

Celiac Discovery

Regaining My Health and Well-Being

Kati Rodzon

QS 2013







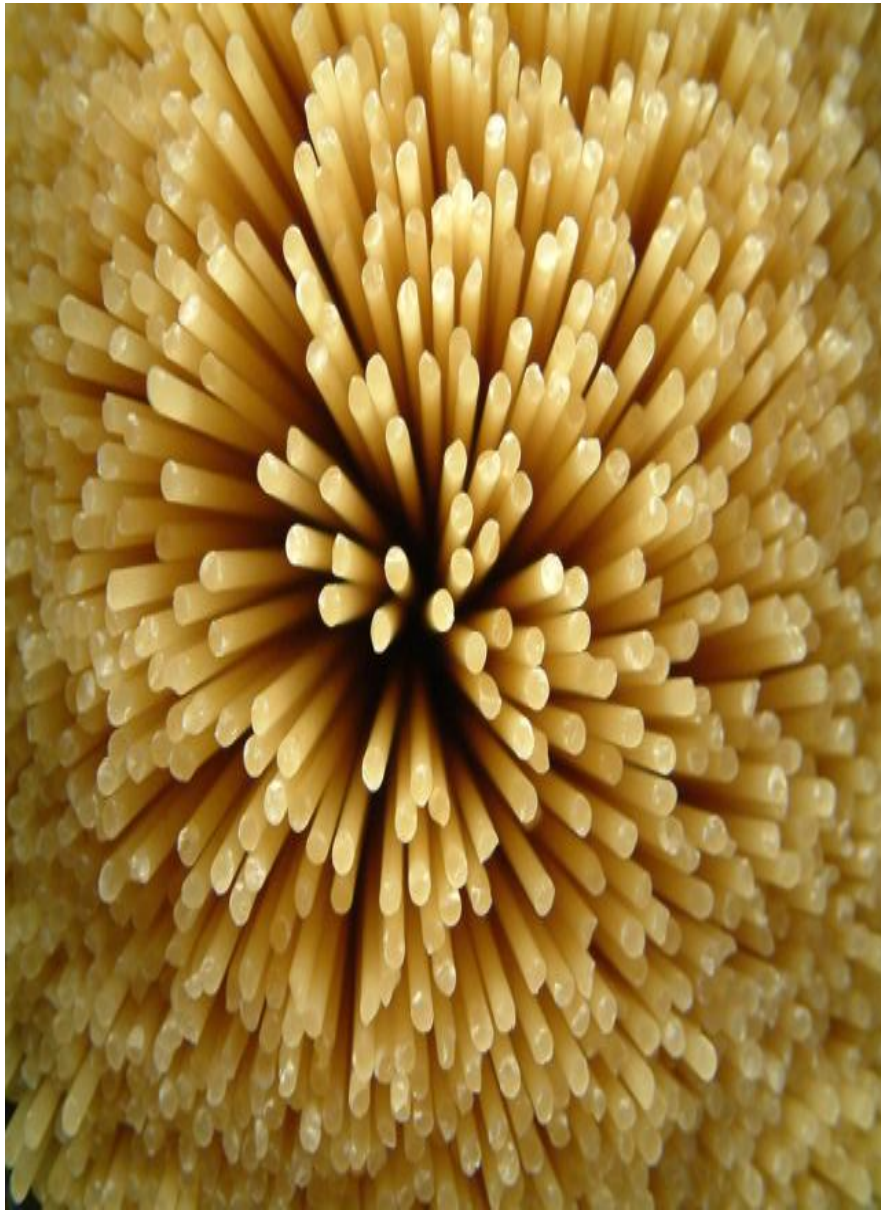








