

# I HAVE CELIAC DISEASE

IT IS AN AUTOIMMUNE  
DISEASE

WHEN I HAVE GLUTEN, MY BODY  
LITERALLY ATTACKS ITSELF

EVEN ONE CRUMB CAN STAY IN MY  
SYSTEM FOR 2-3 MONTHS CAUSING  
DAMAGE TO MY BODY

FOR MORE INFORMATION VISIT  
[SERVINGCELIACS.COM](http://SERVINGCELIACS.COM)



**CELIAC COACH**

• [ServingCeliacs.com](http://ServingCeliacs.com) •

I AM 100% GLUTEN FREE

*Please help me stay that way!*



CELIAC COACH  
• Serving Celiacs •

### *Celiac Disease*

IS NOT A FOOD ALLERGY. I WILL NOT GO INTO AN ANAPHALACTIC SHOCK. THERE IS NO MEDICATION THAT CAN HELP ME IF I GET 'GLUTENED'. I HAVE TO ENDURE MY SYMPTOMS AND TAKE CARE OF MY BODY AS IT ATTACKS ITSELF.

### *Symptoms*

MAY INCLUDE BUT ARE NOT LIMITED TO VOMITING, IBS (IRRITABLE BOWEL SYNDROME) DIARRHEA, CONSTIPATION, EXHAUSTION, JOINT PAIN, MUSCLE ACHES, MIGRAINES, HEARTBURN, ARTHRITIS, HAIR LOSS, ETC.

### *Check the Label*

LOOK FOR A CERTIFIED GLUTEN FREE LABEL. STAY AWAY FROM INGREDIENTS WITH WHEAT, BARLEY, RYE AND MALT. ALSO VERIFY THE TYPE OF FLOUR USED. STAY AWAY FROM ANY PRODUCTS WITH A 'MAY CONTAIN WHEAT OR GLUTEN' OR 'MANUFACTURED IN A FACILITY WITH WHEAT OR GLUTEN' NOTICE.

### *Cross Contamination*

IS A REAL THING. THE BUTTER. THE PEANUT BUTTER JAR. THE MAYO, THE JELLY. THE CUTTING BOARD. THE TOASTER. THE BLENDER, THE MIXER... PLEASE DO NOT COOK/BAKE FOR ME AS YOUR HOME IS NOT CELIAC SAFE AND I CAN NOT EAT IT. I CAN EAT PACKAGED FOOD THAT IS SEALED AND HAS A CERTIFIED GLUTEN FREE LABEL ONLY. WHEN SERVING ME FOOD PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT IF WE AREN'T SURE IT IS SAFE.

*When in doubt, ask my mom!*