

Developing an Online Health Community for Autoimmune Disease Patients Through Self-Managed Diet



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GQ:

When it comes to managing symptoms associated with autoimmune diseases, how can I leverage my personal experiences and dietary knowledge to build a collaborative, online community to influence and support others on changing their diets to improve their quality of life?



the study adds that more research is needed

conditions are still largely unknown.

Conventional doctors told me—and they've probably told you too—that autoimmunity is a condition that you just have to live with, either by

researchers don't know why.

More than 700 million people around the world are now affected by an autoimmune disease, yet conventional medicine typically has little to offer in terms of treatment.

Autoimmune diseases are complex, and they can be challenging to understand, prevent, or treat.

disorders. Yet, the interaction between diet and autoimmunity in humans remains largely unstudied. Here, we systematically interrogated commonly consumed

physical symptoms were dismissed as depression

There's no definitive answer

autoimmune disorders remain poorly understood.

Unfortunately, it's a frustratingly common scenario that your doctor sends you off with your diagnosis — but no nutrition advice or lifestyle changes that can make your autoimmune condition easier to navigate.

roller coaster of good days and bad days with no end in sight.

Every autoimmune disease is different.

notoriously difficult to diagnose.

my doctor thought I was a hypochondriac."

Why are physicians so reluctant to consider the possible connections between painful joints and what the owner of the joints has been eating for breakfast, lunch and dinner? A major

Ask these two questions to most physicians in practice today and the likely answer you'll receive is, "The cause of arthritis and autoimmune diseases is unknown, and nothing that you eat, nor any supplement that you take, will make any difference at all."

overwhelming, frustrating, and debilitating.

manifest through a wide variety of symptoms.

You're sick of doctors brushing you off, telling you your symptoms are in your head or that there's really nothing you can do other than maybe taking a medication that can help cover up the symptoms, but not actually cure you.

effect upon joint pain. The diet-arthritis connection is often disdainfully dismissed as "unscientific" or as "magical thinking." Fortunately for the millions who suffer from arthritic

linked to the development of autoimmune disease. But there are still no conclusive clinical studies with regard to the role of diet in leaky gut and autoimmune disease.

Autoimmune diseases diagnoses are often given with no recommended treatments.

No established cures for autoimmune diseases exist.

the patient's diet as a causative factor is usually discounted

Doctors typically turn to medication for dealing with the symptoms of inflammatory conditions, which often fails to address the root causes — [including](#) allergens, infections, environmental toxins, an inflammatory diet, and stress.

crippling pain, and debilitating weakness.

Conventional medicine failed me,



A top-down view of a single, vibrant red apple centered on a dark, textured wooden surface. The apple is surrounded by a wide variety of pharmaceuticals, including white, yellow, orange, and blue pills, as well as capsules in various colors like maroon, white, and brown. The scene is set against a light green background.

Changing the Narrative

Purpose

To *inform,*

empower, and

emotionally support

Autoimmune Disease patients

so they are enabled to adopt

self-managed healthcare

through diet



Greenebean

P1: CCT 688



P2: CCT 692



P3,4,5...: CCT 694

- website creation
- just for fun
- no audience research
- no prototyping theory
- only what I know

- no product creation
- extensive audience research
 - interviews
- no prototyping theory

- Prototyping and theory
 - organization
 - appearance
- online learning
 - individual
 - community
- Translation of audience knowledge > user-centric prototype development

