

Welcome to my Gluten-Free Vitality Diet program!

I am so excited you have chosen to focus on you and are taking control of your life through proper eating.

You've been given an amazing vehicle—your body—to travel through this lifetime. You can't trade it in, so you'd better take exceptional care of it! Unfortunately, you were not given an owner's manual, but luckily, your body will tell you when things go wrong.

Are you listening?

It's empowering when you understand how to achieve optimal health. I highly recommend that you make it your goal to read, learn, and follow everything in this program. I've done all the research so that you don't have to! All you need to do is listen, become aware, and commit to making the changes!

The *Gluten-Free Vitality Diet* is not a fad diet; it's a healthy lifestyle program that will help you get to your ideal weight naturally and maintain it while becoming healthier.

If you're only watching the numbers on the scale, you might be tempted by fad diets.

I don't like using the word "diet" because it's thought of as something short-term just to lose weight. If it's not a sustainable diet, then you'll regain the weight plus more. There are no quick fixes that are healthy. The best way to get healthy and lose weight is by doing a sustainable lifestyle program that makes you feel good, look great, and live longer!

The *Gluten-Free Vitality Diet* program will present you with the proper diet and lifestyle choices that are the foundation for creating health and vitality in your life.

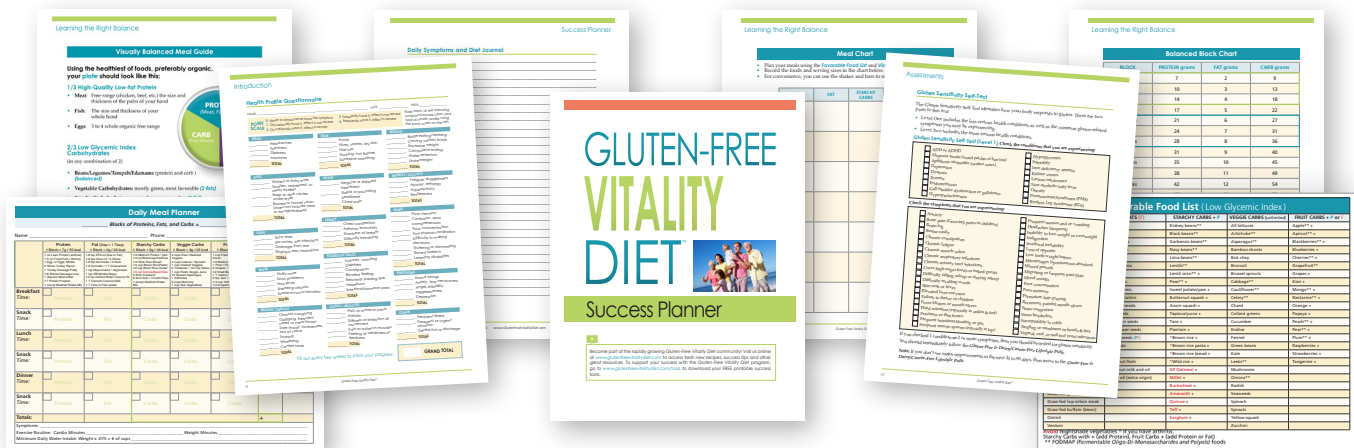
Would you like to have more energy and mental clarity, be at your ideal body weight, and have more zest for life? Whether you need to change due to a medical condition or choose to change to improve your quality of life, come join the thousands of people who have committed themselves to living a long life with vitality! I have lived and thrived on this lifestyle for 30+ years. I know how to make it easy for you to succeed!

To Your Vitality,

Lisa Stimmer

Lisa





To support your success with the *Gluten-Free Vitality Diet* program, you'll get access to download FREE printable success tools:

- Health Profile Questionnaire
- Assessments
- Favorable Food List
- Visually Balanced Meal Guide
- Meal Chart
- Balanced Block Chart
- Daily Meal Planner
- Success Planner
- Daily Symptoms and Diet Journal

Join the *Gluten-Free Vitality Diet* community online! Visit www.LisaStimmer.com to get access to my online program, featured recipes, helpful tips, great resources, special shopping discounts, as well as support from other members.

