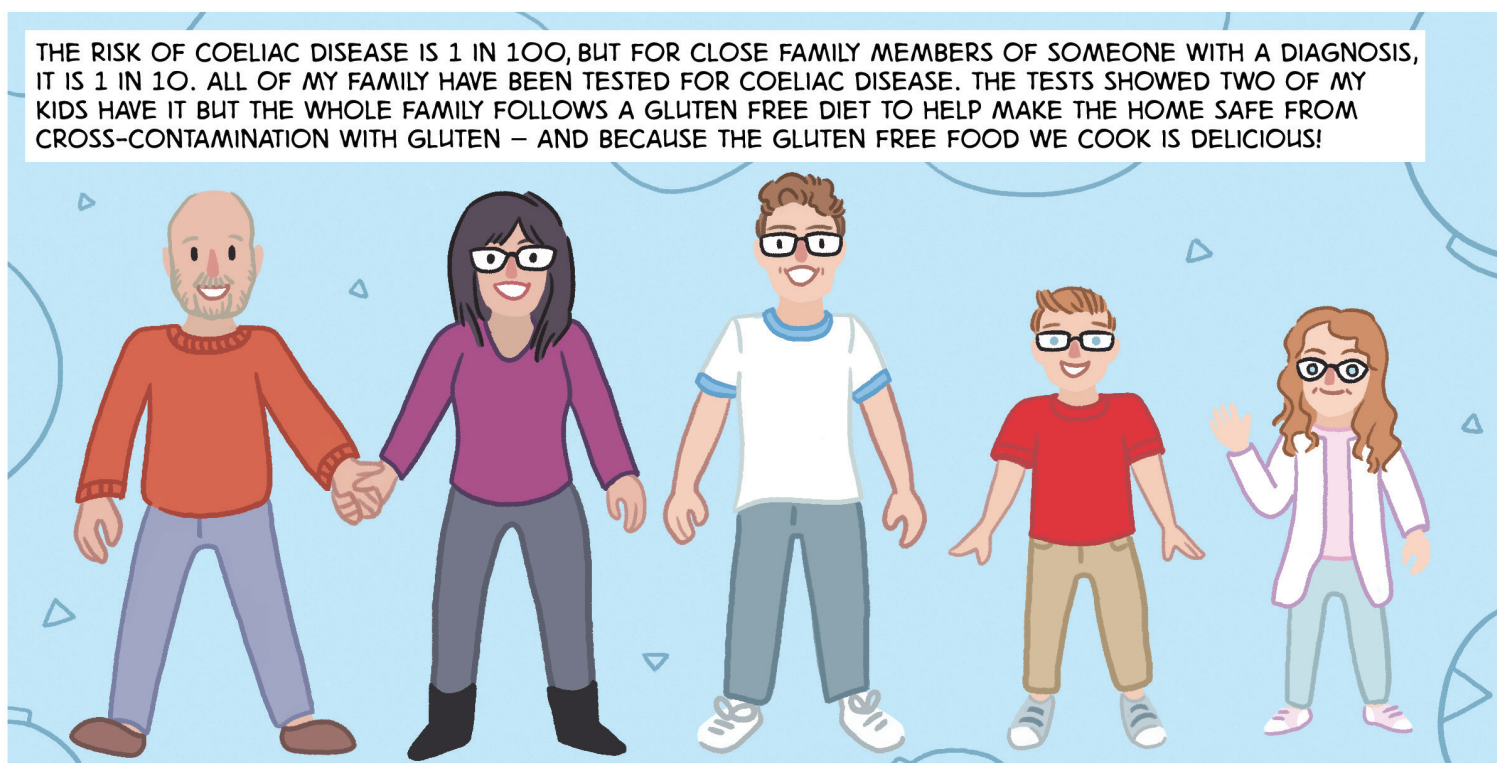
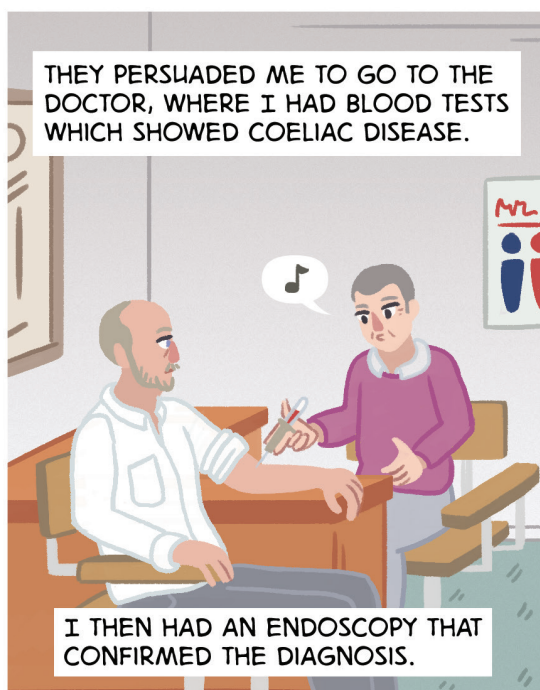
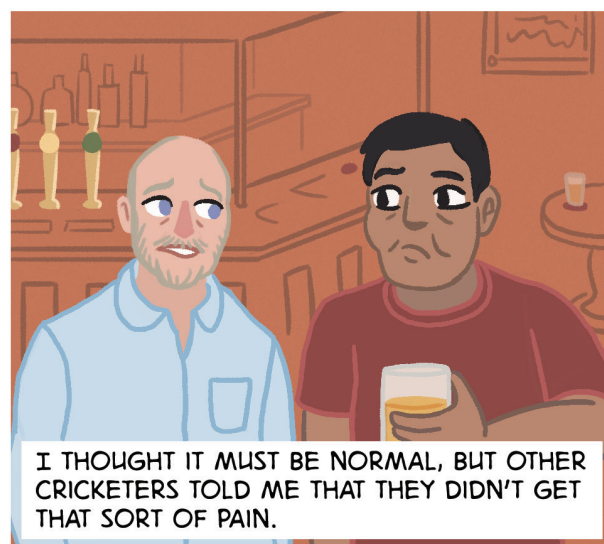
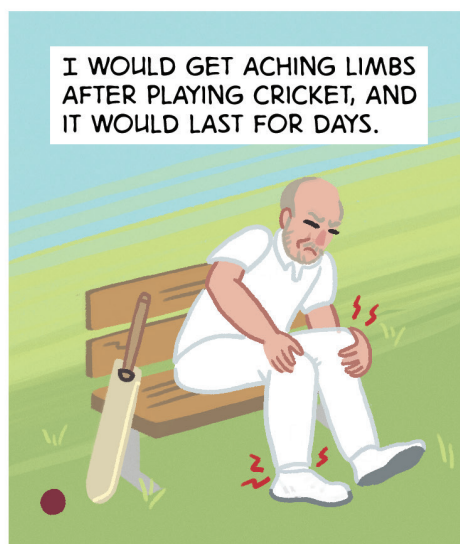


