

INSIDE

Better Bruschetta

Bananas or fresh peaches aren't typical bruschetta ingredients, but they make the ordinary extraordinary. Page 3C

# Gluten-free baking eases allergies

## Identifying food intolerance sometimes crucial to healthy living

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About seven years ago, Rami Purdum hovered around 100 pounds — not a healthy weight for a 5 foot, 7 inch man in his 20s.

Unable to keep down a meal, constantly tired and weak, Purdum said, "I felt like I was dying."

Watching her husband wane, his wife Anna Purdum did not know what to make of the situation, or what to do for her him.

"I'm afraid I wasn't very sympathetic," she said, with a quick apology glance toward her spouse.

Quick to defend her against her self-inflicted admonishment, he said, "Anna has been very supportive. Very. Not just emotionally supportive, although that's been important. She has rearranged her life to be supportive."

Now 34, Rami Purdum's symptoms began to improve when he connected the dots — the food-dots-to-symptom dots, that is. When a doctor suggested he might have food intolerances, the Purdums set out to find the culprit. Sadly, the couple found multiple culprits.

"Rice is a base line for determining what you're sensitive to," he said. "You start out with rice and add various things to your diet, one at a time, to see if any of those other things bring on symptoms."

The rice was one of the foods that brought on the symptoms.

"Well," he said. "That would put me back to square one, but rice is suppose to be square one."

A medical test revealed that he was sensitive to several foods.

"When the results came in the mail, I tried to call Rami," Anna Purdum said. "To tell him not to eat his lunch. There was celery in the chicken soup I had made, and that was the thing he was most sensitive to."

But it was too late. He had already eaten the soup and was suffering from a severe headache.

"Who would think chicken soup would lead to a migraine," she said.

Danielle Heard, a certified holistic health counselor and a certified natural whole foods chef, would think so.



Michael Cavazos/News-Journal Photos

**Top:** Anna and Carolyn Purdum mix up ingredients for a gluten-free cherry pie. Anna said she changed her cooking methods after husband Rami was diagnosed with severe food allergies seven years ago. **Bottom:** Anna places the gluten-free pie into the oven.



See TOLERANCE, Page 2C