load, hormones and inflammation in the body. While those chapters are pretty technical, they are written in a down-to-earth manner, and easy to understand even without substantial scientific background. I found her approach very sensible and most of all, extremely doable. My favorite parts were those where she affirms, time and again, that nothing is set in stone; and that the best thing one can – and should! – do is to listen to one's body and its reactions. No two people are exactly identical and our reactions to the same factors will invariably be different to a certain extent. She also acknowledges that we are not perfect, that temptations are real and will happen and succumbing to them now and then will not jeopardize your success at all. She offers neat little tips and tricks for dealing with such circumstances and dispels quite a few myths. Another favorite part was her insistence that we should rethink what breakfast foods consist of. I feel much less of a weirdo now, finding out that somebody else does not find it strange to have leftover fish and vegetables for breakfast but quite acceptable. Joking aside, Ms. Dumke's approach to healthier nutrition is simple, feasible and appetizing.

A review of the recipes revealed many old friends, but prepared in new and exciting ways. I found quite a few recipes that I am impatient to try, mostly those with less well known grains, such as buckwheat, quinoa and amaranth. Though technically not true grains, but seeds, they are an exciting addition to sensible nutrition. I've also discovered some new things, such as chana dal, which I am impatient to try. The recipes are straightforward and best of all, they include the nutritional information about carbohydrate and protein units as well as fat content, so they will make planning for well-balanced meals much easier.

Overall I found Nicolette M. Dumke's "Food Allergy and Gluten-Free Weight Loss" to be a very helpful and inspirational book for anybody who is willing to make some relatively easy changes to attain greater health and balance in their life, and I am looking forward to more books from this author.

- Reviewed by Olivera Baumgartner-Jackson for Reader Views

A letter from a lady who followed the advice in *Food Allergy and Gluten-Free Weight Loss*:

17th August 2011

Dear Nicolette,

I thought I would write to you about your Food Program that is in your book "Food Allergy and Gluten-Free Weight Loss - Control your Body Chemistry Reduce Inflammation and Improve your Health."

I came across your book two months ago, when I was doing some research on Google, I put into the search panel 'Silent Inflammation and Weight Gain' and your website was the first site I looked at.

The reason I was looking was because I have been very ill for the past 4 years but lately, I have been having symptoms which were similar to mini Strokes and Vasculitis, I was told I needed a Brain Biopsy, and I was petrified. I knew I had a weight problem, I have tried hard for 10 years to lose weight, but each time I tried, I put more and more weight on, nothing seemed to work.

When the Neuro-consultant told me I had a Silent Inflammation, this made me realise how serious this was, my ESR was at its highest of 135, which I am told in the USA its tested differently and would have a different level of high, here in the UK, a normal person's level would be anything from 10 and below. So when I started having the TIA symptoms in October 2010 right up to February 2011 and also having blood tests each month since and each time it was between ESR 135 and ESR 110, when I was told it was being treated as urgent, then I decided to find out why.

Your information in your book I followed as close as I could, for someone who 'had' a sweet tooth, and craved sugary foods, ate a lot of processed foods as well as yoghurts and fruit which I thought was helping my cause, it was very hard to give up on gluten and wheat foods, most of my diet then was pastries, pies, cakes, bread, so it was very difficult at first, but I wanted a cure for the Silent Inflammation as I was also suffering from pain and fatigue. I had been told I have Chronic Fatigue Syndrome and Fibromyalgia two years ago, and since October 2010 I was waking up from a paralysing and a frightening feeling on the right side of my brain, which ended up in pins and needles for days and the Neuro-consultant put that down to migraines which I was not convinced about. This is the reason why I was willing to try anything.

I also had an allergy test done at a health store and was told I was allergic to six things all together. With help from your book, your advice and information made it much easier to eliminate.

Your Food Program I have to say has been a god-send, I want to thank you for this, because for two months I have followed your Food Program, I had a couple of failures, but I was persistent, and two weeks ago I had received blood results from another ESR test, which was UK version ESR 91, it had gone down by 44 points.

I have been losing weight also, and I have had people give me compliments. My sister said that my face looked slimmer and she had noticed my stomach looked flatter. I went into a clothes store and I went to try on a size 24, which before Christmas I was in that size, and the Assistant spoke to me and told me that size was way too big for me, and told me to try on a size 18, I tried it on and it fitted me, I also bought this top, and the day later I went back and tried on a size 16 and it fitted much better, and I bought that also.