My online program is a quick start guide to help you easily and successfully reach your health goals.

Start Eating for Vitality today!

Lisa Stimmer

Certified Nutritionist
Natural Gourmet Chef
Certified Gluten-Free Practitioner
Healthy Lifestyle Coach

Lisa Stimmer brings over 30 years of practical experience, course studies, and health knowledge to her clients. She is a Healthy Lifestyle Coach with the following certifications:

- **Certified Nutritionist CN** from the American Health Science University—National Institute of Nutritional Education for holistic & alternative medicine.
- **Certified Natural Gourmet Chef** from the acclaimed Natural Gourmet Institute for Health and Culinary Arts in New York City, which focuses on natural, nutritional, and balanced meals.
- **Certified Gluten-Free Practitioner** who trained for years with Dr. Tom O'Bryan, international gluten expert, to gain a comprehensive understanding of gluten sensitivity, celiac disease and its many manifestations.
- **Certified First Line Therapy Lifestyle Educator** through Metagenics, which is a science-based lifestyle medicine program centered on therapeutic lifestyle changes (TLC) such as healthy food choices, nutritional products, exercise, and stress management.
- **Certified Lifestyle Counselor** who specializes in weight control and stress management from the American Association of Lifestyle Counselors.
- **Certified Personal Trainer** through the World Instructor Training Schools (WITS).

In addition, Lisa has over 30 years of professional international modeling and acting experience. As a premier health and fitness model, she has appeared on the cover of *TIME Magazine*, *Muscle & Fitness*, *Diet & Exercise*, *Shape*, *Runner*, and *American Health Magazine*, as well as fashion catalogs, billboards, and over 50 national and international television commercials.

Because of her extensive experience, Lisa offers a well-rounded and balanced approach to health care. By blending her work in nutrition, cooking, fitness training, and lifestyle management, she provides a full service approach to teaching and guiding her clients toward making permanent healthy lifestyle changes. Lisa makes it easy for you to succeed!

Preface

Introduction to the Gluten-Free Vitality Diet™

Gluten-Free Vitality Diet Introduction 2
 Snapshot of the Gluten-Free Vitality Diet Program 4
 Success Planner Introduction 7
 Health Profile Questionnaire 8

Step One: Assessments

Gluten Sensitivity Self-Test 10
 Dairy Sensitivity Self-Test 12
 Leaky Gut Syndrome/Intestinal Permeability Self-Test 13
 Low Stomach Acid/Hypochlorhydria Self-Test 15
 Candida Self-Test 17
 Success Planner–Assessment of Test Results. 18

Step Two: Lifestyle Paths

Gluten-Free 23
 Grain-Free 25
 Dairy-Free 29
 Candida Diet 31
 Success Planner–Which Dietary Lifestyle Path is Best for You?. . . . 33

Step Three: The Discovery Diet™

Lesson 1: The Discovery Diet

The Discovery Diet 36
 Exclude and Include Foods 39
 Forbidden Lists 57
 Food and Beverage Guidelines (cheat sheet) 63
 Medical Food Shakes 66
 Nutritional Supplements 67
 Candida Diet Plan 69
 Success Planner–The Discovery Diet 84
 Success Tips 86

Step Four: Learning the Right Balance

Lesson 2: The Favorable Foods

Glycemic Index 90
 Favorable Food List 93
 Protein, Fat, and Carbohydrate Functions 94
 Success Planner–Favorable Foods 98
 Success Tips 99

Lesson 3: The Visually Balanced Meal

Visually Balanced Meal Guide 102
 Meal Chart 103
 Success Planner–Visually Balanced Meal 105
 Success Tips 105

Lesson 4: Balanced Block Chart

Balanced Block Chart 108
 Master Food Block List 111
 Success Planner–Balanced Block Chart 116
 Success Tips 116

