



HOT TIPS

FOR GLUTEN FREE LIVING

Sunbites
COÛTES D'AVOINE VÉGÉTALIENNES



Allergies suck, but your life doesn't have to.

Hi, I'm Esther. I was diagnosed with Celiacs disease in my early 30's and it was a hard life adjustment. It's tough having allergies, but your life can still be awesome and your experiences can still be great! If you would allow me to encourage you.. push through the hard parts and create beautiful moments. Find the sunshine.. Great days ahead - Cheering for you!

Here are some tips I wish someone would have told me in the beginning of my journey living with allergies.



“HELP, I'M GLUTEN'IZED!”



Ginger, Turmeric, Water and added Rest.

I'm no doctor, but these 4 things are game changers when you get gluten'ized

Ginger and Turmeric – these ingredients are good for heart health and digestion aid. They're my go to for getting through a cross contamination experience. Heck, take supplements of them. I also drink Ginger Turmeric tea regularly. Gingerale is great too. Find ways to get more of these ingredients in your regular eating cycle.

Water.. flush all those yuckies outa you! *(Go overboard on water for the first half day or so.)*

AND **ADDED REST!** Try to add extra sleep because your body heals itself especially when it sleeps.

“ FIND YOUR FAVOURITES ”

It will make all the difference in the world when you have some awesome GO-TO things that you love! Find them and keep them accessible!

Make a list of your fav places to eat out, fav snacks, fav comfort foods, fav GF bakery.

**Make some space in the freezer for you to keep some of your new favs on hand. Trust me, you'll be glad you did.



“ MAKE SPACE FOR EMPATHY ”

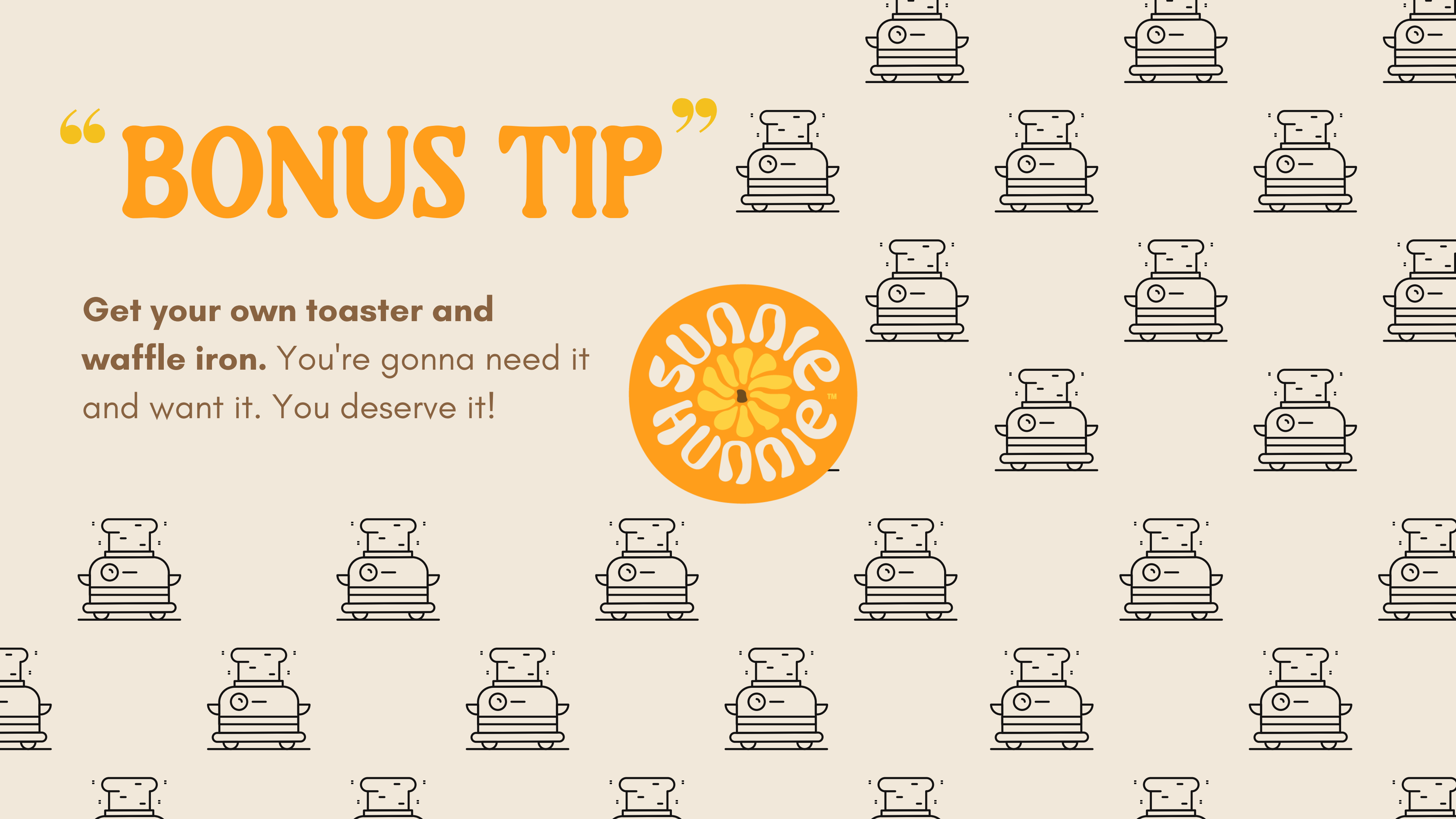
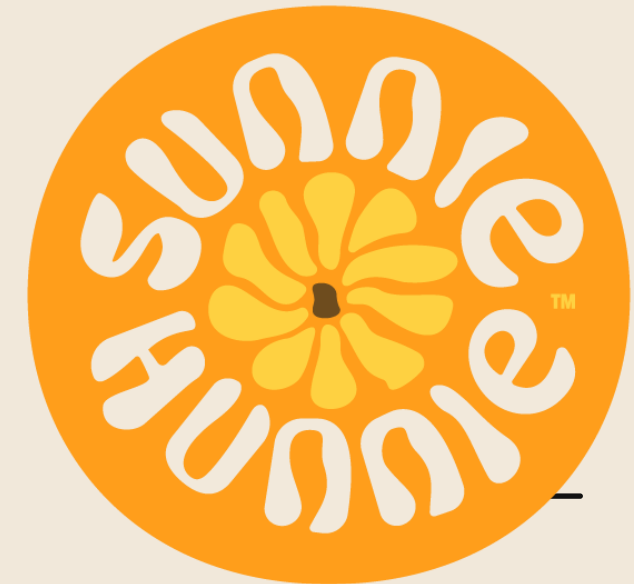
It's hard being Gluten Free. You think about it all the time and then when you're not thinking about it, you overlook it and you get cross contaminated. Allow yourself for it to be hard. Talk about it to normalize the hard parts in it. Allow yourself to embrace empathy from others.

**life can still be beautiful with hard parts.



“BONUS TIP”

Get your own toaster and waffle iron. You're gonna need it and want it. You deserve it!



**We love helping people
with food allergies
feel the sunshine of life!**



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