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A Gluten-Free Life

For those of us who have been told that we will never enjoy a thick-crust, brick oven pizza or a freshly baked slice of bread with a bowl of pasta and marinara sauce again... life is forever changed. This pronouncement is given to people diagnosed with gluten sensitivity or celiac disease. Many people may be gluten sensitive and not even be aware. Symptoms such as long-standing history of indigestion, gas, bloating, diarrhea, constipation and even systemic symptoms of fatigue, frequent headaches, or unexplained rashes should trigger a visit to your doctor to ask about the possibility of gluten sensitivity.

While a diagnosis of gluten sensitivity has been around for decades, living gluten-free has become much easier recently. This is thanks to the many tasty gluten-free options that are becoming increasingly, widely available. Even if you are not gluten sensitive, everyone can benefit from a refresher on how to live and eat gluten-free.

Be prepared! When you find yourself at a friend's house or work event and there aren't any gluten-free options, don't give in and grab a finger sandwich.. instead prepare yourself! If you know you are going out to eat, check out the menu online and see if they offer gluten-free options. If they don't chances are they offer a house salad and most restaurants would be happy to add grilled chicken, shrimp or salmon/ just remember to hold the croutons and use olive oil and vinegar, or bring your own gluten-free dressing. When going to a friend's house, offer to bring a dish; that way you know you will have something gluten-free to eat or just pack a snack.

It's a Family Thing: When you have a family and are the only one who lives gluten-free, meal preparations can be challenging. While the goal is usually to spend less time cooking, you might instead find yourself preparing two versions of a meal. A few nights a week, try preparing a gluten-free meal for everyone...most people can't even taste the difference. With all the great gluten-free products available, gluten-free is tastier than it's ever been.

Switch it Up: If you read the same book every day, you would get bored with it. The same goes with your diet. Don't get stuck in a rut with eating gluten-free... remember to switch it up. There are always new gluten-free foods being introduced, give them a try.

It's not only what you eat: Sure we all know gluten is found in foods... but did you know it is in many of the products you use every day? Items like moisturizer, shampoo, soaps, and more can have gluten present in them. If you are eating gluten-free, but then slathering on a gluten-filled moisturizer, you may be frustrated and begin to think that gluten-free diet isn't working. Remember, being gluten-free is not only a diet, it is a way of living. Make sure to check your personal care product labels and make sure they are gluten-free too.

Hazle Drugs carries a wide variety of gluten free products such as gluten-free supplements, diet bars, skin care products and more. Stop in today to check out our gluten-free products. Our Certified Clinical Nutritionist, Bill Spear, R.Ph, CCN can help you select the right gluten-free products for your everyday living!

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist.
He is available for personal Nutritional Consultations at
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Call for more information or to schedule your consultation today!***