I also like you to know since doing your Food Program I have not had one migraine, or even one frightening mini Stroke like paralysing episode in my brain, my brain feels normal, I have also become more positive with my future, I am planning on doing a Uni course in September in Allergy and Nutrition, and I can now write letters without my brain fogging up my thoughts which I struggled to do before, and I am now looking forward to a healthier life without pain.

What I really like you to know is the pain is much lesser than it was, the fatigue is getting better, I now have days that I am full of energy. I am not 100% just yet, but I feel in twelve months time I will be fitter and much more healthier. After all I have only done your Food Program for two months and what an improvement already.

I am really happy with how much I have achieved and I feel you need to tell your readers of my story, because people in the 'world' should know about your Food Program, not just your USA readers. I would like to keep in touch and possibly let you know how I am doing once I have done your program for a year.

Thank you again and Best Regards,
Ella,
(from the United Kingdom)

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GRANDMA

My grandmother could have used this book. Grandma Jiannetti, who died when I was six months old, was described to me as five-by-five – five feet tall and five feet wide. (Judging from the pictures, such as the one below of her with my dad, maybe her width was exaggerated). When my parents traveled to Italy for the first time when I was 14, they met her brother, Pietro Savioli, who was six-by-three, literally. Grandma, her brother, and several members of my paternal extended family had and have what family members call “the Savioli body type.”

My mother used to say, “Grandma was big, but my, how she could move.” Then she would describe the sound of her rapid footsteps and how quickly she covered ground when she walked. My father told stories about how she could hoe a row of vegetables with lightning speed.



He described her bending straight from the waist to wrap and tie bunches of the Paschal celery which was the family’s cash crop. She could wrap several bunches in the time it took him to do one as he worked with her when he was in his teens.

Not only did Grandma work hard on the family farm, she did everything else vigorously because of her personality and perhaps also because she had so much to do. My father was born later in her life. His sister, Louise, was fifteen, and because Grandma needed to get back to the fields to work, my aunt left school after the eighth grade to take care of my father. Although my aunt was a very intelligent woman and wanted to attend high school, she never seemed to regret having given up her personal opportunities to help raise my father.

I remember hearing a conversation between my mother and Aunt Louise when I was young. My mother said that Grandma was stubborn. My aunt said, “No, she just had determination.” Determination, along with a dedication to hard work, is very much a part of the Savioli personality. Grandma, in her “determination,” didn’t let anyone push her around. When a salesman came to the house, she would open the door, say, “No speak-a the English,” and slam the door in his face. She was an independent thinker, and some things just had to be done her way.

However, the most significant characteristic of the Savioli personality was and is a passionate love for family. When my father’s family moved from the coal mining country of southern Colorado to the Denver area to farm, Grandma insisted that they live near

a school so her children could receive a good education. They bought a parcel of land with a hundred-year-old farm house just three blocks from a good primary school.

When I was born, Grandma was dying of cancer. In those days, it was thought that if a person were told that she had a terminal illness, she would give up and die quickly. Thus, nobody told her what she had. My mother said that Grandma's greatest joy would have been to hold me, her newborn granddaughter, in her arms. Unfortunately, she never held me because she was afraid that she would give me her illness. Instead she sat by my cradle and rocked me while singing to me in Italian.

When my father was dying of cancer many years later, he became anemic and the doctors suggested that blood transfusions would give him more energy. I told him that I wanted to donate blood as a way of giving back just a little to him for his lifetime of love and hard work for me. He told me that he had said the same thing to his mother years before, and she told him to pass the love on to his children instead. My dad said that he wouldn't take blood from me because I needed my strength to keep up with my two young boys. (My younger son, John, was a very frisky two-year-old at the time). He told me that the best way I could thank him would be to pass on the legacy of love to his two beloved grandsons.

This book is dedicated to the memory of my grandmother and father, two of the originators of the legacy of love, to my husband and sons who love me now as I love them, and to all readers of this book who have the Savioli body type. To you I say – you are important. You were put here for a reason and a purpose. There are people who need you, and/or there will be those who need you in the future. When you find it difficult to take charge of your health for your own sake, let your love for those who need you be your motivation. If you are an independent thinker with the Savioli “determination” as well as the body type, rest assured that this book will not dictate to you. It is designed to be flexible and therefore practical for those on special diets, and this flexibility allows you to personalize it to insure enjoyment of your food as well. You can use it to do things *your way* as you lose weight and improve your health.