Elimination Diet

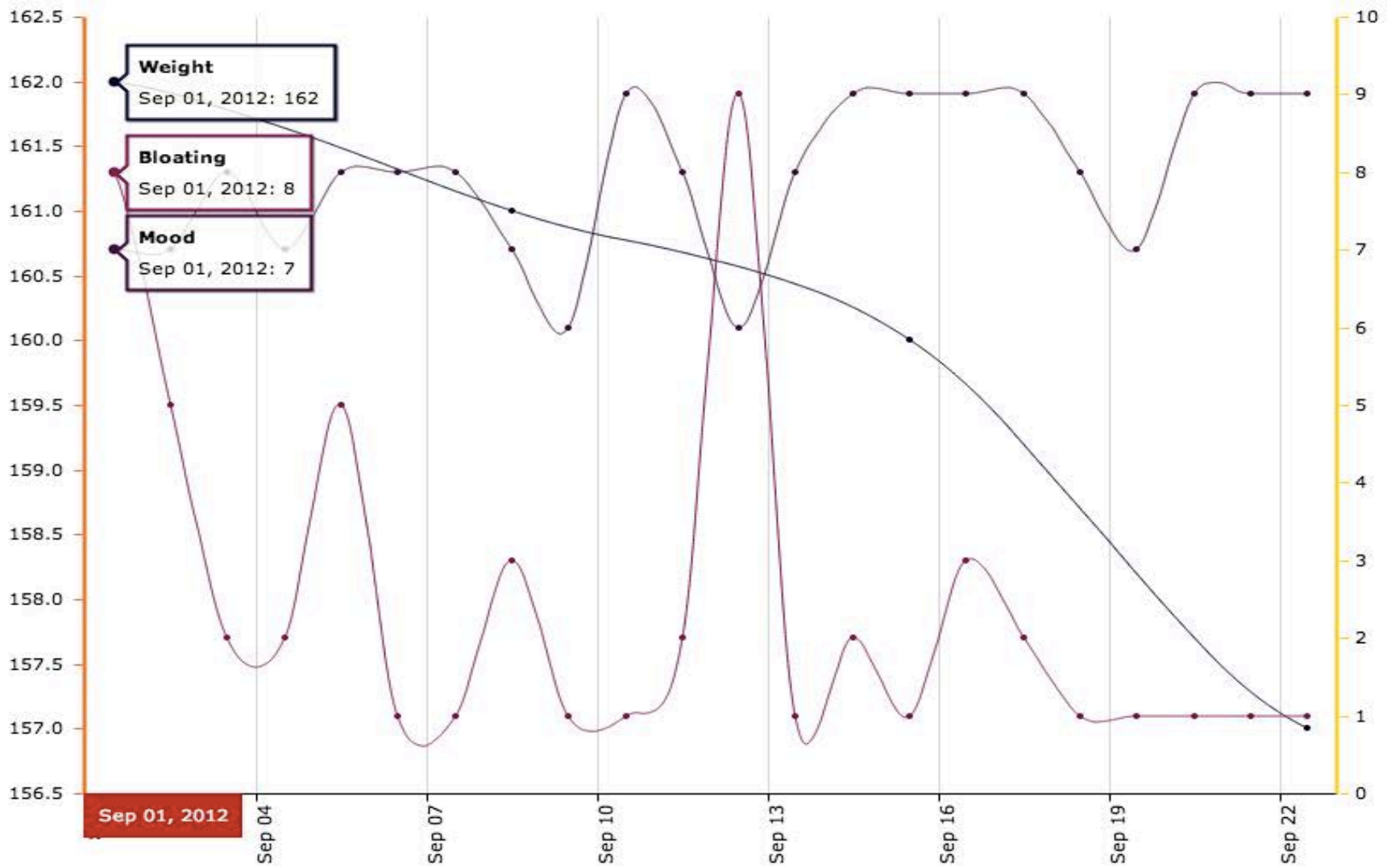


I'VE GOT MY
MONDAY
FACE ON.

