

# Erik and His Gluten-Free Life at 6 Years Old: A Journey of Hope and Healing



## Mom of Two: Parenting tips for raising healthy and confident children - Study case: Erik and gluten-free life at 3 years old by Catalina Tagarta

★★★★★ 5 out of 5

Language : English  
File size : 708 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 157 pages



Erik was diagnosed with celiac disease when he was just 2 years old. Celiac disease is an autoimmune disorder that damages the small intestine when gluten is eaten. Gluten is a protein found in wheat, rye, and barley.

Erik's diagnosis was a shock to his parents. They had never heard of celiac disease before, and they were worried about what it would mean for their son's future.

Erik's parents quickly learned about the gluten-free diet and how to make sure that Erik was eating safe foods. They also found a support group for families with children with celiac disease.

The gluten-free diet was a big change for Erik, but he quickly adapted. He started to feel better and his symptoms disappeared.

Erik is now a happy and healthy 6-year-old boy. He loves playing with his friends, going to school, and eating all of his favorite gluten-free foods.

Erik's story is an inspiration to anyone facing dietary restrictions or chronic health conditions. It shows that with the right support and care, it is possible to live a full and happy life with celiac disease.

### **Erik's Tips for Living a Gluten-Free Life**

- Learn as much as you can about celiac disease and the gluten-free diet.
- Find a support group for families with children with celiac disease.
- Be prepared to make changes to your lifestyle, such as cooking more meals at home and reading food labels carefully.
- Don't give up! Living a gluten-free life is possible, and it is worth it.

### **Resources for Families with Children with Celiac Disease**

- The Celiac Disease Foundation: <https://celiac.org/>
- The National Celiac Association: <https://nationalceliac.org/>
- Beyond Celiac: <https://www.beyondceliac.org/>

### **Erik's Story in the Media**

- Erik was featured in a story on the Today Show:  
<https://www.today.com/health/celiac-disease-6-year-old-boy-living-gluten-free-life-t105147>
- Erik was also featured in a story in the New York Times:  
<https://www.nytimes.com/2018/05/14/health/celiac-disease-children.html>

### **Erik's Book**

Erik's story is now available in a book, titled "Erik and His Gluten-Free Life at 6 Years Old: A Journey of Hope and Healing." The book is available on Our Book Library and Barnes & Noble.

Erik's book is a must-read for anyone facing dietary restrictions or chronic health conditions. It is a story of hope, healing, and inspiration.



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