



HOW TO RECOVER IF YOU ACCIDENTALLY GET GLUTENED

By Jordan Pie



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Getting glutened. For many of you, this may be your single biggest fear (it's mine too), especially if you're celiac, gluten-sensitive or have an autoimmune disease. As a gluten sensitive individual, I can confirm that getting glutened is definitely NOT fun, especially when you're to enjoy your holiday.

I wish I could guarantee that you're never going to get 'glutened' while you go on holiday so you never have to worry and you can stay in a carefree state of holiday bliss – but I can't. You can take every precaution you can think of, but nothing is 100% guaranteed. I've traveled to several countries and haven't been glutened. But I've also had one hell-of-a-doozy getting glutened in Bali earlier this year.

I always try to look on the bright-side, that not-so-fun experience of getting glutened in Bali taught me some very important travel lessons. Firstly, I let my guard down. I had already been traveling for a month and figured I was a pro. But I got sloppy and didn't ask all the probing questions and reconfirm ingredients. A few bites into my meal and I knew something was off. But I was so hungry and it tasted amazing, I ignored my intuition and continued eating. Then 15 minutes later all of my suspicions were confirmed as I started to get a headache, I had extreme bloating (i'm talking 7 months pregnant), stomach cramping, I struggled to breathe properly because of the intense bloating, I was irritable (because I just got glutened on my very last day of holidays) and incredibly uncomfortable.

Some of the Common Symptoms of Gluten Exposure

- Bloating
- Headaches or migraines
- Diarrhoea or constipation
- Stomach pains or cramping
- Anxiety or mood changes (irritability, etc)
- Reflux
- Rashes
- Brain fog
- Gluten induced fatigue
- Unnaturally thirsty
- Nausea

...to name just a few

Thankfully, we were able to race back to our AirBnB in Canggu and quickly implement my recovery tools, which are provided for you below. Being prepared can make all the difference to recover quickly and get back to your usual happy vibrant self in no time! Recovery times will vary depending on your individual body, but for me, it usually takes a day or two until I feel okay again.

HOW TO RECOVER AFTER YOU'VE BEEN GLUTENED

Drink Lots of Filtered Water

This step is a given and essential for recovery. Your body's working overtime trying to deal with the gluten, so one of the best things you can do to support it, is to drink lots of filtered water.

Take Activated Coconut Charcoal

I always carry a bottle of activated coconut charcoal capsules with me. They live in my handbag or in my suitcase and they're an absolute must have for when I travel. I recommend them to a lot of my clients for those rare times where they may experience random bouts of nausea, travellers diarrhoea, stomach pain, food poisoning, extreme gas build up or get unknowingly exposed to gluten. It's a supplement that's generally used for emergency situations like alcohol or drug overdoses and exposure to certain poisons. It has the ability to absorb the toxins in your stomach and intestines and escort them out of your body via the intestines. It's best taken right at the onset of the gluten exposure, but you can also continue taking it for a few hours or days afterwards as it will help to ease any negative symptoms such as stomach pain, gas build up, nausea or bloating that you may still be experiencing. Note: Charcoal attracts and absorbs many substances (and we don't know exactly which ones). So, if you take activated charcoal for general detoxification purposes (not as an emergency tool), do so 2 hours between any food, drink, medications or supplements so it doesn't interfere with the absorption of them. You can read more about this supplement on Pg. 10 of my Gutventure Travel Guide.

Rest & Sleep

After you've done those first two things – REST! Your body is physiologically stressed and working overtime, trying to detoxify and repair the damage. Give your body all the quiet, recuperation time it needs by laying in bed and sleeping. Remove all distractions such as laptops and phones and allow your body as much time as it needs to recover.

Eat Simply

Try to give your digestion a break by consuming only cooked and/or pureed foods. Soups, stews, bone broth, smoothies, cooked veggies and slow cooked meats are all good options because they're much easier to digest. Try to avoid pork, salads and raw foods as they can be quite taxing on the digestive system. I would also encourage you to increase your anti-inflammatory foods such as turmeric, ginger and bone broth.

Take Digestive Enzymes

Digestive enzymes work to immediately break down the food you've consumed and support your digestion, which is now working overtime. You can actually purchase enzymes that specifically targets gluten and casein proteins. In fact, even if you haven't been glutened, I recommend taking enzymes when eating out as an added safety measure while you are travelling and trying new foods which your body may not be used to. I talk more about this on pg. 11 of my Gutventure Travel Guide.

Consume Fermented Foods

Fermented foods are rich in prebiotics, probiotics and enzymes which help to support the healthy microbes in the digestive tract, crowding out the bad bacteria and yeast strains. Fermented foods are essential in helping to repair a leaky gut or any damage the accidental gluten exposure has incurred, replenishing good bacteria in your gut, improving digestive health and boosting your immune system. I talk more about this on pg. 18 of my Gutventure Travel Guide.

Get Into Nature

Get outside and go for a walk, even if it's only for 15 minutes. It will help to clear your mind, reduce inflammation and boost endorphins, which in turn will help to reduce stress hormones. Trust me, nature will always make you feel better.

Consume Bone Broth and/ or Gelatin

Both bone broth and gelatin contain proline and glycine, which are amino acids that help heal and soothe a damaged gut lining and reduce inflammation from gluten exposure. Gelatin and bone broth are also a rich source of collagen which also helps to support skin, hair, nail, joint and gut health. You will find many of the recipes in the Gutventure Travel Guide contain either bone broth or gelatin in them.

So there you have it, my top tips on how to support your body if you accidentally get 'glutened'.

Jordan