Lesson 5: The Daily Meal Planner

Using Your Daily Meal Planner Chart 118
 Daily Meal Planner Chart 123
 Success Planner–The Daily Meal Planner 124
 Success Tips 124

Success Tips	
Lesson Success Tips	126
Food and Beverage Shopping Guidelines	130
Travel Tips and Eating Out	133
Recipes/Meal Ideas	
Gluten-Free and Dairy/Casein-Free	
3-Block Breakfast Ideas	140
1-Block Snack Ideas	141
3-Block Quick Meal Ideas	142
4-Block Breakfast Ideas	143
2-Block Snack Ideas	144
4-Block Quick Meal Ideas	145
4-Block Breakfast Shake Ideas	146
Grain-Free and Dairy/Casein-Free	
3-Block Breakfast Ideas	148
1-Block Snack Ideas	149
3-Block Quick Meal Ideas	150
4-Block Breakfast Ideas	151
2-Block Snack Ideas	152
4-Block Quick Meal Ideas	153
4-Block Breakfast Shake Ideas	154
Natural Foods Shopping List	155
GF Shopping on a Budget	164
GF Health and Beauty Products	165
Essential Oils	166
Did You Know?	
Health Problems Associated with a High Carbohydrate Diet.	168
Whole Eggs—Debunking the Health Myth	169
Beef (Grass-fed vs. Grain-fed).	170
Pasteurized Milk	172
Table Salt vs. Sea Salt	173
Sugar	174
Aspartame	175
Caffeine	176
Lectins	178
Corn	179
Legumes/Beans	180
Soy	181
Bliss Point	183
Muscle vs. Fat	184
Resources	
Testing Information	186
Vitamin D	190
Leaky Gut Syndrome/Intestinal Permeability.	191
Low Stomach Acid/Hypochlorhydria.	193
Diagnosed with Gluten Sensitivity or Celiac Disease?	196
Exercise	200
Sleeping Well	203
Stress Management	208
Daily Meal Planner	213
Health Profile Questionnaire	214
Success Planner	215
Daily Symptoms and Diet Journal	227

My Journey from Sickness to Health

I grew up in the Bronx, New York, with a younger sister and three older brothers who treated me like one of the guys. I played their sports and worked on their cars. A total tomboy, I always did my best to keep up and be tough.

In truth, I was tough on the outside but sick on the inside. My early childhood days were a struggle with my health: ear infections, stomach pain, vomiting, constipation, and frequent enemas. If there was a stomach virus going around...I always caught it!

Making things worse was my father. He was impatient, strict, and an abusive enforcer of perfectionism in everything from academics to sports. Mistakes were not an option; if they were made I was beaten and verbally humiliated. I was forced to be a soldier and never show weakness. A compliment or words of encouragement were never given. My stomach knotted whenever I was around him.

Thankfully, my mother was patient, loving, and supportive. She was a health-conscious chef with an organic garden who hand-made every meal. There were no TV dinners at our house. I remember helping her in the garden, cooking with her in the kitchen, and hearing her say to me time and time again, *"Lisa, health is wealth!"* She worried about my health, but despite her best efforts, I was often sick and felt like I was letting her down. How could I be eating so healthfully and still be so sick?

Physical training was a great emotional outlet for me. I joined my school's gymnastics team and, in spite of my continued health issues, I excelled in sports throughout my school years.

At 22, a modeling scout discovered me at the gym. I had never considered modeling but decided to give it a try. My gymnast background led me to becoming a fitness and lingerie model. Success came quickly—great income, international travel, magazine covers, and television commercials.

But, over time, I learned modeling was not as glamorous and easy as it looked. The hours were long, the photographers were workaholics, and the art directors were nit-picky perfectionists like my father. The travel, long hours, expectations, stress... all eroded my health. I had chronic fatigue, constant nausea, dark circles under my eyes, facial hives, bloating, indigestion, irritable bowel syndrome, menstrual problems, and hypoglycemia. I struggled to get out of bed in the morning, and I felt sick every time I ate something. It took every bit of energy I had to make it through my work days.

