



CBD-infused products that will make you feel groovy but won't get you high



The passage of the Farm Bill at the end of 2018 removed hemp from the Controlled Substances Act, making non-THC (tetrahydrocannabinol) cannabidiol (CBD)-infused products legal; however, they remain closely regulated by the Food and Drug Administration (FDA). Finally, hemp is legal (and no longer entwined with its cousin, marijuana), and the industrial hemp industry is in for its biggest boom yet.

The legalization of hemp has changed consumers' perception of the ingredient and is bringing about an understanding of its full potential. While hemp and marijuana come from the same plant, cannabis sativa, hemp contains most of the CBD that people use medicinally, according to **Medical News Today**. By passing the Farm Bill, the government has redefined hemp-CBD as an agricultural product and essentially turned it into a food additive.

Just what is CBD and where does it come from? Marijuana is composed of a wide variety of cannabinoids, but the two main ones are THC and CBD. While THC gets you high, CBD is the non-psychoactive agent that helps you relax naturally. Its healing properties can reportedly reduce anxiety, improve sleep, decrease inflammation and prevent seizures by directing the body to use more of its own cannabinoids.

Located in the endocannabinoid system, cannabinoids work by imitating the endocannabinoids that our bodies produce naturally, which regulate many functions of the body. The cannabinoids

bind to cannabinoid receptors in the brain and the immune system that play a role in the body's immune response, according to **WikiLeaf**.

CBD is traditionally found in oils and supplements. The bill welcomes a new CBD-infused category of drinks and edibles made with the buzziest natural ingredient of 2019. Joseph Dowling, CEO of CV Sciences, maker of Plus CBD Oil, said, "the growth of the hemp-derived CBD industry will increase significantly, likely causing it to become the number one selling dietary supplement in the United States."

According to **The Boston Globe**, "the American hemp CBD market alone is projected to reach \$20 billion by 2020," so get ready to chew, sip and savor CBD-infused products like the ones listed below.

The CBD Living milk chocolate bars are packed with 120 milligrams full-spectrum hemp extract, with each segment containing 15 milligrams. These bars are designed to be fast absorbing and promote a good mood, stress reduction and cardio health. Say hello to your new favorite afternoon pick-me-up!

Lucent Botanicals' line of mints contain 10 milligrams of CBD per serving and are produced from a blend of CBD, organic terpenes (oils) and natural herbs specifically targeted to activate the body's natural ability to feel calmer; more focused and sleep more soundly, depending on the mint chosen.

The CBD-infused vegan gummy fruit snacks from Punch Edibles, in

pomegranate, pineapple and blueberry, contain 90 milligrams of pure hemp-derived CBD, with each square containing 10 milligrams. If chocolate is more your scene, then try C-90 bars in dark, milk, blackberry dark, mint dark and toffee milk chocolate.

Queen City Hemp produces an additive-free, all-natural, CBD-flavored seltzer water with 5 milligrams of CBD per serving. Its proprietary emulsification process allows quick absorption of the 100 percent organic full-spectrum hemp extract. Sip on a refreshing and light blood orange, passion fruit, guava or lemon lavender seltzer, and let that hectic day just melt away.

Weller's line of CBD-infused Coconut Bites are available in three flavors—Original, Caramel and Dark Chocolate—and contain 5 milligrams of organically grown CBD oil. Sweet and crunchy, they are made with better-for-you ingredients that are said to help increase mental clarity and decrease anxiety. And they are addictively delicious. Check out their new line of CBD-infused sparkling waters in black cherry, tangerine and watermelon.



Top 5 reasons cheat days are a major no-no



The gluten-free diet wasn't trendy when I was diagnosed in 1997. Gluten wasn't a buzzword, grocery stores had few, if any, options, and what they did have was unaffordable and inedible. Not many knew what gluten was, including dietitians, so I was left to fend for myself.

