

BOUNTIFULLY HEALTHY

MAKING NEW FOOD MEMORIES

When I coach my clients, I always ask them about their **favorite food memories**. This can be quite hard to talk about, but part of the healing process and adjusting process is talking through feelings so that you can heal emotionally too.

Celiac Disease diagnosis is hard on us emotionally too as we have to give up a lot.

Having feelings of resentment and anger can only add to your physical ill health, so the sooner one can adjust and accept, the better.





FOOD MEMORIES

WORKSHEET

1. Think of a tradition that involves food that you have had to give up.

2. Now think of a new one you can make involving gluten-free food?

3. What is more important? The food itself or the memory and feelings associated with that food?