**The irony of it all was while I was at my best in my career...
I was at my worst in my health.**

Showing weakness as a health and fitness model was not an option, especially if I wanted to continue working! So I went to see a gastroenterologist, who wanted to put me on medications to treat my symptoms. **But, I was sick of being sick and wanted to find the cause of my sickness so I would not have to take medications for the rest of my life.**

Then one day while doing a photoshoot, the photographer opened up to me about how his wife had similar issues to mine and was helped by a doctor who practiced integrative medicine. Immediately, I made an appointment to see him.

It was good news, bad news, and worse news. The good news was the doctor discovered why I was sick. I had food sensitivities to wheat, dairy, corn, and eggs. The bad news was I had no idea how to eat if I couldn't have wheat, dairy, corn and eggs. The worse news was my doctor didn't have any guidance for me. It was 1983, so there were little to no resources about food sensitivities. I learned everything I could about food and practiced intentional eating. This way of conscious eating became my path to getting healthy. The right foods nourished me and became my "medicine."

Within two months of changing my diet, while still keeping a fast-paced work schedule with frequent travel, my health improved dramatically! I regained my energy, my complexion cleared, and I no longer lived with the fear of feeling sick when I needed to be at my best.

Years later I was tested again and found out it wasn't just the wheat that was a problem, but the gluten in wheat and other grains. I am sensitive to gluten and all grains except for rice. Soy is also a problem for me. Luckily I found out what was making me sick. My heart goes out to all the people suffering who don't know they too may have food sensitivities which are causing many of their illnesses and weight gain.

I now have more than 30 years of research and personal experience working in the health field and in the kitchen. I have learned how to eat to stay healthy. I've studied all aspects, including food biochemistry, food production, genetically modified foods, food economics, food labeling, food shopping, meal planning and preparation, and how to eat smart when traveling and dining out. (See my education and certifications listed in my bio.)

My challenges and successes have made me more compassionate and passionate about helping people who face similar challenges to thrive. My mission is to show others how proper diet and lifestyle choices can create health and vitality for a lifetime.

I was recently asked at a conference where I was presenting, *"What are the most important aspects of eating well to stay healthy?"*

For the person who asked the question, and for you, my answer is the same. The most important aspect of eating to stay healthy is to realize that you have choices and to make good ones!

- You have a choice to become better informed about which foods are good or bad for you.
- You have a choice every time you prepare a meal – will this meal help me be healthier or do I eat it out of habit or just because I like how it tastes?
- You have a choice to pursue being healthy or remaining sick.

You've made a very good choice to read this book and follow its advice. **Choose to stay with it and you'll be rich...because as my mother told me many years ago, "Health is wealth!"**



Introduction to the GLUTEN-FREE VITALITY DIET

- Gluten-Free Vitality Diet Introduction
- Snapshot of the Gluten-Free Vitality Diet Program
- Success Planner–Introduction
- Health Profile Questionnaire



Become part of the rapidly growing *Gluten-Free Vitality Diet* community! Visit us online at www.LisaStimmer.com to access fresh new recipes, success tips and other great resources.

Welcome to the *Gluten-Free Vitality Diet*

You have made a great choice to take control of your life through proper eating. There is no better time than *right now* to start feeling and looking better!

Why is vitality important?

The dictionary defines vitality as:

1. *the distinguishing characteristic between the living and the nonliving*
2. *exuberant physical strength or mental vigor, endurance, stamina, and zest for life*

According to the first definition, you have certainly qualified as having “vitality.” Wouldn’t you like to be described by the second definition? Let’s consider “vitality” in more general, everyday terms. Without realizing it, you assess your vitality every day when you consider your energy level, mental clarity, weight, hormonal balance, and overall health. How do you deal with it? Energy drinks, more caffeine, random dieting, and rushing to the store to buy the latest supplement or vitamin you saw on an infomercial or talk show? Or maybe you accept your current condition as the result of life’s aging process. If you open your mind, you will find that you have more control and capability than you ever thought possible to live life to the fullest!