Prototyping

Form

Fidelity

Interactivity

Lifecycle

User-Centric

Thoughtful Development

Support

Feedback

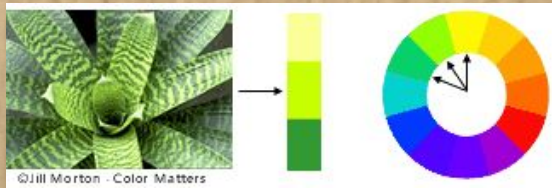
Logo



Fonts



Color Scheme

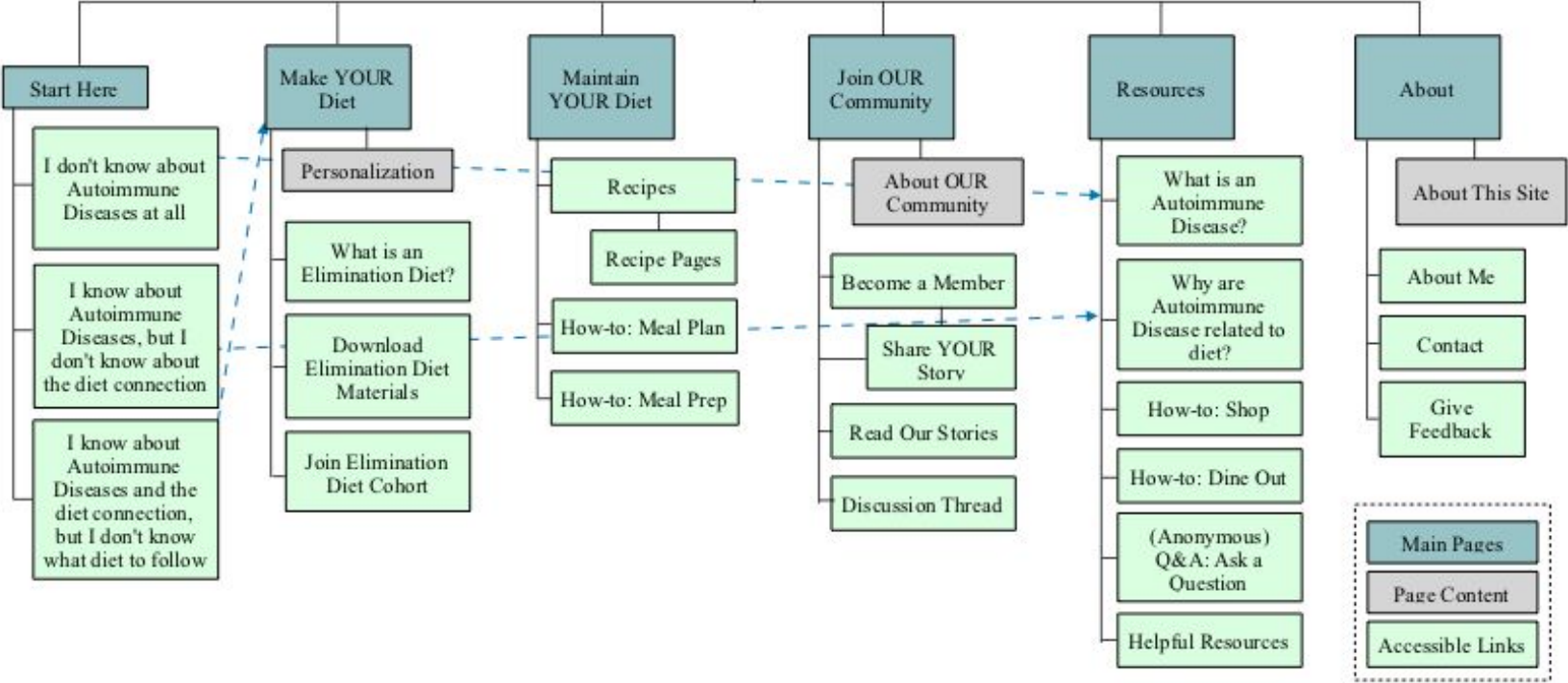


Picture Grading

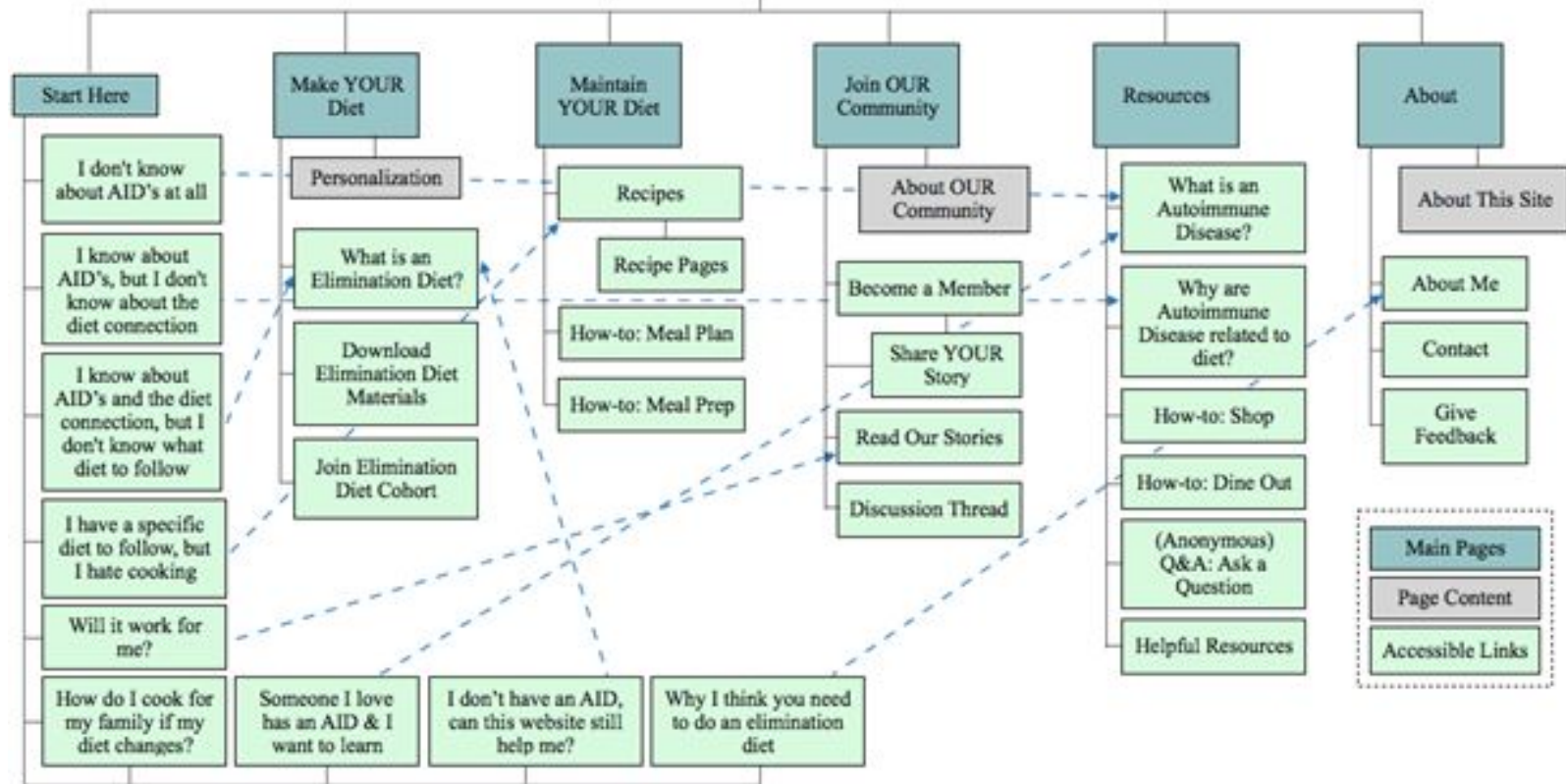


before - after

Greenebean Home



Greenebean Home





A DIET GUIDE FOR THOSE WITH AUTOIMMUNE DISEASE

DON'T KNOW
WHERE TO START?
CLICK HERE

I DON'T KNOW ABOUT
AUTOIMMUNE DISEASES
AT ALL

I KNOW ABOUT
AUTOIMMUNE DISEASES,
BUT I DON'T KNOW ABOUT THE
DIET CONNECTION

I KNOW ABOUT
AUTOIMMUNE DISEASES,
AND THE DIET CONNECTION,
BUT I DON'T KNOW
WHAT DIET TO FOLLOW

I HAVE TO FOLLOW A
SPECIFIC DIET,
BUT I HATE COOKING

WILL IT WORK FOR ME?

