

How to live with this condition year after year

You are at the end of this course now. I just have a few final words for you.

I had no idea how it would feel living with this condition year after year. (almost a decade for me now). But as a newly diagnosed Celiac, here are the things I would like to share with you in hindsight.

- **EDUCATE** yourself as much as you can about your condition. I continue to learn about Celiac disease, not only because I want to help others, but because I want to live as healthily as easily as I can with this condition. I want to know everything that could impact me. So I encourage the same for you. When you have knowledge, you have power. Power to change and improve.
- **SPREAD AWARENESS.** There is nowhere near enough awareness or education about this condition, not even amongst medical people who should know about it. Do not let anyone, regardless of their professional status ever intimidate you just because they have a degree and you don't. We can all learn and we can be ready to share that knowledge to help others become more aware.
- **LIVE** your life. Don't let food stop you from traveling, from socializing, from enjoying life.
- Don't let **FEAR** hold you back. Fear of being glutened. It WILL happen, make no mistake. Just accept it, rest, get better and move on. So many celiacs live like hermits, restricting everything about their life that they just don't enjoy life anymore, because they live in fear and uncertainty and so they don't eat out, they don't go to events, they don't travel. Your life does not have to be that way.

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- Get your **CHECKUPS**. Don't forget to get yearly nutritional blood levels checked and supplement accordingly.
- Continue to get **SUPPORT**. Remember you have to build your own support system. Friends, family, a therapist, online groups, a coach, blogs, websites, social media accounts to follow. Do what works for you, but continue to get support. Knowing others are going through similar things really helps to not feel alone.