

THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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Gluten-Free

Some individuals experience allergic symptoms to foods that contain gluten, the group of proteins found in the mature seeds of barley, rye, and wheat grains. In addition, processing methods can result in oat products that contain gluten. Potential adverse reactions to gluten include skin rashes, migraine headaches, and chronic fatigue. Following a gluten-free diet is imperative for those with a gluten allergy. Selecting foods that have had little or no processing is recommended. Whole grains such as quinoa, brown rice, and kasha provide high-fiber, nutritious alternatives to pastas and bread. Fresh fruits and vegetables, as well as beans and lentils, deliver critical fiber, vitamins, and minerals and are gluten-free. A gluten-free diet offers a wide variety of tasty food options.

For treatment and future prevention of serious allergic reactions, see an allergy specialist, a medical doctor trained to diagnose and successfully treat your symptoms. THE WILLIAM STORMS ALLERGY CLINIC is located at 1625 Medical Center Point, Suite 190 and has served families in our community since 1975. Call 719-955-6000 for an appointment. We recognize and stress the importance of preventative medicine and patient education.

HINT: Currently, there are no U.S. Food and Drug Administration regulations regarding the claim of “gluten-free” on consumer products.