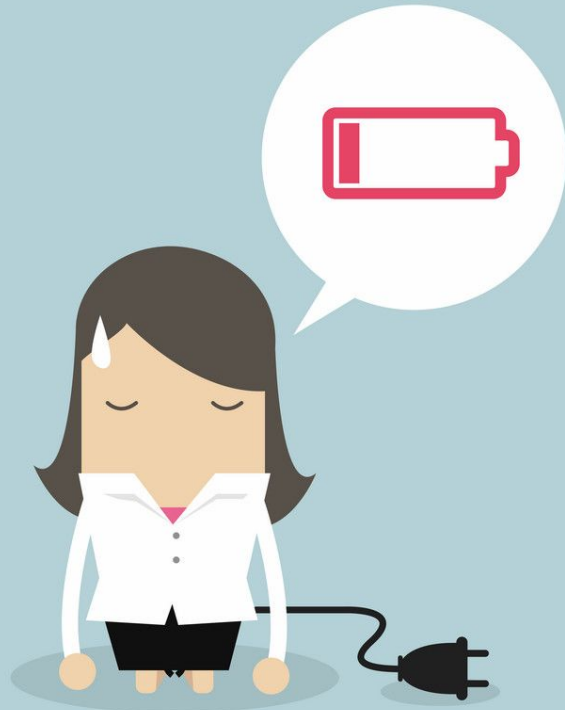
HOW DO I COOK
FOR MY FAMILY IF
MY DIET CHANGES?

SOMEONE I LOVE HAS AN
AUTOIMMUNE DISEASE,
& I WANT TO LEARN

I DON'T HAVE AN
AUTOIMMUNE DISEASE,
CAN THIS WEBSITE STILL
HELP ME?

WHY I THINK YOU NEED
TO DO AN
ELIMINATION DIET

DON'T KNOW
WHERE TO START?
CLICK HERE



Instructional
Incorporate Fun



Menu Planning

AKA your *survival*guide. You can't just throw something together like you use to... or order take out... or pick up fast food. You need to proactively plan for the fact that you can eat like a 'normal' person anymore and the key to making this work is planning ahead. Here is what I do, with tips, and I find it to be very effective;

1. I set aside some time to make a menu, around 20-40 meals. I scroll through Pinterest, or maybe a cookbook or two, and I write down all the things I want to make in no particular order. I could write down a whole thought-out meal, or just write 'artichokes' because I know I want to eat them in some fashion soon. Do this is a word document for editing purposes, because the plan will change as life happens.
2. Then I complete each meal. Look for items you can connect. Say you wrote down teriyaki salmon and elsewhere you wrote veggie lo mein - combine - done. Okay, I just wrote artichokes down... how can I make this a full meal? Well, I think I'm going to stuff them... what do I want with that? Some fish? Pasta? It doesn't matter - there is no wrong answer.
3. Then I arrange by day them keeping in mind two systems - protein base and culture. I want to avoid eating chicken 5 days in a row, so arrange your meals to be veggie-based, meat-based, seafood, etc. Mix it up. Be sure to include meals that don't revolve around an animal protein (its good for you and the environment and I will arm you with plenty of examples). The second system is culture-based meals. Avoid putting your vegetarian Mexican dish in-between chicken enchiladas and shrimp adobo. Mix up your cultures and flavors. It will keep you interested in your menu.
4. Plan for what you can. If you know you have a concert one night - plan to have leftovers before the show. If you're having people over for one day - plan that in to your menu to avoid major overhauls. If you have class until 10:00 at night, have leftovers or a frozen option available. Take the pressure off my planning ahead. Things will change and that's okay. It use to stress me out sticking to the menu like my bible, but don't, it defeats the purpose. So if you find out Thursday you will be out of the house all weekend - get a plan going. Maybe bring up that easy meal you had planned for next Wednesday and swap it out. This is why I suggest doing it on the computer.
5. Under each meal plan, write down all of the ingredients you will need. It will take a little practice, but you will soon learn to arrange your menus to really maximize what you buy. If you're thinking the rest of the cilantro will probably end up in the trash... consciously plan to use the other half of the bunch in a meal later that week. You will use fresher ingredients this way and will reduce waste.
6. Prepare your shopping list from the ingredient list you already made. Check what you already have. How much do you need? I write down ALL of the shelf-stable items for the entire menu. Then I write down all the perishable items for the first week at least. (Think about it - when can you go shopping next? How long does stuff stay good in the fridge for?) Then shop. Doing it this way allows you to just stop by and pick up your veggies for that next week - the list is already prepared and the shelf-stable items are already at home.

***Every single dinner I make, I make at least 3 portions of. I eat it that night and for lunch the next day. This is literally how I survive. Odds are your work or nearby your work doesn't sell awesome GFDF food right? You have to pack it. **

Does that sound miserable to you? I hope not. It's easier than it sounds - write down food you want to eat, organize it, do it. Still no?
Below are 6 of my GFDF menus.

Here are some tips when reading these:

- there are repeats
- there are meals that take a long time, there are meals that are short
- I didn't necessarily write down every ingredient. Odds are I left off spices or olive oil perhaps, so read with some scrutiny
- if it says 'out', I was out and didn't cook
- at some point I stopped writing the leftovers in
- you won't see meat on here besides chicken - switch for what you want
- if you don't like the whole meal, it doesn't mean it's useless, mix and match
- if you see something for 'Mike', that just shows an area where I made my husband something slightly different from what I ate
- it doesn't necessarily say GFDF before all items. So if you see 'flour' or 'sweet chili sauce' assume its GF and shop accordingly

