

# I HAVE CELIAC DISEASE.



## **WHAT IS CELIAC DISEASE?**

Celiac is a serious autoimmune disease, not an allergy. If I ingest gluten, my immune system mistakenly attacks my small intestine. My body's ability to absorb nutrients is impaired for 6-12 months. Gluten is a protein found in wheat, barley, rye, most oats, and other grains.

## **ONE TINY CRUMB**

Using anything that has touched gluten causes severe damage inside my body for months. I cannot share toasters, blenders, microwaves, cutting boards, jam or butter containers, condiments, and many other things due to cross-contact. It's that serious!

## **GLUTEN FREE**

I need to be gluten free 100% of the time. I appreciate that you would like to cook and bake for me, as it means a lot. Please be understanding, though, that I will be unable to eat anything that is not prepared in a celiac-safe environment. My food is prepared in a 100% gluten free kitchen from my home or in a Certified Gluten Free facility.

## **HELP KEEP ME SAFE**

Before passing my gluten free food to me, handing me a pencil, or anything else, please ensure your hands are washed so gluten is not passed on to me. Hand sanitizer, wipes, or simply brushing off the crumbs is not enough to keep me safe. I don't have an epipen or an insulin pump to combat gluten...my only lifeline is to avoid gluten 100%.

**MORE INFORMATION @ [THRIVINGWITHCELIAC.COM](http://THRIVINGWITHCELIAC.COM)**