I was alone, depressed and frustrated, cheating whenever the depression took hold. I punished my body for not allowing me to eat what I wanted. Maybe I wanted to prove that my diagnosis was wrong. Maybe I couldn't let go of all the memories evoked from now "prohibited" foods. I only know I couldn't control the intense cravings for my favorite comfort foods and simply gave in. I rationalized that a little gluten wouldn't hurt and would binge for a week until my body couldn't take it anymore.

Why did I put myself through the pain? Because I couldn't come to terms with my disease. The pain seemed a small price to pay for the pleasure of eating whatever I wanted. I desperately needed to take back the control celiac disease robbed me of by eating powdered sugar donuts, cookie dough ice cream, Wheat Thins, bagels, anything fried, etc.

I didn't take my disease seriously until I found a support group and realized there were so many people in the same boat. And suddenly a lightbulb went off. I had to accept the limitations imposed on me by genetics and accept that this was my life from now on and looking back would only cause pain. And I haven't looked back.

Seven years of cheating took a toll on my body, to put it mildly. I work every day to take care of myself now and feel my plight is a cautionary tale that may sound

all too familiar: I put together my top five deterrents for cheating on your gluten-free diet.

1. You won't feel well

The cramping, bloating, multiple trips to the bathroom, sleeping on the cold bathroom floor to combat the flop sweats, migraines, mood swings, back pain and dehydration are no pleasure cruise. Keeping your immune system in a constant state of battle takes its toll on digestion and your emotional wellbeing.

2. You set off inflammation throughout the body

Inflammation just doesn't affect the gut; it affects the whole body. The eyes, joints and brain will feel the pain. My eyesight is genetically predisposed to not functioning correctly, so adding to the problem seems foolish. Prolonged inflammation can lead to a condition called leaky gut that allows ingested things that should come out the other end to enter your bloodstream.

3. You prolong gut recovery

Beyond Celiac says that eating any amount of gluten, no matter how tiny, can cause damage to the villi of the small intestine and prevent patients from absorbing nutrients into the bloodstream. These damaged villi can heal only when you aren't bombarding them with gluten. Since 70 percent of the immune system lies in your digestive tract, gut health needs to be a priority, not an afterthought.

4. You will lose support

Friends and family are less likely to support you if they see you cheating. Why should they bother preparing gluten-free food or frequent restaurants

with gluten-free menus if, in the end, you are going to eat whatever you want? A support system is vital to your success, so don't let them watch you fail.

5. You could develop cancer

According to a 2013 study conducted at Columbia University Irving Medical Center, noncompliant celiac sufferers (cheaters) with unhealed small intestines have a higher risk of developing lymphoma (a type of blood cancer). "Celiac patients with persistent villous atrophy—as seen on follow-up biopsy—have an increased risk of lymphoma, while those with healed intestines have a risk that is significantly lower, approaching that of the general population," said Dr. Benjamin Lebwohl, MD, MS.

The bottom line is, it's up to you. You are the only one who can take the necessary steps to prioritize your health by adhering to a strict gluten-free diet. There is no cure for celiac disease, so it will be with you for life. Isn't your life worth more than a jelly donut?

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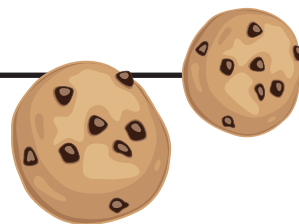
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A taste test of America's beloved treat turned gluten free

BY LYDIA GOERNER



As of this year, Girl Scouts of America offer two gluten-free Girl Scout Cookie options, Toffee-tastic and Caramel Chocolate Chip, meaning those who are gluten free can join in the excitement of Girl Scout Cookie season and find a new favorite treat.

According to a Girl Scouts press release, both gluten-free varieties are offered only in select Girl Scout council markets for as long as supplies last and can only be purchased from a registered Girl Scout. And "reflecting the cost of production," gluten-free cookies may be priced higher than other Girl Scout Cookies.

Because only registered Girl Scouts may sell Girl Scout Cookies, their availability is typically limited to the six- to eight-week period when girls are engaged in the program through their local council, so Girl Scout Cookie season is the time to stock up on these gluten-free goodies. The Girl Scout Cookie Program promotes girls' development of entrepreneurial and life skills, and the earnings from cookie sales go toward experiences for the members.