Meal Prep

COOK 1 DAY, EAT FOR 5-7 DAYS

THE KEY IS VARIATION

GREAT FOR FAMILIES

WHEN IN DOUBT, DO THE 1-2-3: PROTEIN + CARB + VEGGIE
(SUB 1 AND 2 FOR MORE 3)

otherwise, mix it up

RAMEN JARS



1. Pick a Base - hoisin, chili paste, bouillon paste, peanut sauce, curry paste, gochujang, lemon pepper sauce
2. Add finely chopped veggies - bok choy, peppers, snow peas, mushrooms, zucchini, edamame, napa cabbage
optional: small pieces of cooked protein/tofu - beans, lentils
3. Add your noodles - uncooked rice or vermicelli or par-cooked spaghetti
4. Kick it up - green onions, thai basil, chopped spinach

- top with hot water, seal for 5 minutes
- want a little crunch on top? nuts, crispy onions, fried leeks, seeds, fried noodles
- don't use a 'regular-mouth' jar - you want wide-mouth

RAINBOW VEGGIES



Roast together and divide in to different meals w/ variation for the week

1. Slice a ton of veggies
 2. Arrange on sheet, toss in EVOO, S&P and bake 15 minutes on 400
- Divide and add to pasta, rice, quinoa, beans, (sweet) potatoes
 - can add protein but not necessary
 - Pick a sauce/seasoning to match



Beets + Beet Greens

Careful, they'll stain the shit out of your cutting board. Beets are high in nitrates and can even lower blood pressure. Beets are nature's candy and do yourself a favor and skip the Love Beets in the soggy package. They just aren't the same and you're missing out on the beet greens. No, they're not trash. They're also very delicious and you get two dishes from one item- score!

Roasted Beets

1. Preheat oven to 400
2. Cut off greens and set aside, carefully cut the ends off each root and with a knife, trim the skin off
3. Place each beet on a small square of foil, top with EVOO and crumble up
4. Roast the foiled beets for about 40 minutes, open, serve, or cut in to chunks

tips: people often peel them after roasting because the skin comes right off - but you are missing out on the caramelized outside that way! Eat as is or in a salad - pairs well with arugula.

Sauteed Beet Greens

1. Remove inner rib from leaf, separate from leaves
2. Dice stems into 1/2" pieces, roughly chop leaves, still separating
3. Heat EVOO on medium heat, add 1 T minced garlic and saute 2 minutes
4. Add stems and saute 5 minutes, add leaves and saute until slightly wilted, S & P

optional: if you aren't a fan of bitter greens, drop just the leaves into boiling water for just one minute then cool in cold water/on ice, drain of liquid and saute as directed. This process is called blanching and it removes bitterness.

optional: Sub garlic for shallots. Liven up with splash of lemon juice/zest



Brussel Sprouts

Let's thank mom's (and all parents) for what they do... but let's be honest... some of their food choices were whack. I remember finding out the main ingredient in my favorite soup broth was ketchup, that my mom put half a stick of butter per potato in her mashed, and these dang brussel sprouts were boiled! I ate one, one time, and never again! Do yourself a favor and re-discover these cruciferous little goodies outside of momma's boiling. They are packed with fiber, Vitamins C & K, and are low in calories.

Roasted Brussel Sprouts

1. Preheat oven to 425
2. Remove ends, cut in halves
3. Toss in EVOO, lay on flat sheet, season with S & P

Recipes

FILTER BY:

AILMENT
SENSITIVITIES (SELECT ALL)
CRAVINGS

GF
DF
NF
VG
V
SYF
SGF



GLUTEN AND DAIRY FREE

Creme Brulée

GF
DF
NF

PREHEAT 325



ONCE SIMMERING, REMOVE FROM HEAT AND COVER FOR 15

1 CAN OF COCONUT CREAM (NO LIQUID)
3 TEASPOONS OF VANILLA EXTRACT



in a separate bowl

CREAM TOGETHER
4 EGG YOLKS
2/3 CUP WHITE SUGAR



WHILE WHISKING, COMBINE MIXTURES

POUR INTO 2-3 RAMEKINS
PLACE IN OVEN SAFE DISH
WITH PAPER TOWEL AT THE BOTTOM



FILL WITH HOT WATER
HALFWAY ON THE RAMEKIN



BAKE FOR 40
UNTIL GOLDEN

Cool in fridge

3 HRS - OVERNIGHT
(UP TO 3 DAYS)



TOP WITH 1 TABLESPOON OF WHITE SUGAR
BLOWTORCH UNTIL CARAMELIZED



crack it!





APRIL 3RD *Get Outside*

THE BENEFITS OF FRESH AIR, VITAMIN D, AND STAYING ACTIVE AMID SOCIAL DISTANCING

[VIEW MORE BLOG POSTS](#) ▼





Informative, Simple
Concise delivery
Eliminate Guesswork

Foods alone won't cure hypothyroidism. However, a combination of the right nutrients and medication can help **restore thyroid function and minimize your symptoms**. The connection is... confusing. Since the thyroid impacts your metabolism, this may make it difficult to gain/lose weight and definitely increases your chances of developing diabetes, heart disease, nutrient deficiencies, and high blood pressure. Also, separate from that - if you have thyroid disease, you're very likely to have Celiac Disease (Gluten ALLERGY) or gluten intolerance (INTOLERANCE - still to be taken very seriously. Gluten will impact a Celiac/intolerant person in the way same except Celiacs can be determined by a blood test and will cause permanent stomach-lining damage. For more info: <https://gluten.org/resources/getting-started/celiac-disease-non-celiac-sensitivity-or-wheat-allergy-what-is-the-difference>). The autoimmune part of the disease causes your body to attack all these thyroid-nutrient-related-items. I know my non-medical description isn't the best, but hear it is; your body will **hold on to the bad stuff and can't properly utilize the good**. This is why people with autoimmune diseases heavily limit and *diet* yet still feel bad and have no energy - because they are limiting/removing the wrong things. It's not a diet, it's a lifestyle. The thyroid and the gut are one - remember that.

