



LIVING A GLUTEN FREE LIFESTYLE WITH CASEY-LEE LYONS

We recently caught up with Casey-Lee Lyons of Live Love Nourish to ask her a few questions about wholefoods and living a gluten free lifestyle. Here's what she had to say....

AW: As someone who has been enjoying a wholefoods diet for many years now, what are some of the benefits you have experienced personally?

CL: For me personally, when I transitioned to a whole foods diet free from packaged food, processed ingredients, sugar, gluten etc the most profound changes for me were increased energy, reduced bloating, I lost that 3pm afternoon slump and my digestion improved immensely. I felt lighter, healthier and happier.

AW: How difficult was it for you to transition to a gluten free diet and what tips would you give to others who are considering going gluten free?

CL: Like anything new, it takes a little bit of time to adjust but my top tip is to **keep it simple** and stick to whole and real food. Rather than trying to swap packaged food for the gluten free version (which is still processed and possibly contains added sugars) try to stick to fresh natural and whole food (such as vegetables, fruits, meat, poultry, seafood, nuts, seeds etc); **food as close to its natural state as possible**. My other tip is to educate yourself so you feel confident with making the best choices. Get familiar with what ingredients contain gluten and next time you are at the supermarket check food labels to identify common foods that contain gluten so you have awareness of where gluten can be hiding.

AW: In your role as a naturopath/nutritionist, what are some of the symptoms to look out for when one might be experiencing a gluten sensitivity or intolerance?

CL: There are many signs and symptoms someone can experience if they have a gluten sensitivity or intolerance and because everyone is unique this can vary. Some common signs and symptoms I see where gluten sensitivity/ intolerance may be suspected might include digestive issues (such as bloating, gas, constipation, diarrhoea, wind, abdominal discomfort, reflux etc) low energy, fatigue, feeling tired

after eating, poor skin health, brain fog, mood imbalances, reduced immunity, to name a few.

I do believe it is important to look at the whole picture (and not just symptoms alone) so if you do suspect you have a sensitivity or intolerance to gluten I really encourage you to see a qualified health practitioner who can rule out medical conditions and help you address your individual body as well as ensure your diet is well balanced and right for you. A lot of the time, if gluten is an issue, the gut typically needs healing and support and this is where individualised support can be incredibly beneficial.

AW: As a gluten free recipe creator, what are some of your favourite every day recipes that can be modified to gluten free and still taste delicious?

CL: Eating gluten free doesn't mean boring or tasteless, in fact I make gluten free recipes for my friends and family (even those who are not on a gluten free diet) all of the time and they love it! Some of my favourite everyday recipes include:

Grain free bread - I make a grain free loaf of bread and keep it sliced in my freezer. It's a gluten free version is nutrient rich and also provides a source of protein and healthy fat to keep you fuller for longer.

Banana muffins - Having homemade, healthy snacks in your home or at work really helps to make a healthy choice when it's snack time.

In my latest **recipe e-book** I share 80 of my favourite gluten free (as well as dairy and refined sugar free) recipes with some of my favourites including gluten free anzac biscuits, carrot cake as well as my family's favourite, satay sauce.

About Casey-Lee

Casey-Lee Lyons is a naturopath, nutritionist, recipe developer and founder of Live Love Nourish, a refreshing online wellness resource for living your healthiest and best self. Casey-Lee is passionate about inspiring health and happiness through easy-to-understand nutritional and lifestyle advice and specialises in simple real food recipes free from gluten, dairy and sugar.