Here are my thoughts on these two cookie options so you know what to expect when you grab a few boxes.

CARAMEL CHOCOLATE CHIP

These cookies debuted in 2019, so they're the ones everyone is dying to get their hands on. They feature rich caramel, semi-sweet chocolate chips and a hint of sea salt.

The Caramel Chocolate Chip cookie, which contains gluten-free oat flour, has a dry, cakey texture and slightly salty aftertaste. The caramel is not overpowering, but it combines with the sea salt to create a more savory tasting cookie.

The cookies are packaged in a resealable bag rather than the traditional Girl Scout cookie box. They contain milk and eggs but are baked in a peanut-free

and gluten-free facility.

Though the cookies don't taste or look like a "typical" Girl Scout Cookie, they bring a balance of sweet and savory and are a safe and sophisticated choice. They're not a cookie I personally would reach for, as the caramel is stronger than I prefer and overwhelms the chocolate.

The cookies are smaller than the usual Girl Scout cookie, and three of them contain 170 calories.

TOFFEE-TASTIC

Toffee-tastic is the more well-known gluten-free Girl Scout Cookie, since it was first introduced in 2015. They are buttery and rich, containing sweet crunchy bits of toffee.

The cookies are light, very buttery and crumbly, with added texture sticking to the teeth from the toffee. Toffee-tastic cookies are evocative of childhood, but also make a delightful addition to afternoon teatime.

It would be easy to inhale the whole box of these cookies, because even though they're buttery and sweet, they're smooth and light and don't feel overpowering. The cookies are made with rice flour and I would never guess they are gluten free. In fact, I imagine non-gluten-free folks

would enjoy these nearly as much as their traditional favorite boxes.

They do contain milk and soy ingredients and are certified gluten free. Two of these cookies contain 140 calories.

To learn more about the Girl Scout Cookie Program and find out when Girl Scouts will be selling cookies near you, visit girlscoutcookies.org.

Have you tried either of the gluten-free Girl Scout cookies, and what did you think? Let us know your thoughts by emailing editor@glutenfreeliving.com.





Boston Children's Dascha C. Weir, MD, joins Gluten-Free Living's Medical Advisory Board

BY MAUREEN MCCARTHY

Gluten-Free Living is excited to welcome Dascha C. Weir, MD, associate director of the Boston Children's Hospital Celiac Disease Program, as the newest member of Gluten-Free Living's Medical Advisory Board.

"I've learned through the years that the cornerstones of a successful gluten-free diet are a solid base of knowledge and ongoing support," said Weir. "Gluten-Free Living provides people with celiac disease and their families essential and accurate information about celiac disease and living gluten free while promoting a fun and energetic community of others facing the same challenges. I'm excited to be a part of the important work that GFL does!"

Weir, a board-certified pediatric gastroenterologist, brings significant expertise in the areas of celiac disease and gluten-related disorders in children to GFL's Medical Advisory Board. She is

involved in clinical care and celiac-related clinical research, is an executive committee member of Harvard Medical School's Celiac Research Program and serves as the medical advisor of Celiac Kids Connection, a celiac support group for children with celiac disease and their families.

When discussing the importance of a gluten-free diet for celiac disease patients, Weir's message is succinct: "A strict gluten-free diet is the only current treatment for celiac disease, and I prescribe it regularly to children with celiac disease."

Throughout her medical career, Weir has worked with hundreds of families coping with the challenges of managing celiac disease. The goal is to provide support and education to help young patients and their families transition to a gluten-free lifestyle, while



improving each patient's health, often without medication.

"While necessary and achievable, the transition to a gluten-free diet is not an easy change for kids and their families to make. Constant vigilance and effort are required to maintain a strict gluten-free diet and keep individuals with celiac disease healthy," Weir said. "GFL provides readers with a wealth of information in an accessible way that makes this endeavor easier and more enjoyable."



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