I was treating my hypothyroidism for five years before I learned I had gluten intolerance as well. As you read in [The Journey](#) portion, I was monitoring my blood-work and doing everything by the book. I was **constantly** sick. Every. Single. Day. I was tested for Celiac's a million times - always negative. I ate a vegetarian, minimally processed, healthy diet. My joints and muscles told me not to exercise - it hurt too much. I did it anyway. The wedding was coming and yes, I wanted to look good. Sue me. I was the heaviest I've ever been and although it's vain, I have to live with that feeling when I look at the photos. In just that eight months, I gained 17 pounds. Don't you dare say it was muscle. I was **constantly** more horrendous. Less than a year later - I read about gluten sensitivity and felt I found the answer. I went on a "Farewell to Gluten" tour - pizza, sushi, ravioli, cake, bagels.

Then I quit. All of it. I lost 45 pounds in three weeks. **THREE WEEKS**. To quote my Dr, who did not suggest a GF diet, "the only way you can lose weight like that is if you removed something from your diet." My joints became soft. I could breath better. My heart rate slowed. It was everything. And guess what - I found it. I went to Doctors 64 times in those 5 years - primary care, endocrinologists (2), ENT, and a **not** anti-Doctor, but hear this - with autoimmune diseases, your symptoms may be all over the place and so if the 'numbers' look good - you're sent home. There is no care for your quality of life. I was diagnosed with; IBS, depression, anxiety, fibromyalgia, systemic lupus, chronic fatigue syndrome, B12 deficiency, chronic dry eye, arthritis, etc. etc. People, it was the pasta.

Also, I hate the word "sensitivity." You will hear and read that word over and over and I encourage you to use the word *intolerance* instead. I am sensitive to caffeine, I am intolerant of gluten. So even though I will not experience the permanent intestinal damage associated with Celiac's (which I am grateful for), everything else is the SAME. Don't undermine the word and don't undermine the experience. Two months later, I gave up dairy and lost another 5 pounds, but finally everything was stable and I was my normal 'size.' Is my health perfect now? I want to say yes, but I can't. It's still far from it - I still feel slightly sick all day, everyday. But life is **TEN FOLD** better since giving up these food groups and that's what makes this strict lifestyle possible. People will say "oh, you can't have that? you poor thing!" Yup, true, it does suck. But it's FINE. If it wasn't incredibly beneficial to my overall health and well-being, trust me, I would be back to eating cheese on the daily. Regardless of if you have a Celiac diagnoses OR NOT - Some nutrients heavily influence the function of the thyroid gland, and certain foods can inhibit your body's ability to absorb the replacement hormones you may take as part of your thyroid treatment.

First, let's talk about the **bad stuff**.

Gluten: Gluten is a protein found in wheat, barley, and rye. Therefore, gluten isn't wheat, gluten is in wheat. So when looking for gluten-free foods, don't just look for 'wheat' in the nutrition information. It's the #1 thing to give up when you have thyroid disease and there is research that says your body actually mistakes gluten as the thyroid hormone - thus leading to more 'attacking' and less absorption of the real deal. Many restaurants and companies are on this - unfortunately because being gluten-free is now a 'fad diet.' Fact is everyone will feel better without gluten, but these folks are diminishing the strict guidelines we NEED to know. Anyway, let's look at the positive side because now there are tons of specialty products and even gluten-free menus available for all. Oh, and rice is your new best friend. "There is NO SUCH THING as being partially gluten free. It's not like a regular diet where you try not to eat cake but if you do - oh well. YOU CAN'T CHEAT. YOU CAN'T JUST HAVE A LITTLE.' Let's be frank, shall we... It's not like you just won't shit for a day or two, it works it's way through your system and brings back MANY OF YOUR SYMPTOMS. After being very strict for ten months, I ate half a bagel to see what would happen... it wasn't just digestion, nausea, and bloating... my knees doubled in size, I could barely get my shoes on, my hands ached, I got a migraine, and it all stuck around for about a week. REMEMBER - A DIET IS A CHOICE. AN ALLERGY/INTOLERANCE IS NOT A CHOICE AND YOU CANNOT EAT IT UNDER ANY CIRCUMSTANCE. " **Dairy:** It's not just milk, but also casein. So Lactaid and lactose-free products aren't enough. Also, vegan products can still contain dairy-derived sources, so that isn't good enough either. It's milk, butter, cheese, - but it's also in all kinds of shelf-stable products. There are people who are able to eat aged cheeses (like Parmesan), because the casein has been removed, but that is something to try down the road. What's good is there are a variety of dairy alternatives - coconut, almond, rice, oat, etc. Dairy-free butter tastes the same but you can say goodbye to good cheese alternatives. A nut-cheese is a delicious goat/feta-like alternative, and yogurts and cream cheese alternates are also very good. Bye bye gouda, cheddar, mozzarella, and worst of all - no more ooey gooey. Dairy-free cheese does not melt and it's bullshit. You might not need to give up dairy at all, you may need to give it up completely, or you might benefit from a mostly dairy-free diet, unlike gluten. But be honest with yourself - is it partial because you genuinely feel fine having a little or is it because you "just can't give up cheese??"

Soy: Some research suggests that consumption of soy may interfere with your ability to absorb thyroid medication. Therefore, you might not need to give it up completely but rather, wait four+ hours before eating any soy after taking your medication. I don't *believe* have a soy problem, but I do know a hypothyroid person who does. You will have to test the waters for yourself. Soy is one of the main allergens so if a product contains soy - there is no funny business - it will say right on the package.

Fatty/Fried Foods: Again, you probably don't have to give up these delicious items, but you might find you feel better when you do (everyone would though!) Keep it to a minimum if you can. When I eat these items, my acid reflux goes crazy and my belly does not appreciate the shock. It's hard to say if I'm more symptomatic, but it definitely doesn't help. There is also research that **sugary foods, high-fiber foods, starches, nuts and seeds, processed foods, and a meat-heavy diet can all negatively impact thyroid function**.

For me and for many, big offenders are **coffee** and **alcohol**. I know, I know. The caffeine makes my heart rate increase a bit too much and feeds into the dizzy/shakey feeling I have daily anyway. Alcohol destroys my stomach, dehydrates me to an not-normal level, and makes me ill very often. My husband will drink 8 glutinous beers, I will have 1 glass of wine (which I don't even like) and guess who's sick that night. I know, I know.