THE STORY OF THIS BOOK

This book, the title notwithstanding, is not as much about weight loss as it is about health. When she had cancer, my grandma used to say, “If you have your health, you have everything.” In order to enjoy life fully and fulfill the purpose for which we are here, good health is essential. Truly optimal health manifests in a healthy weight (not necessarily the weight of a model), a good energy level, restful sleep, and the absence of chronic illness or inflammation. Thus, overweight is a symptom of a problem, the lack of optimal health, rather than the root problem itself.

I have been told that I lack the qualifications for writing a book about weight loss because I am not overweight. However, I do understand the frustration of not being able to maintain your desired weight from having Crohn’s disease and food allergies severe enough to make me underweight off and on over the last 25 years, and I did struggle with overweight in my early 20s. However, in spite of my appearance, I am an excellent candidate for the eating plan in this book because of health problems associated with chronic inflammation such as allergies, Crohn’s disease, and osteoarthritis.

Because I have written food allergy and gluten-free cookbooks, I frequently talk to or exchange emails with individuals with food intolerances. They very rarely mention being overweight in the list of their health problems, and for many years I assumed that this was because overweight wasn’t a problem for those on restricted diets. In recent years, however, with the rising incidence of diagnosed celiac disease, I have been receiving phone calls from people who have eaten rice, rice, rice until they become allergic to rice. (Hence my book *Gluten-Free Without Rice*). They sometimes mention in passing that they gained weight when they switched from eating wheat to eating rice at every meal and snack. Eventually I concluded that someone who has a new, hopefully temporary weight problem might mention it, but those who are chronically overweight, especially if it has been a problem from childhood, do not because they feel shame about their weight. (See page 22 for more about why they shouldn’t feel shame about their weight). As I began researching this book, I discovered why people tend to gain weight when they change from eating wheat to eating rice for every meal. Rice is the only grain which in whole grain form has a high (fat deposit inducing) glycemic index value. (You will hear all about the glycemic index later in this book).

In addition, within the last few years I have developed a close email friendship with a woman in England who takes low dose immunotherapy shots for severe multiple food allergies. If she goes too many months between shots, she can “lose” so many foods that she really struggles. Last fall she had a series of lung infections which kept her from taking her shot as scheduled. Then she had a mild heart attack.

Her doctor told her that she absolutely had to get her weight, cholesterol, and blood pressure down, so she joined Weight Watchers.[™] By the time she was finally able to

take a shot in the spring, seeds had become her only protein foods. Over the last several months I have been listening to stories about counting points in the context of her food allergies. Weight Watchers™ is do-able for her because it does not dictate food choices absolutely, meaning if seeds are the only protein you can eat, that's O.K. She also benefits greatly from the social support the group offers.

Listening to her made me remember the time in my early 20s when I struggled to lose weight. I grew up on a Mediterranean type of diet. We ate almost no fried food, and sweets were reserved for special occasions. My husband, however, grew up in a family that truly loves sugar and fat. When my mother-in-law dieted, she gave up most nutritious foods but made sure that candy was generously represented in the low number of calories she ate. On our honeymoon, my husband introduced me to the pleasure of picking something from the restaurant's dessert cart every night. The trend continued after we settled in the city where he was attending graduate school about 1000 miles away from my home. When my parents came to visit us for Christmas after we had been married about six months, my mother looked at my behind and said, "You better watch out. You're going to end up looking like..." and she mentioned the names of my relatives who inherited the Savioli body type.

I took my mother's warning seriously and tried to lose weight with a standard low-calorie, low-fat diet. I carried a small spiral notebook with me, recorded everything I ate with the calorie count, and kept my food intake at 500 calories less than the books said I needed per day. According to the experts, I should have lost weight, but I didn't, so I boosted my supposed calorie deficit to 1000 per day. I began doing a lot of swimming and still didn't lose very much weight. I was starved all of the time, but surprisingly, if I went swimming when hungry I was less hungry when I got out of the pool. (The explanation for this, which is not good for health or weight loss, is on pages 267 and 42). Yet I just could not lose weight without a tremendous struggle.

An office assistant at work who was about 40 (which seemed old to me at the time) but was very slim and stylish followed a high-protein, ultra-low-carbohydrate diet routinely. I decided to try that. The first day I didn't feel that great by mid-afternoon, but I stuck with it. I lost weight but never really felt right. Then my uncle died and I flew home for the funeral and the weekend. For four days I ate normally, including bread, fruit, and foods I hadn't eaten at all for a few months. When I flew back, my husband picked me up at the airport. He put his arm around my waist and said, "Gained a little weight, didn't you?" It was that obvious! I had gained back every pound that I had lost.