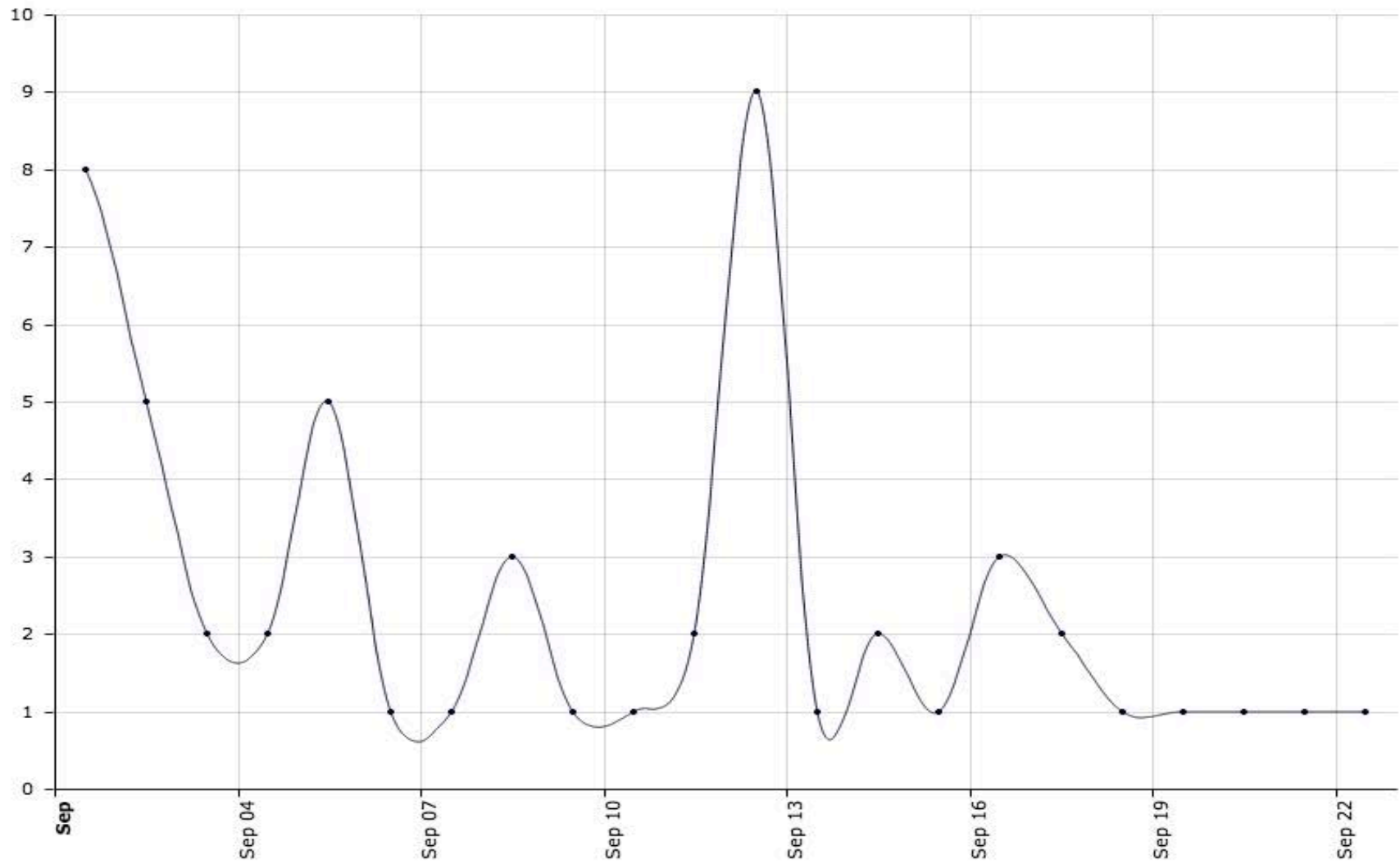


How I Did It

