

# Eliminating Wheat from your Diet

For several years, I suffered from various symptoms for which my doctor could find no solution. Although my low ferritin or iron stores level explained my chronic fatigue and low energy, the supplements prescribed did not help boost the level, but it did make me constipated. I was beginning to feel like a [hypochondriac since none of my symptoms could be reasonably explained or alleviated.](#) Eliminating wheat from my diet changed everything.

## My Results From Eliminating Wheat

### Ferritin or Iron Stores

The primary change was the ferritin or iron stores results. The normal range is between 80 and 300. In 2007 my ferritin level was 9, extremely low. By adding more iron to my diet I was able to get it up to a whopping 18. I then discovered a wheat allergy that was preventing my body from absorbing iron from my diet or supplements. Two months after eliminating wheat from my diet, my ferritin or iron stores result was up to 42, one year later up to 63, and four years later to a normal level of 100.

### Asthma Symptoms

A second major change was the disappearance of my asthma symptoms. At my last visit to my respirologist, he was amazed at how my pulmonary function tests were completely normal. I didn't tell him about the wheat-free diet until after he expressed his surprise at my results. He was skeptical of the fact that a naturopath figured out my problem, but agreed I should continue to avoid wheat.

## **Cholesterol Level and Weight**

Another healthy change is the difference between my before and after cholesterol results that went from slightly high at 545 to a mid normal range of 315. My weight had also been creeping up over the years hitting 140 pounds before the wheat elimination. I dropped 5 pounds within 6 weeks of eliminating the wheat and currently weigh in at 130 pounds four years later. Satisfied with my current weight, the biggest bonus to the weight loss has been the loss of flab and excess fat around my middle.

## **Arthritis, Ovarian Cysts, Uterine Fibroids**

I have experienced similar positive results with arthritis symptoms which were getting worse every year until I eliminated wheat. I currently suffer from very minimal arthritis symptoms. Although I have not had repeat ultrasounds or chest x-rays to see if the ovarian cysts, uterine fibroids, and lung hyperventilation are no longer present, the symptoms associated with those three conditions have disappeared.

## **Further Investigation Needed**

My white blood cell and platelet counts still remain low, results I have been aware of for many years. Having worked in the field of laboratory medicine for thirty years, I had many opportunities to test my blood. I have always suspected some form of [autoimmune action](#) within my body; someday I may investigate this suspicion.

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