- I explain the need to eat/hydrate like a diabetic needs to eat/hydrate (not to compare diseases and functions whatsoever). If I don't eat breakfast, by 12:00, my hands will start to shake, my vision will blur, and the nausea will set in. Sometimes it sticks and I start puking for the next few hours (because the stomach acid is empty and bored) and sometimes I can eat a quick snack and make it stop. I've learned this the hard way over and over again. Trust me, you look nuts running out of work puking when you were fine literally 10 minutes ago.
- Drink water. Duh right? Well, I'm a sicko who would drink about a 10z oz of water a day. You're thinking that's not possible - but it is, it was. My body was accustomed to being chronically dehydrated. I have to drink three 22oz bottles everyday fear-factor style - just get it down. It helped with my skin issues and lessened the brain fog.
- There is gluten in a lot of cosmetic products like shampoo and lotions. This doesn't always impact people, but it can, I suggest making the switch to all GF products and if 6 months minimum go by and you honestly feel no difference, you can return to your previous favorites.
- Don't be guilted into eating questionable food. I love my mother-in-law (no, I really do), but she doesn't understand gluten/dairy-free to save her life. After a few months of being GFDF, she made me a chocolate cake special for Christmas. What was I to do?? I painstakingly went over the ingredients with her, which I already felt bad about, and it did seem fine - so I ate one slice. Most people might puke on Christmas from having too much to drink, I was puking because I was too nice. There was melted butter in that damn thing. This has happened time and time again and STILL does even though I have refused things solidly for over a year. Every holiday. "I made this special GFDF pie JUST FOR YOU." "Oh, vinegar is distilled with grain?? I didn't know that." And you shouldn't! Long story short, I don't eat anything prepared by other people and no, they don't get it. They'll show you the GF pasta (right next to the tub of butter) and think they did their job. It's not their fault and you will feel bad refusing the super-kind accommodation they made special just for you, but unless you can 100% guarantee this person knows what they're doing - don't eat it. Toss that shit in the trash and say it was delicious. You look out for you. How to make things less awkward? Any and every source would tell the host they must accommodate all diets (vegan, gluten, etc.), but tell them to please save the trouble. Kindly and respectfully say you have extreme diet issues and wouldn't want to impose that on them. Warm people *head of timethat* you will be bringing a GFDF dish (or two) to SHARE with everyone and that the host does NOT need to accommodate you. If they insist - tell the truth. It's better than being coy and seeing the chocolate cake twice later. Perhaps bring a little extra leftovers and eat that to the side, but be sure to still make a dish to share that you can safely enjoy. Show off your new GFDF cooking skills!



Autoimmune Disease & Diet

LEAKY GUT

It's thought that Autoimmune Diseases are caused by tiny holes in the intestines. This releases food particles into the body, which causes the immune system to react.



INFLAMMATION

Autoimmune Diseases cause inflammation in various parts of the body. Eating anti-inflammatory foods reduces the attack response and in turn, reduces inflammation.

WILL IT HELP ME?

Do you have an Autoimmune Disease? Then most likely, YES!

You won't know until you try

We have everything you need

THERE IS EVIDENCE THAT THE

Paleo diet, the

Autoimmune Protocol diet and the

Low FODMAP can all reduce symptoms

so what does that mean?

YOU NEED TO TAKE THE GOOD FROM EACH
& make your own diet

WHAT CAN YOU DO?

1) FIND YOUR FOOD IRRITANTS

CLICK HERE: [ELIMINATION DIET](#)

2) EAT NUTRIENT-RICH, NATURAL FOODS

CLICK HERE: [RECIPES](#)

[Disclaimer](#)

[References](#)

Elimination Diet

WHAT IS IT?

YOU REMOVE FOODS FROM YOUR DIET FOR A SHORT TIME THEN REINTRODUCE THEM IN SMALL AMOUNTS WHILE MONITORING SYMPTOMS.

WHY WOULD I DO THAT?

BY MONITORING YOUR SYMPTOMS, YOU ARE ABLE TO INDICATE FOOD IRRITANTS COMMONLY ASSOCIATED WITH AUTOIMMUNE DISEASES.

WHAT WILL THAT DO?

FOR MORE INFO ON THE AUTOIMMUNE DISEASE-DIET CONNECTION, [CLICK HERE](#)

ONCE YOUR FOOD IRRITANTS ARE FOUND, YOU MAY HELP HEAL YOUR GUT, REDUCE INFLAMMATION, AND ELIMINATE OR DECREASE YOUR SYMPTOMS.

SHOULD I DO IT?



DO YOU WANT TO FEEL BETTER?

What's next?



[Disclaimer](#)

[References](#)



Q: I'm traveling to Boston next month for work, any GF restaurant suggestions?

ANSWER

A: Puro, Barcelona

A: for on-the-go meals, check out "by Chloe.", Poke Works, or Grainmaker



Mike431

A: findmeglutenfree.com will give you a list of all restraints! And it's based on ratings so you can really guarantee you're going to the right place ★★★

A: Even though it's a chain, Legal Seafood locations have dedicated GF-Fryers!

FILTER BY:

- GF
- DF
- NF
- VG
- V
- SyF
- SgF

AILMENT
SENSITIVITIES (SELECT ALL)
CRAVINGS

A wooden-textured box containing a filter menu. On the right side, there is a vertical list of seven colored circles with labels: GF (light blue), DF (yellow), NF (pink), VG (light green), V (yellow-green), SyF (light purple), and SgF (blue). On the left, the text "FILTER BY:" is followed by a white dropdown menu with a downward arrow. The menu is open, showing three options: "AILMENT", "SENSITIVITIES (SELECT ALL)", and "CRAVINGS".

