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Mud runners unite!

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taste for life

AGING WELL

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TOP PRODUCTS
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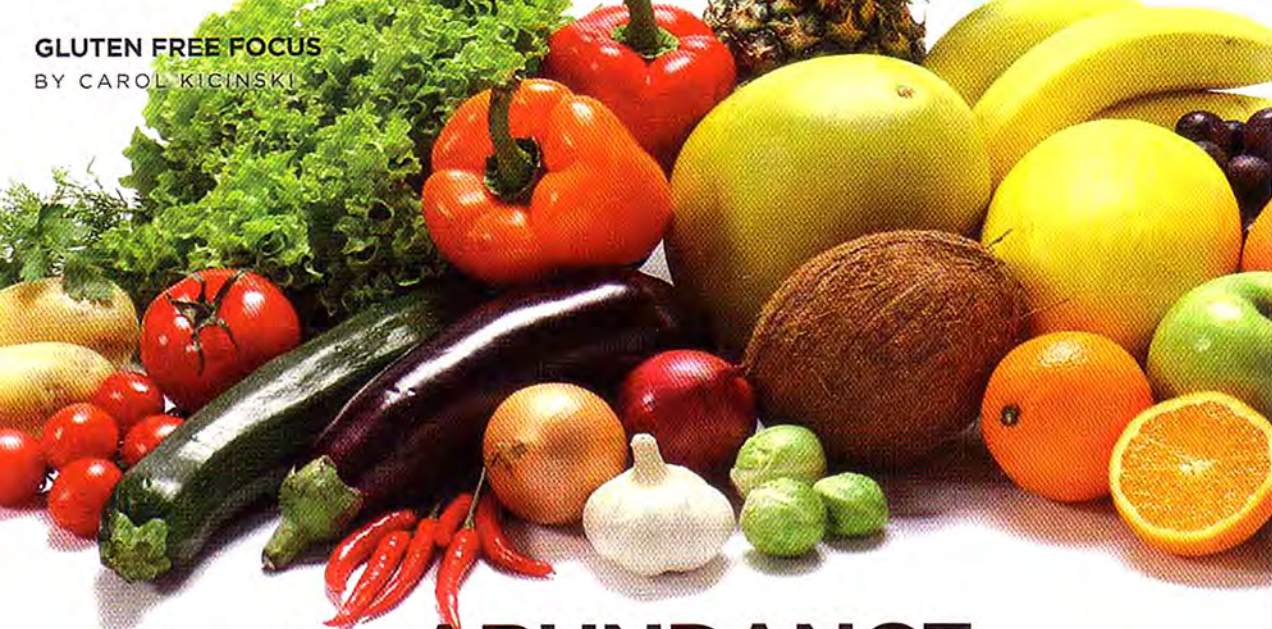
12 WAYS TO LOOK
& FEEL YOUNGER

SPA FOOD AT HOME

BRAIN HEALTH SECRETS

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celebrating **ABUNDANCE**

MY JOURNEY TOWARD GLUTEN-FREE LIVING

I will be the first to admit that I did not initially embrace my diagnosis of gluten sensitivity. Like many people who are told they must cut gluten from their diets, I was, quite frankly, devastated. I loved gluten! Unfortunately, it did not love me back.

Twenty years ago when I received this news, there were not many gluten-free products available in the market. There were a few gluten-free breads and pastas, but honestly, they were so terrible I would have preferred to eat dirt. It would have been tastier and certainly much less expensive.

Committing to a change

After a few years of eliminating gluten from my diet, experiencing the health benefits (in my case, finally being free of migraine headaches and severe exhaustion), then returning gluten to my diet and having my symptoms return, I realized I needed to take responsibility for my own health. That meant being 100 percent gluten free, 100 percent of the time—for life!

The first step was to view gluten for what it is—for people with celiac disease and gluten sensitivity, gluten is not our friend. Eliminating something harmful from our lives is nothing to mourn over.

I also needed to change the way I looked at food. I had been focusing for so long on what I could not eat. I began to look at the world of food in terms of what I could eat. I stopped focusing on the deprivation of a gluten-free diet.

A wide world of good food

Nothing thrives with deprivation; it's just a fact.

My own feelings of deprivation were self-inflicted, and the idea that I could do something about this was liberating. I took a good look at food and came to see that the majority of foods available are naturally gluten free. Fresh vegetables and fruit, meat, fish and poultry, eggs, cheese, nuts, grains such as rice and quinoa, and even chocolate (thankfully!) are all gluten free.

I learned to replace pasta with risotto, to make lasagna with thinly sliced grilled eggplant or zucchini instead of noodles, to use finely ground almonds for baking cakes, muffins, and other treats. I learned that being gluten free did not mean I had to give up my love of eating or cooking. In fact, I liked the challenge of rethinking traditional gluten-filled dishes and creating much healthier gluten-free versions. Fresh, whole foods replaced the refined, processed foods that had previously been a factor in my way of eating. I didn't just become healthier by eliminating gluten. I also became healthier by eating nutritious food!

Today I celebrate the abundance of my gluten-free life. Not only is there an abundance of naturally gluten-free foods to be enjoyed and lots of great products now on store shelves, but good health also creates its own form of abundance. Having the vitality, vigor, and energy to participate fully in life while still enjoying delicious food is certainly something to be celebrated. 🍴🍴🍴



Diagnosed with gluten intolerance over 20 years ago, Carol Kicinski has motivated millions to live happy allergen-free lives.

Carol founded *Simply Gluten Free*, a gluten-free recipe and lifestyle blog and website, in 2007. Its purpose is to educate, assist, and inspire those with celiac disease or an intolerance to gluten, dairy, peanut, grain, or other allergenic elements, and to assist those with vegetarian, vegan, and raw preferences. Her fans have made it one of the top gluten-free websites.

Carol's recipe motto is "Gluten-free recipes that are not just 'good for gluten-free' but just plain good, period!"

A regular guest chef on television and the author of two cookbooks, Carol has also launched a new magazine called *Simply Gluten Free*, available at newsstands and by subscription.