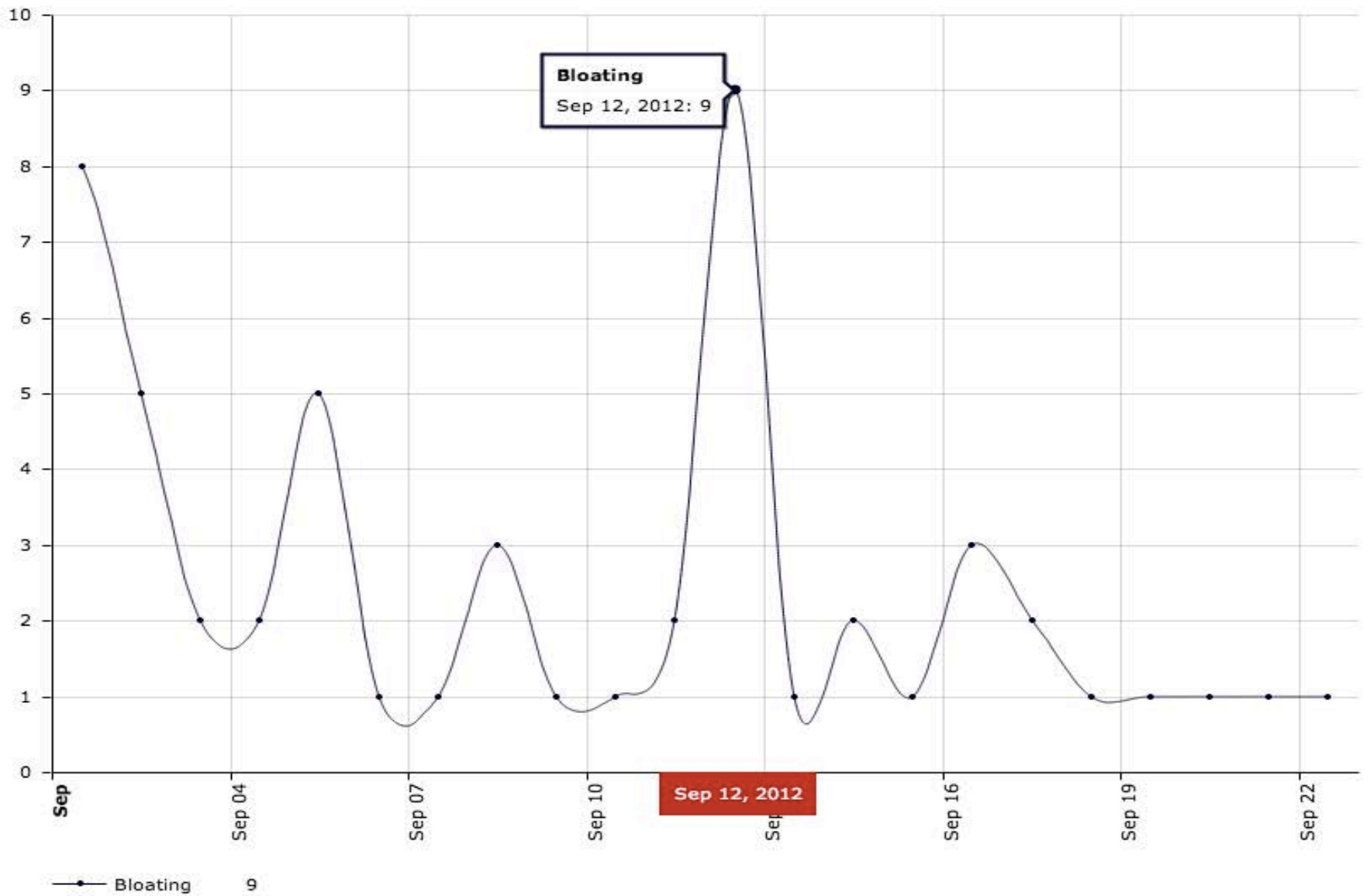




—●— Weight 162 —●— Mood 7 —●— Bloating 8