Then I found a book called *Low Blood Sugar and You* by Carlton Fredericks, PhD. I began to follow his diet which was more balanced and contained a moderate amount of carbohydrate, but not more than the equivalent of one-half to one thin slice of bread at any meal or snack. It directed that the dieter have a snack that contained protein three times a day, mid-morning, mid-afternoon, and at bedtime. I lost weight slowly and was never hungry. When I had slimmed down, I stopped paying attention to portion sizes, but retained some of the basic habits from Dr. Fredericks' diet such as eating a snack

when I was hungry between meals and listening to my body about what, when, and how much to eat. When my food allergies were diagnosed, I had to change what I ate drastically but I still ate nutritious between-meal and bedtime snacks.

I have heard about my email pen-pal's Weight Watchers™ experiences and received pictures of her getting progressively slimmer over the past months. She is doing a good job at improving her health outcome prospects, but I mentally compare the amount of struggle she has with the ease and lack of hunger I experienced losing weight on a plan which stabilized my blood sugar and insulin levels. I have thought, "There has to be a better way." People with food allergies or gluten-intolerance need to be able to lose weight with a system that allows the flexibility they need in order to stay on their special diets but doesn't require counting calories (points for my friend) or being hungry.

I began to do some research and discovered that in the last 30 years there has been a tremendous amount of progress made on the science behind the type of diet that worked for me. Back then, blood sugar and insulin were factors known to be involved in weight control. I've recently read about other hormones and chemical messengers now known to be equally important – cortisol, leptin, eicosanoids, and more. A major breakthrough in the application of this science to real-world weight loss has been the development of the glycemic index. All of these factors are pieces of the puzzle of weight control. Only when we make use of them all can we succeed at achieving and maintaining a healthy weight without constant struggle.

I was determined to find all the missing puzzle pieces so I read everything I could find about the glycemic index (GI), weight loss diets that employ principles which control blood sugar and insulin levels, and the physiology which explains how and why these diets work, and incidentally, also explains why it is so hard to keep weight off permanently when you lose it with low-calorie dieting. One book I came across was *The Fat Resistance Diet* by Leo Galland, MD. His diet is an extremely nutrient-dense unprocessed food diet that involves eating in a way that controls blood sugar levels. Although he mentions the glycemic index, he does not dwell on it or on insulin. Rather, he emphasizes different aspects of the physiology of weight loss such as the hormone leptin, the role of inflammation in contributing to overweight, and how excess body fat in turn causes inflammation. Since the control of chronic inflammation is at the heart of his diet, his book includes a list of 40 superfoods that dampen inflammation. He advises people to include these foods in their diets in generous amounts.

My diet for the last 30 years has been in fair compliance with the principles of glycemic control diets. I owe this to the habits I retained from Dr. Fredericks' book and my allergies to all grains and grain alternatives. However, my diet was not ideal. I would often eat, for example, a half pound of grapes for an afternoon snack without any accompanying protein to balance the carbohydrate. Because my arthritis has been worse than usual lately due to a very humid spring and summer, I decided to try an experiment. I gave up eating fruit alone for snacks and had a moderate amount of fruit with nuts instead. Although I am allergic to about two-thirds of the foods on Dr. Galland's

superfoods list, I began eating generous quantities of those I can eat. I revised my rotation diet to include at least two of the superfoods on each rotation day.

Within a few days of changing my eating habits, I noticed that even though the humidity was still high on the weather reports and that there was visible moisture in the air or rain much of the time, my joints were no longer screaming, “Too much humidity!” at me. Most of them felt pretty good most of the time. Two weeks after I changed my diet, only my left knee was still a major problem.¹ This convinced me to make a thorough study of the physiology of glycemic control and inflammation and begin writing this book.

¹ My experience with diet change helping my arthritis does not guarantee that this eating plan will cure your arthritis or any other health condition. Other factors may also be contributing to the problem. If you have undiagnosed food allergies, you will need to diagnose them and eliminate those foods from your diet. Then too, even though Dr. Galland’s superfoods are highly recommended, if you are allergic to some of them, you must avoid the problem foods or they will increase your inflammation. The story above is simply my experience. I am not totally immune to the effects of weather on my joints although the effect is less pronounced. This chapter and book are not meant to replace individualized medical advice from your health care professional.

My left knee has improved after physical therapy and a continued home knee exercise program, but the inflammation in that knee had progressed to damage of the cartilage on the back of the kneecap. However, with proper exercise and muscle strengthening, I hope to avoid further damage. I hope that you will take my experience with my left knee as a lesson that helps you decide to be pro-active and not put off addressing inflammatory issues and weight problems before they cause irreversible damage to your joints or health.