GLUTEN AND DAIRY FREE

Creme Brulée

- GF
- DF
- NF

A wooden-textured box with the text "GLUTEN AND DAIRY FREE" in a simple, uppercase font. Below it, the words "Creme Brulée" are written in a large, elegant, black cursive script. On the right side, there is a vertical list of three colored circles with labels: GF (light blue), DF (yellow), and NF (light green).



Evidence-based research
Rely on shared experiences
Utilize community

How to Start

1. Doctor's would say not to do this, but too damn bad. Go on a *Farewell to Gluten Tour* for no more than a week. Eat all your favorites one last time because life is short.
2. During that time, do your research. Learn all of the red flags and gluten-related terms that you may find on a nutrition label and save them in your phone.
3. Check your favorite items now and learn what you can and can't eat from that list. Check the product websites and popular Celiac-friendly blogs. If you cannot find the answer - that's your answer. You might be pleasantly surprised that many of the items you are currently eating are in fact GF.
4. Toss or give to a friend all your gluten-containing fridge items. You need to do this for a minimum of 6 months and it's best to get it out of the house. It's going to expire anyway. I put aside the shelf-stable glutinous items until I was sure it was working for me and once I was sure, I put them all on the counter at work with a Take Me sign. They were all gone in 5 minutes. Do one better and donate all sealed items to a pantry, just don't throw good food out - not cool.
5. Next, you'll want to prepare a food log. The important thing here is to figure out 1) if going GF is improving your health, 2) how so, and 3) if you are able to locate other irritants.
 - For example, alcohol really makes me feel ill. So say on a Saturday I write down everything I've had including the alcohol. When I don't feel well the next 1-2 days, I will look back. Okay, maybe it was all the garlic - test it - eat garlic in a similar fashion again - *wait three days* - what were the results? (It is important to test *each item by itself* and give your body a few days to react. If you wait one day for the garlic test and then move on, you won't be able to single out your irritants). Okay, maybe it was the raw kale - test it - wait 3 days. Work through the meals systematically even though it can be frustrating to do so. By doing this, I was able to find that garlic, alcohol, (decaf) coffee, caffeine, sugar, avocados, chilis, citrus, and carbonated items all made me feel not well. And if you're thinking well, everyone experiences this stuff when they drink alcohol, and yes, you would be right, but it's different because of the [The Food Connection](#) and the thyroid. These irritants don't just irritate you, your body is attacking these items and making it so you don't absorb the synthetic thyroid medication.
 - Here is an example of what I'm talking about - it's a food AND symptom tracker as well as a place to mark your potential weight loss. Fill one out everyday and change the symptoms to those that suit you - these were my daily symptoms at the time.

IF YOU FEEL YOU MAY HAVE AN AUTOIMMUNE DISEASE, SCHEDULE A VISIT WITH YOUR DOCTOR

write down your symptoms ahead of time
insist on testing

NOTE: THE RESOURCES ON THIS WEBSITE WON'T BE HELPFUL WITHOUT A DIAGNOSIS

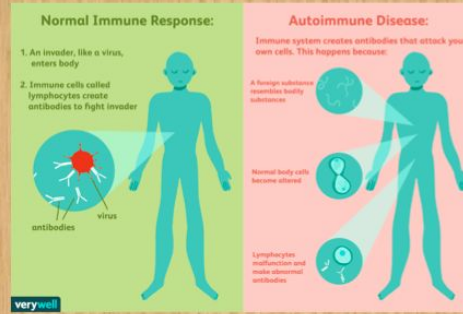
[Disclaimer](#)

[References](#)

Autoimmune Diseases

A normal immune system produces antibodies to attack harmful bacteria and viruses. If there is nothing harmful to attack, the immune system doesn't act.

An Autoimmune Disease mistakes safe cells for harmful cells and begins to attack some part of the body.



FOR MORE INFORMATION ON THE IMMUNE RESPONSE, CLICK THE IMAGE:



Some Facts:

- There are about **100** of these complex diseases
- The autoimmune response may attack your skin, a single organ, or a *whole system*
- They can cause *symptoms* all over the body
- 75% diagnosed are *women*

FOR A LIST OF AUTOIMMUNE DISEASES, CLICK THE IMAGE:



Q & A

SHOOT FOR THE ★'S
ANSWERS RATED BY OUR USERS

ASK A QUESTION:

▼ ASK THROUGH PROFILE
ASK ANONYMOUSLY

SEARCH QUESTIONS:

Q: How long does it take for symptoms to start decreasing if you've found a food irritant?

ANSWER



Stephanie21

A: For me, with gluten, it started within a few days and things continued to rapidly change for about four weeks. I started losing weight immediately and that continued the whole time. Arthritis, inflammation, fatigue, and muscle aches are so much better now!

A: It happened so gradually that it was hard to notice at first. After a month I was like, oh wow, something's happened!! ★☆☆

Q: What brands of gluten-free pasta do you like?

ANSWER

A: Some of your current favorite brands have great options - Barilla, Prince, etc.

A: I highly recommend rice noodles - not for marinara - think more Pad Thai

A: chickpea pasta

A: I usually buy Barilla in the store, but you can order your favorite in bulk on [thrive.com](https://www.thrive.com) ★☆☆

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A DIET GUIDE FOR THOSE WITH AUTOIMMUNE DISEASE

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DON'T KNOW
WHERE TO START?
CLICK HERE



