

Celiac disease can bring challenges, changes and plenty of things you never expected. Even in the difficult moments, there can be unexpected positives along the way. In honor of Celiac Disease Awareness Day, here are 13 silver linings that can come with living gluten-free.

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1. You finally have answers
A diagnosis can bring clarity and help you understand what your body has been trying to tell you
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2. You become your own best advocate
You learn to speak up for your health and needs
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3. You start feeling better
With a gluten-free diet, you may experience improvements in symptoms and overall well-being
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4. You discover new foods and flavors
A gluten-free diet can introduce you to ingredients and cuisines you may have never tried before
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5. You learn to read labels like a pro
Time spent reading labels means you become more familiar with what goes into the foods you eat
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6. You find your people
You discover a community that understands, along with friends and family who go the extra mile to make you feel included
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7. You create new traditions
You learn to find new ways to celebrate, gather and enjoy food with the people you love
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8. You learn to listen to your body
You become more aware of what your body needs to feel its best
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9. You get creative in the kitchen
You get to discover new recipes, experiment with ingredients and find creative ways to make your favorite foods gluten-free
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10. You discover safe places to eat
Finding a restaurant that truly understands celiac disease feels like finding a hidden gem
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11. You become a source of awarness for others
Your experiences can help friends, family and others better understand celiac disease
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12. You gain confidence in navigating the world gluten-free
Over time, restaurants, travel, events and every day situations can feel more manageable
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13. You can help make the future better
You help others get diagnosed: celiac disease is genetic, and your diagnosis may have led to a family member's diagnosis, or even encourage friends to finally check out their persistent symptoms