My *Gluten-Free Vitality Diet* program has been helping my clients feel great, while losing weight and keeping it off, for years. They have more energy, greater mental clarity, and an abundance of vitality they never thought possible.

Why am I confident this program will work?

When I was in my 20’s, I was where you may be right now. I was always feeling tired and sick.

Back then there was no one to help me through the difficult process of finding the right diet. My frustrations led me to becoming a certified nutritionist, natural gourmet chef, gluten-free practitioner, and healthy lifestyle coach.

Throughout my 35+ years in the health industry, I tried many of the healthy diet trends, including vegetarian and vegan diets, the Macrobiotic diet, Mediterranean diet, as well as the Zone®, Atkins®, South Beach®, Fat Flush Diet®, Paleo Diet®, and the Anti-inflammatory Diet. I did this when I was in my 20s, 30s, 40s, and 50s.

And now that I am in my 60’s, I have taken all my years of research, and my personal experience working with clients and in the kitchen to update my *Gluten-Free Vitality Diet*.

This is not a fad diet. There is no counting calories, no starving yourself or feeling hungry, no gross foods, and NO diet pills.

In fact, even though you will lose body fat weight, the *Gluten-Free Vitality Diet* is not really a diet...it is a healthy lifestyle. It guides you to the proper diet and lifestyle choices that are the foundation for creating health and vitality.

The *Gluten-Free Vitality Diet* will also help you lower inflammation and reduce your risk for many serious illnesses - including diabetes, heart disease, many cancers, Alzheimer’s disease, Parkinson’s disease, inflammatory bowel disease, arthritis, and many more. If you want long-term optimal health, lowering inflammation is crucial!

With my *Gluten-Free Vitality Diet* you will get all the help and guidance to maintain a healthy lifestyle with confidence!

Introduction

Here is a snapshot of how the program works.

Gluten-Free Vitality Diet™ Snapshot

STEP 1: ASSESSMENT



STEP 2: LIFESTYLE PATH



Gluten-Free



Dairy-Free



Grain-Free



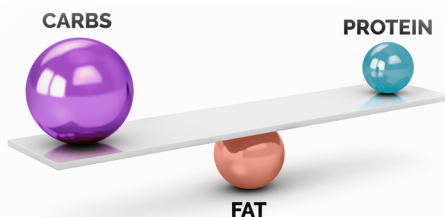
Dairy-Free



STEP 3: THE DISCOVERY DIET



STEP 4: THE RIGHT BALANCE



Step 1: Assessment

The *Gluten-Free Vitality Diet* begins with an assessment. Your assessment includes specific health questionnaires to help understand the possible root cause of your health conditions and symptoms. This assessment process is essential to determining which dietary lifestyle path is best for you.

Step 2: Lifestyle Path

When your assessment is complete, a Lifestyle Path is established for you as *Gluten-Free & Dairy/Casein-Free* or *Grain-Free & Dairy/Casein-Free*. This path is specific to your goals, medical health history, and current health symptoms and conditions. It will be the basis for all your meal selections.

Gluten-Free eliminates the traditional gluten-containing foods. It's important to avoid gluten because sensitivities are common and often undiagnosed in patients with a wide range of symptoms.

Grain-Free avoids all grain containing foods. Grains raise blood sugar and also contain gluten. Avoiding grains is important to prevent many of our modern culture's illnesses, such as diabetes, obesity, cancer, heart disease, and autoimmune diseases.

Dairy/Casein-Free avoids all dairy-containing foods. Cow's milk contains protein of which is approximately 80% casein and 20% whey. Lactose is the sugar component in dairy products. Eliminating dairy products from your diet is important because an estimated 70% of the world's population is either allergic, sensitive or intolerant to dairy products. People with gluten sensitivity often have a dairy sensitivity.

