



# LETTING THE SUN SHINE IN

WHEN **CHARLIE GOLDSMITH** CHANGED HIS DIET, HE ALSO CHANGED HIS LIFE

**A**T his lowest, Charlie Goldsmith was "overweight, depressed, lacking in energy and getting sick all the time". The now 32-year-old would come down with tonsillitis once a month. He would become depressed and put on a lot of weight quickly. At one point, he was 18kg heavier than he felt he should be.

As a businessman running a thriving advertising business, as well as a partner in a public relations company, he was barely able to get through the day.

"I wondered if it got worse how much I could live with." It is hard to reconcile the strapping Goldsmith of today — one of the large clan overseen by nightclub pioneer Brian Goldsmith — with the young man who didn't know why he was so down or how to cope.

"Most days, I would wake up in the morning extremely tired and almost wondering why I bothered going to sleep. I'd wake up more tired than when I went to sleep, no matter how much sleep I'd had.

"I'd have big bags, black rings under my eyes, I felt terrible. I'd get to work and it took me until 11 or 12 o'clock to be able to have a coherent conversation."

One day Goldsmith ate half a loaf of organic dark rye bread. The next day he woke up with all the symptoms he'd had for the past five or so years "times 100".

"I had to have a meeting with someone and I walked out saying, 'That was terrible, I literally can't communicate'. And I realised immediately the problem must have been in the bread."

It was the moment that changed his life. Goldsmith realised he was gluten intolerant and the food he was eating was making him sick.

## WHAT DOES MY BODY NEED? HOW DO I MAINTAIN WAKING UP AND FEELING GOOD?

"From that moment, I went gluten-free and I lost all the excess weight within a few weeks. The biggest thing to happen was that after three days, I woke up not tired. That hadn't happened for as far back as I could remember. It was a huge moment for me."

Gluten had been making Goldsmith's life unbearable. "I just felt low. I could have had the death of a close friend or a break-up with a girl and I wouldn't feel nearly as bad as the emotional response I have to gluten. I would get dark thoughts, all of the depression signs."

The massive effect of the bread on Goldsmith's body that day was the catalyst him to reach an understanding about the powerful, often negative effect food can have on the body.

"A lot of people don't get that," he says. "They think, 'How can food do that to me?' And I was one of those people. I was exercising a lot and eating very well, I thought, a wholesome diet, but it included gluten products and I wasn't getting anywhere."

Goldsmith began a "journey" to go totally gluten-free.

"Then I realised there was further to go. Through testing and reading, I read about all sorts of other things that were good for me. Now I eat mainly raw and I don't eat any sugar. There are a lot of things that are all about making me feel good rather than necessarily being indulged with food or treating food as entertainment. It changed my relationship with food."

He says the first step was dramatic. "It changed me from seeing food as fuel and I try and make it taste as good as possible. I had to ask, 'What does my body need? How do I maintain waking up and feeling good every day?' That is my mission."

Goldsmith says keeping himself healthy is "kind of a full-time job". He cooks almost every meal, eating out about once a month. Going out is difficult, but getting better. "I have restaurants that when I walk in, they immediately start cooking my food. It's easier nowadays,

there are more gluten-free menus. Five years ago, you were a hassle."

He eats no bread or dairy products.

Wheat is the biggest problem, and rye and barley are off-limits. "I can fortunately still have oats, which some gluten intolerants can't." He has no soy, no fructose and very little sugar, and no processed food.

"When I went off the gluten, the physical effects were so enormous. It took me years to learn what I've learned and I meet people all the time who are struggling with their diets. So I started handing them not just my diet list but (thoughts on) the way they viewed food."

Goldsmith's passion for eating to feel good went a step further last year, when he launched Celebrate Health, which produces foods that have as many of the common allergens removed as possible.

Life-changing: Cutting gluten from his diet has given Charlie Goldsmith a new lease of life.

PICTURE ANDY DREWITT



The products are gluten-free, dairy-free, mainly soy-free and with very low sugar. The change in diet has changed his life. "I get a whole day of being able to think, instead of half a day, and when I was eating gluten the other half was debatable anyway, because I wasn't thinking as clearly as I could. It was almost like there was a veil over my brain."

"You might think, 'This is how good I can feel' and then you clean up your diet and you go, 'Wow, actually this is the new point.'"

In the six years since he went gluten-free, he has only been ill twice.

Fortunately, gluten didn't affect Goldsmith's thriving career too much. He started his own advertising agency, Cassette, when he was still a teenager.

"I taught myself how to use design software, Photoshop, Illustrator. Someone asked me to make them a birthday invite, so I did that, and someone else asked me to do a presentation to get their products into Coles and offered me money and I was like, 'Great, I'll take some money.' The feedback from that was very good."

He is also a partner in a public relations company, AMPR. The two businesses employ 50 people.

Goldsmith is the second youngest of eight Goldsmith siblings, who include the actor Tottie Goldsmith.

"There's always someone there for you," he says of his family. "It's good when you have a very big family and everyone is very different. You learn a lot of independence. I don't think you get the attention you'd get in a small family. So from a young age I was kind of ready to go."

If his father Brian Goldsmith didn't invent the nightclub in Melbourne, he wasn't too far away. Brian had a string of nightclubs, including Goldy's, Peanuts Cellar, The Underground and Redheads. Today, he is a spry 80-year-old.

"He is amazing and definitely has been an inspiration to me," Charlie says. "I turned out different from him. I'm in the health industry, that's my passion — which is a bit different from the nightclub industry, obviously."

"Dad's an ideas person. He's very creative and he's got a lot of follow-through. So if he has an idea, he'll try it. Even at 80. Even today he's on the phone to me, 'I've got this idea, can you make me a website?' It doesn't stop. And I'm the exact same. It either came genetically from him, or it came from viewing it. He gave me that. The fact that I got these allergies and then created a business out of it is a direct result of his influence."

The younger Goldsmith takes care of his body to an extraordinary degree. He drinks alcohol only a couple of times a year. "For me, falling off the wagon is having a tub of sheep's yoghurt. It's still gluten-free and dairy-free but doesn't affect me as badly."

"It's my idea of a good time. No wonder I'm single."