

Nutrition Counseling

Because we truly believe nutrition is karmic we offer affordable nutrition counseling for those with food allergies. Our goal is to help you achieve and maintain a healthy, balanced lifestyle through a customized nutrition plan.

Kitchen Makeover

Let Karmic Health show you how to set up your kitchen with healthier choices through our Kitchen Makeover program. We will teach you how to revamp your fridge and cabinets with healthy gluten and dairy free foods to keep you on track. We can also take a trip to the store and show you how to shop and stock for a healthy kitchen. We also educate on label reading and choosing healthy gluten and or dairy free foods.

Online Resource

We research and hand pick our resources and products for you so you don't have to spend hours researching and gathering information. We include recipe and shopping tips for gluten and dairy free lifestyle, books, links to websites, newsletters and



Karmic Krunch Gluten Free Snack Mix

doctors with a focus on naturopathy and nutrition.

Karmic Krunch

Gluten Dairy and Soy Free Snack Mix naturally sweetened with Agave Nectar.

Our mission is to provide a great tasting, healthy, nutrition dense snack for those with food sensitivities.

A well balanced, snack loaded with fiber, amino acids, vitamins and minerals. Promotes digestive health, protection against heart disease, anti-inflammatory effects, immune support and bone health.



Sandi Star, CCN
Founder



Karmic Health

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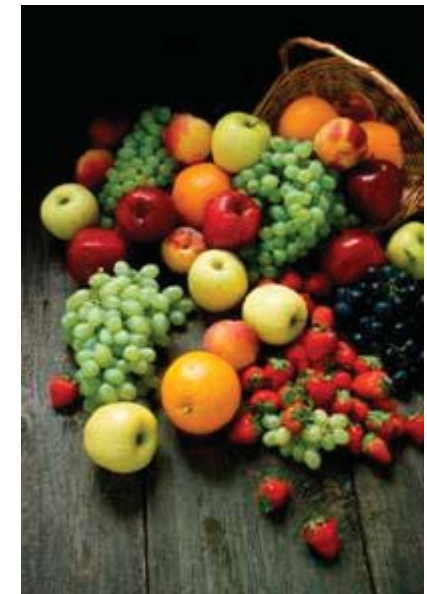
Karmic Health is a free online resource center focused on nutrition for specialty diets related to disease where a gluten and dairy free lifestyle is crucial.

www.karmic-health.com

Karmic Health

Nutrition Counseling
Gluten & Dairy Free Resource

Karmic Krunch
Gluten & Dairy Free Snack Mix

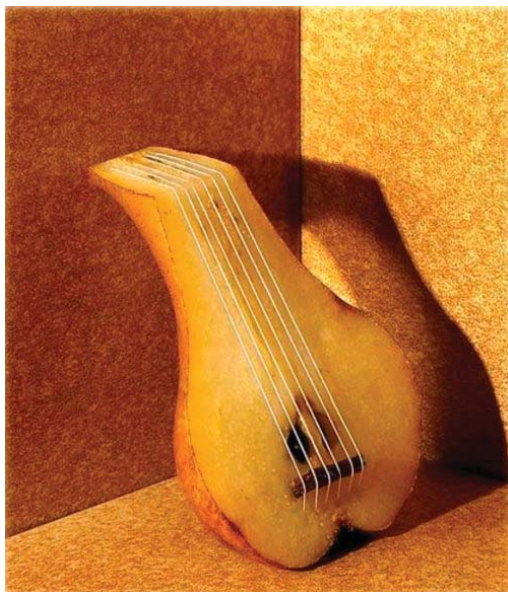


Karmic Health



Karmic Health

Facts & Tips



Celiac Disease - Gluten Intolerance

The consequences of untreated celiac disease is an increased risk for lymphomas and other solid tumors, along with a host of associated auto-immune, neurological and endocrine diseases. In some cases, these diseases will manifest in those with only gluten intolerance. If you test negative for celiac but still cannot tolerate gluten, there is a good chance you have a gluten intolerance.

Most Common Symptoms of Celiac

- Fatigue
- Addison's disease (hormonal disorder)
- Gastrointestinal distress
- Headaches (including migraines)
- Infertility
- Mouth sores
- Weight loss/gain
- Inability to concentrate
- Moodiness/depression
- Amenorrhea/delayed menarche (menstrual cycles)
- Bone/joint/muscle pain
- Dental enamel hypoplasia (dental enamel defect)
- Short stature
- Seizures
- Tingling numbness in the legs

Autism and the GFCF Diet

Some researchers believe the symptoms of Autism can be explained by high levels of protein by-products affecting the bodies and brains of children with autism. These by-products are made by the body from the proteins found in grains (gluten) and milk (casein).

Dairy Danger

A 2007 study has shown that milk allergy may persist longer in life than previously thought. Of 800 children with milk allergy, only 19 percent had outgrown their allergy by age 4, and only 79 percent had outgrown it by age 16.

Common Symptoms of Dairy Allergies

- Abdominal Pain
- Acne
- ADD/ADHD
- Anxiety
- Arthritis
- Canker sores
- Constipation
- Diarrhea
- Ear Infections
- Fatigue
- Fibromyalgia
- Gas
- Headaches
- Heartburn
- Indigestion
- Iron deficient anemia
- Irritability
- Irritable Bowel Syndrome
- Joint Pain
- Lactose Intolerance
- Poor immune function (frequent illness)
- Sinusitis

Avoid or look for GF

- Breads, Breading Croutons
- Broth and Soup Bases and Thickeners (Roux)
- Brown Rice Syrup
- Coating and Baking Mixes
- Cereal Products
- Cookies
- Communion Wafers
- Drugs & Medications
- Flour
- Gravies
- Imitation Bacon
- Imitation Seafood
- Malt
- Marinades
- Pastas
- Processed Lunch Meats
- Salad Dressing
- Sauces
- Self-basting poultry
- Soy Sauce
- Stuffing
- Malt Vinegar



Prohibited Grains & Flours

Barley, Bulgur, Couscous, Durum, Kamut, Matza, Rye, Semolina, Spelt, Triticale, Wheat

Safe Grains and Flours (GF)

Amaranth, Arrowroot, Bean, Buckwheat, Chickpea, Corn, Flax, Garbanzo, Lentils, Maize, Millet, Popcorn, Potato, Quinoa, Rice, Saffron, Sesame, Sorghum, Soybean, Tapioca, Teff, Texmati.