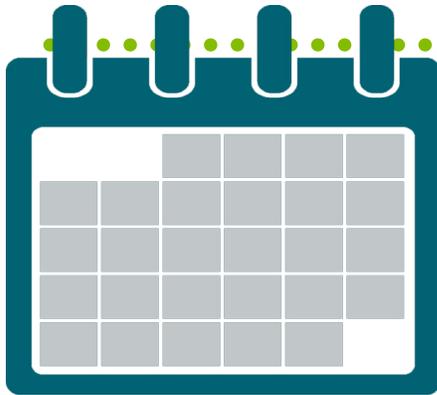


What do you wish people knew about your life with celiac disease?

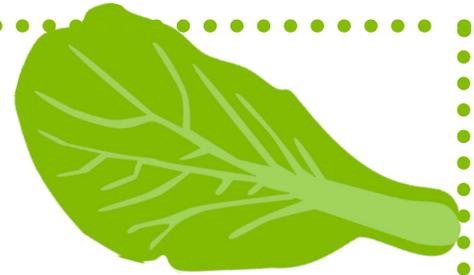


"Just the **shear amount of work** it is to plan anything in your life outside of your own kitchen."

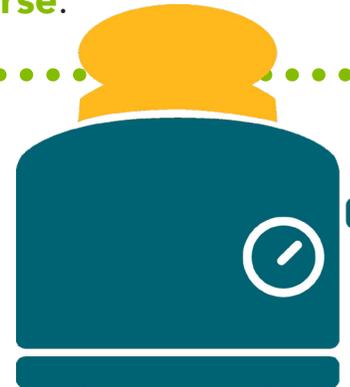


"That it **robs you of spontaneity** and the joys of traveling freely."

"**It's hereditary.** I have four girls, all with celiac disease, and they each have different symptoms."



"That offering a salad as a meal alternative just **makes us feel worse.**"



"That you can't eat food **even when it's gluten-free** if it's cooked in a pan, toaster or pot that's cooked gluten."



"**It 'invades'** every aspect of my life. It is always in the forefront of my mind. It is all-consuming at times!"

"It is a real disease that **changes your lifestyle** and eating habits for the rest of your life."



Sponsored by



Learn more about celiac disease at
www.BeyondCeliac.org