Step 3: The Discovery Diet

Everyone is initially put on the *Discovery Diet* to allow your body a chance to detoxify and to help identify which foods you may be

sensitive or allergic to, thus triggering your current health symptoms and conditions. You will have exclude and include food lists, as well as many other resources to guide you in this process. Then you will have the opportunity to re-introduce certain foods to discover if they are a problem for you.

Step 4: The Right Balance

You will learn how to assemble meals that combine the proper balance of healthy protein, the right carbohydrates, and good fats. This is important because eating the right balance of high-quality foods creates more energy, mental clarity, body fat loss, hormonal balance, and optimal health.

Are you ready to feel better than you ever thought possible?

The *Gluten-Free Vitality Diet* is your reliable guide. You will learn how to make balanced healthy food choices while shopping, preparing meals, planning menus, traveling and dining out. Plus, you will learn quick and easy cooking methods for your busy lifestyle.

To ensure your success with the *Gluten-Free Vitality Diet*, I have created a tool to help you build an individual success plan. You will complete a personalized *Success Planner* at the end of each lesson. It will help you identify goals, guide your actions, and track your progress.

The entire Success Planner for all the lessons is included at the end of this book.

Another tool to help you succeed with the *Gluten-Free Vitality Diet* is the *Health Profile Questionnaire*. This questionnaire helps identify and rank your current health symptoms. It is the baseline for your overall health and you will use it to track your progress as you move forward in the program.

You can find a copy of the Health Profile Questionnaire at the end of this book.

What is the Basis of the *Gluten-Free Vitality Diet*?

The Truth About Food

Our food selections can largely be attributed to what we have learned and become accustomed to as we were raised. Regardless of the generation you claim as yours, our food options are far from those of early mankind. Yes, we have become more aware. Think of the focus placed in recent years on reading and understanding food labels, valuing of organic produce, and exposing the negative aspects of fast food. But even current thinking has created myths. You thought you were making positive changes by foregoing white bread for wheat or whole grains, or cutting back to 2% milk from whole milk.

The good news is that continued focus and scientific evidence is alerting us to what our food source can affect. The bad news? It will take determination and commitment to make a change.

One Person's Food is Another Person's Poison

Food intolerances and sensitivities are very common, maybe even more so than allergies to environmental factors (*dust, pollen, animal hair, etc.*) and drug allergies. It's estimated that 30-90% of the U.S. population suffers from one or more food intolerances or sensitivities.

The sneaky thing about a food intolerance or sensitivity is that we rarely associate our many symptoms and conditions with what we eat, because we think that our food is safe. If we suffer from **weight issues, acne, acid reflux, arthritis, ear infections, eczema, hives, diarrhea, constipation, fatigue, joint pain, headaches, depression, asthma, or diabetes** (to name a few) do we question what we ate for breakfast? Unless we have an extreme, immediate allergic reaction to a food, we usually don't consider what we eat as the source of the problem.

Given the volume of food additives and complex processes that are employed in the food industry today, allergies, intolerances, and sensitivities to foods are more prevalent than ever. The list may surprise you. The "**Big Eight**" common food allergens, intolerances, and sensitivities are: **wheat, dairy, soy, peanuts, tree nuts, shellfish, fish, and eggs.**



- *Have you ever considered that more than one of these foods might be a problem for you?*
- *Are you still suffering from symptoms, conditions, or weight issues even though you've been on a gluten-free diet?*
- *Do you find yourself using energy drinks and drinking more caffeine to maintain your energy?*
- *Are you struggling with the day-to-day challenges of smart meal management?*

If you said yes to any of these questions, the *Gluten-Free Vitality Diet* is for you.

The *Gluten-Free Vitality Diet* program not only guides you through an understanding of these food sensitivities but offers healthy alternatives to help **make it easier to succeed!**

Are You Ready To Get Started?