—● Bloating



FITNESS

Weight

MEDICAL

Blood Sugar

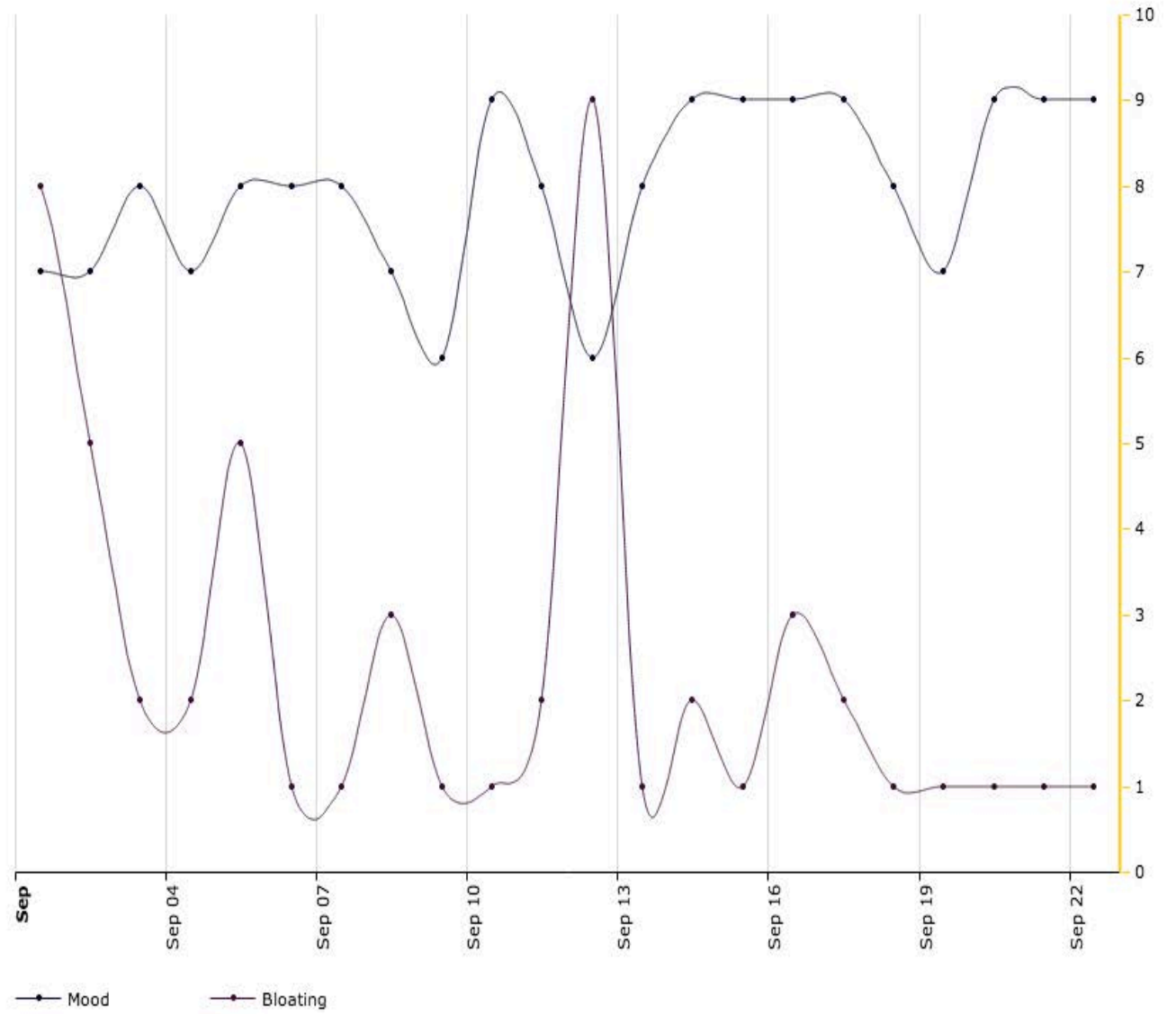
HAPPINESS

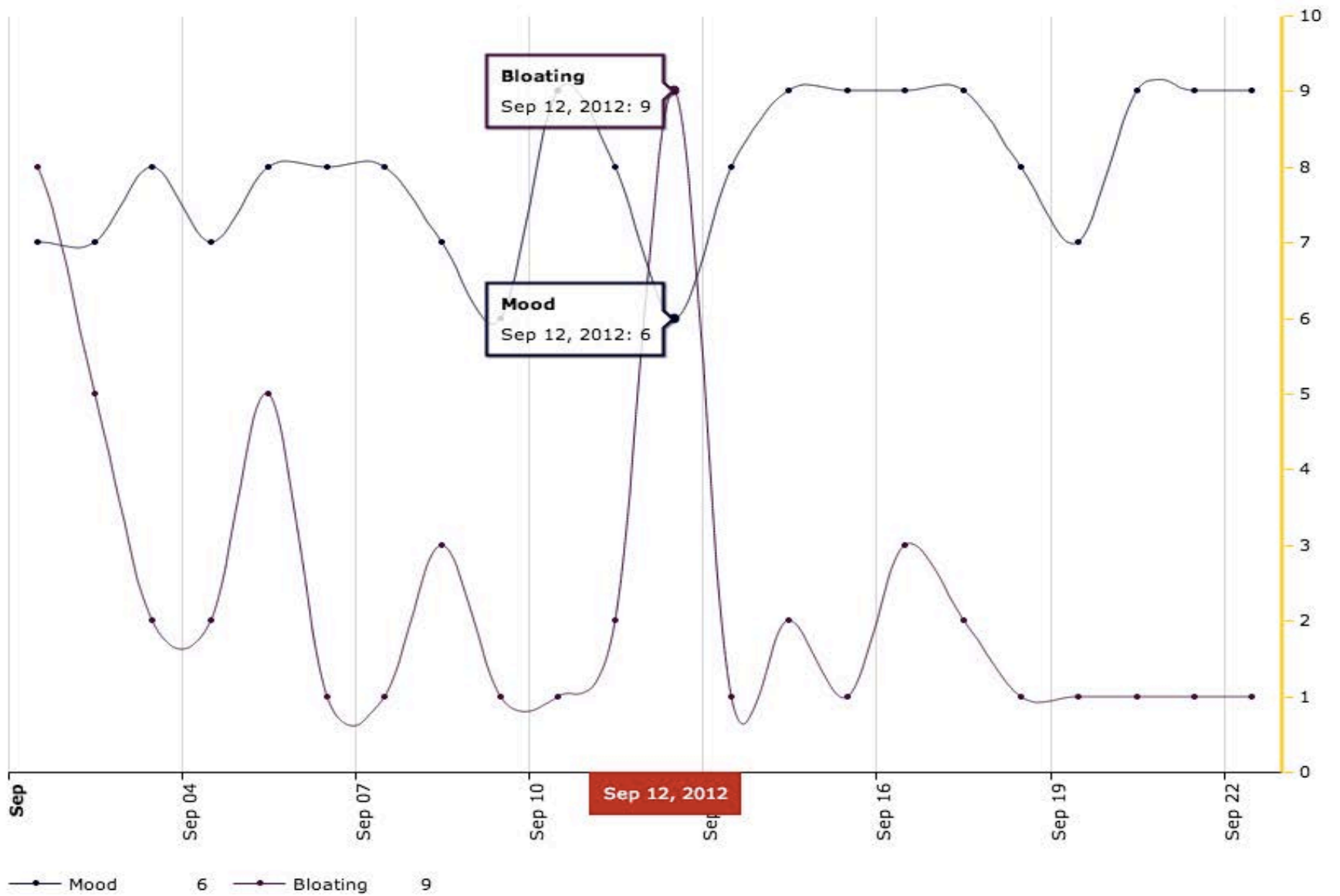