Rachel27

AGE: 29

HASHIMOTO'S THYROIDITIS



Validation

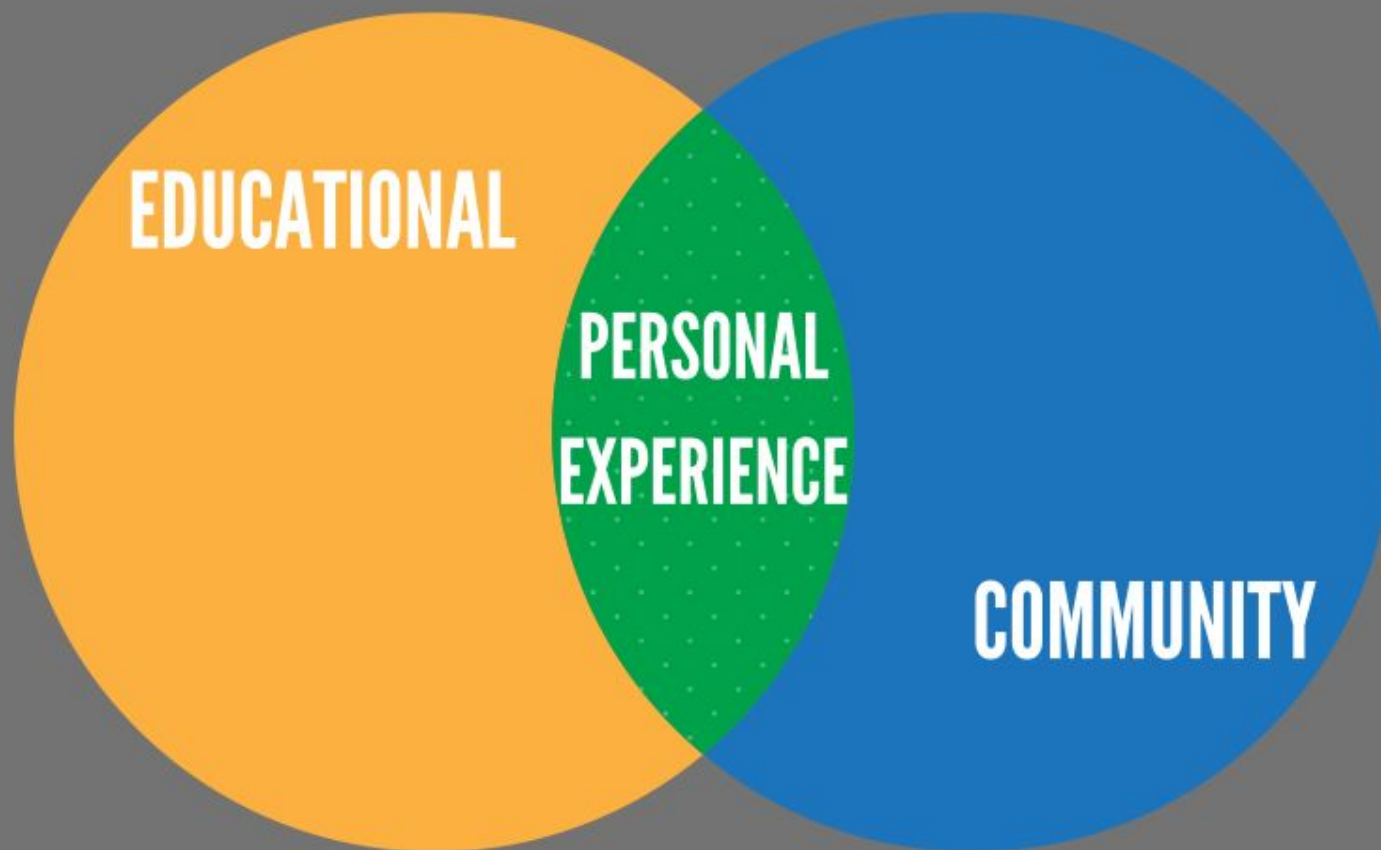
Mutual experiences

Emotional support

A decorative border composed of numerous stylized human figures in various colors (blue, red, orange, green) and poses, arranged in a large, rounded rectangular shape around the central text. The figures are arranged in a repeating pattern of colors and some are shown in dynamic, active poses.

Improving you, together.

Adopting New Behaviors



My Story



**We need to see the people who have
lived through a particular experience as
the expert on their issue.**

TedTalk, Aspen Baker, 2015





Rachel27

AGE: 29

HASHIMOTO'S THYROIDITIS

CHECK-INS

VIEW OTHER
CHECK-INS

AUGUST 9TH

- HOW ARE YOU DOING TODAY?** I feel quite good. The sun is out, my jalapeños are growing nicely, and it's Saturday!
- HOW ARE YOUR SYMPTOMS?** Still have the congestion and my hip is so soar. Otherwise, everything is under control.
- EAT ANYTHING GOOD LATELY?** Thai Chicken Soup, people! I was apprehensive at first, but oh wow, it might be my new go-to soup. I posted the recipe on the [recipe](#) page, check it out!
- ANYTHING TO SHARE?** If you're like me and you live with chronic congestion (nasal drip goes down + acid reflux goes up = very angry throat), the moisture level in your house really makes a difference. You might not even be aware your house is dry - look [here](#) to check, and then do something about it! I recommend a humidifier, I have this [one](#).

2 COMMENTS



MY STORY

I use to be perfectly healthy before. Then trauma struck and something reset in my body, permanently. My head was stapled and my tooth replaced, but something deep down rewired my system and how I processed pain. I felt sick 24/7. I would sleep 11 hours a night and couldn't keep my eyes open during the day. I was nauseous all the time and threw up a few times a week. I couldn't digest, my nails were falling apart, and my hair falling out. My muscles were soar head to toe, my joints were on fire. I was dizzy, bloated, in a constant state of heart-burn, and my skin looked like paper left in the sun too long. I was gaining weight despite eating a low-processed, vegetarian diet... [keep reading](#)

5 COMMENTS



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ANSWER

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comment

ANSWER

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ANSWERS RATED BY OUR USERS

comment

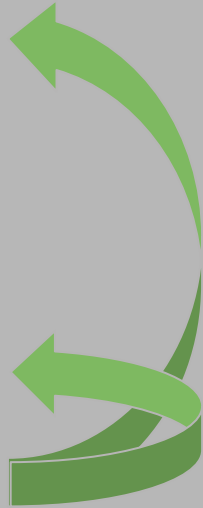


Mike431

A: findmeglutenfree.com will give you a list of all restraints! And it's based on ratings so you can really guarantee you're going to the right place ★★★

Next Steps

- Constituent-building
Feedback
- Disclaimer
- Elimination Diet
- Alternative Learning
- Monitoring/Evaluation
- Going Live





Questions