SIMON O'LOUGHLIN & FAMILY

ART BY REBECCA HORNER



PREPARATION IS KEY. WE PREPARE FAMILY MEALS IN ADVANCE, AND THINK ABOUT MEAL PROVISION FOR TRIPS, HOLIDAYS, AND EATING OUT.



EATING FRESH FOOD RATHER THAN PROCESSED MEALS IS THE HEALTHIEST WAY TO STAY GLUTEN FREE.

MY COLLEAGUES AT WORK KNOW NOT TO OFFER ME DONUTS OR BISCUITS. THEY BRING IN GLUTEN FREE TREATS FOR ME TOO.



MY WORK TAKES ME OUT OF THE OFFICE A LOT, SO WHEN I TRAVEL I MAKE SURE TO HAVE SNACKS WITH ME IN CASE I CAN'T FIND ANYWHERE SAFE TO EAT.



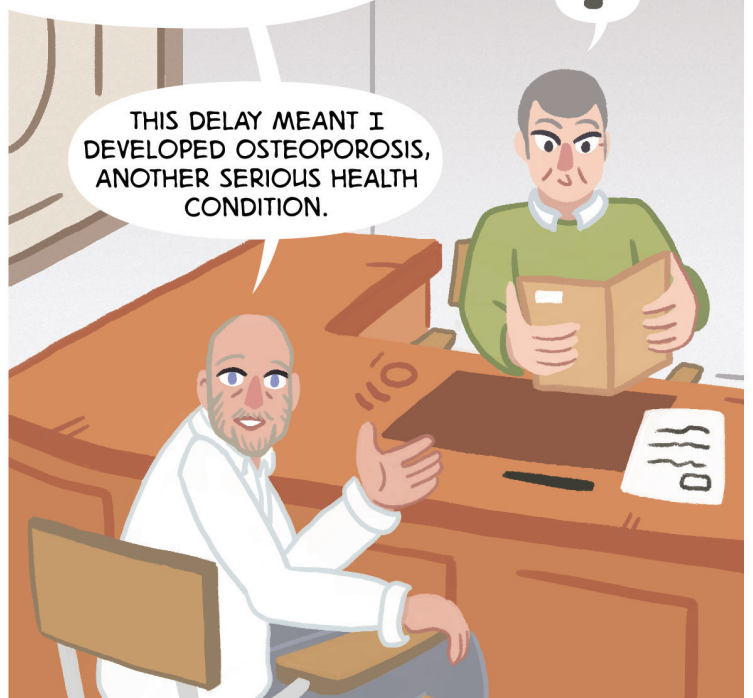
MOST MEETINGS I NEED TO ATTEND ASK FOR DIETARY REQUIREMENTS BEFORE THE EVENT. SOMETIMES I'LL GET A FAR BETTER LUNCH THAN EVERYONE ELSE, BUT OTHER TIMES I'LL JUST GET FRUIT.



WHY DON'T YOU TRY THE SANDWICHES? THEY'RE GREAT!

SO LONG AS I'M SAFE, I DON'T MIND.

DON'T BE AFRAID TO CHALLENGE DOCTORS IF YOU SUSPECT YOU HAVE COELIAC DISEASE. I WAS MISDIAGNOSED AS HAVING IRRITABLE BOWEL SYNDROME BEFORE A DOCTOR TESTED ME PROPERLY.



THIS DELAY MEANT I DEVELOPED OSTEOPOROSIS, ANOTHER SERIOUS HEALTH CONDITION.