Mood

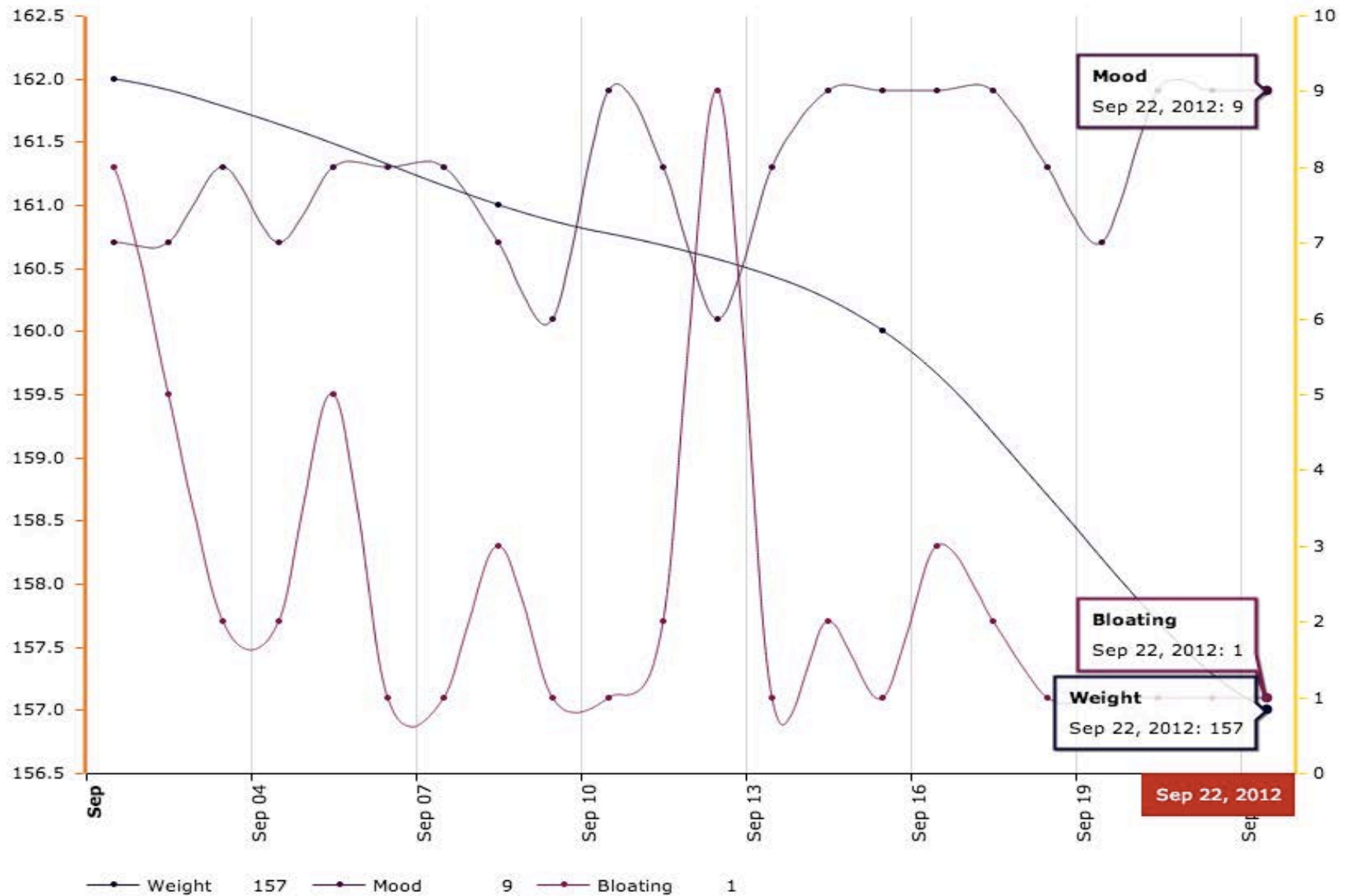
Bloating

DATES

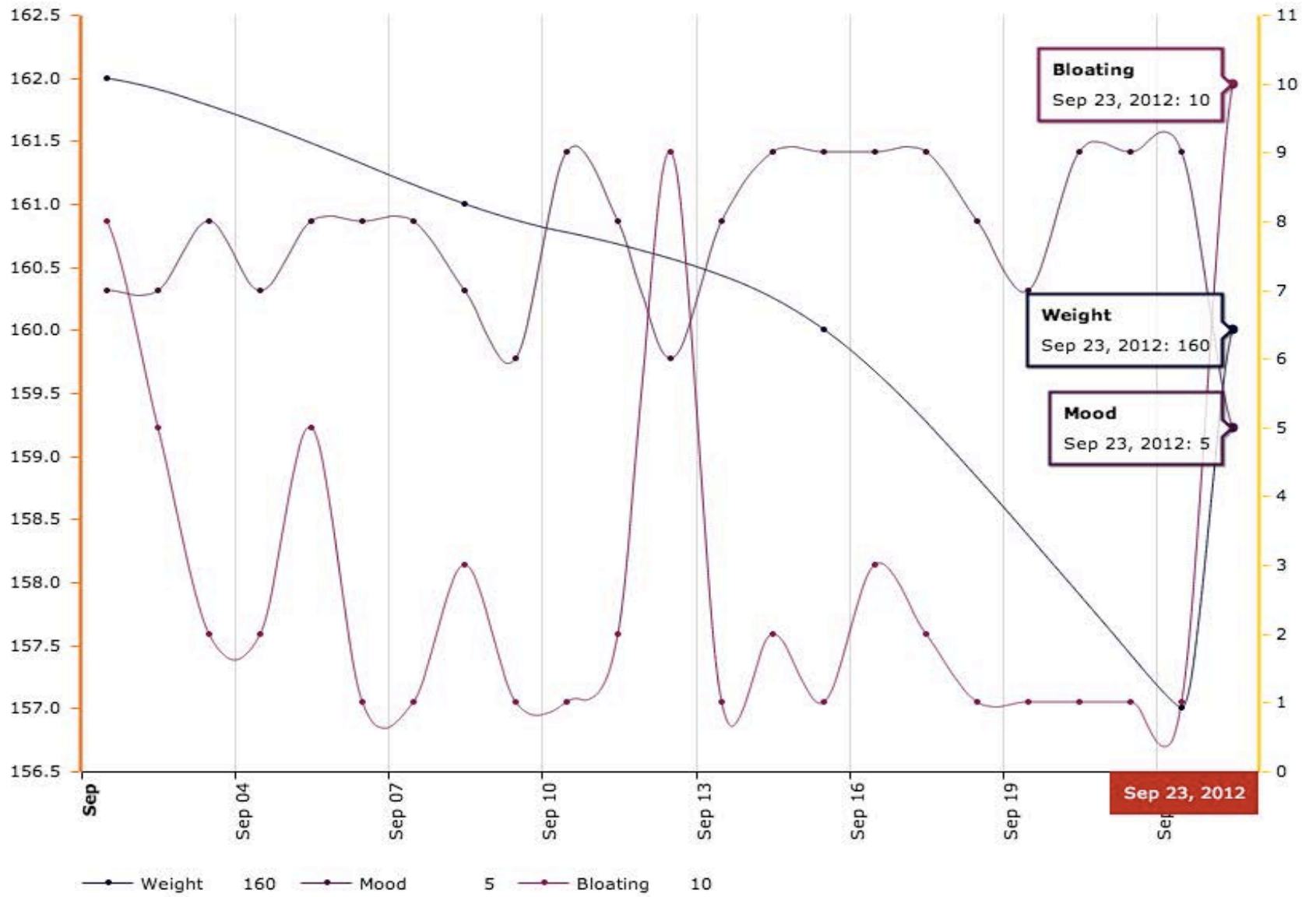
2005-01-01 to 2012-09-22

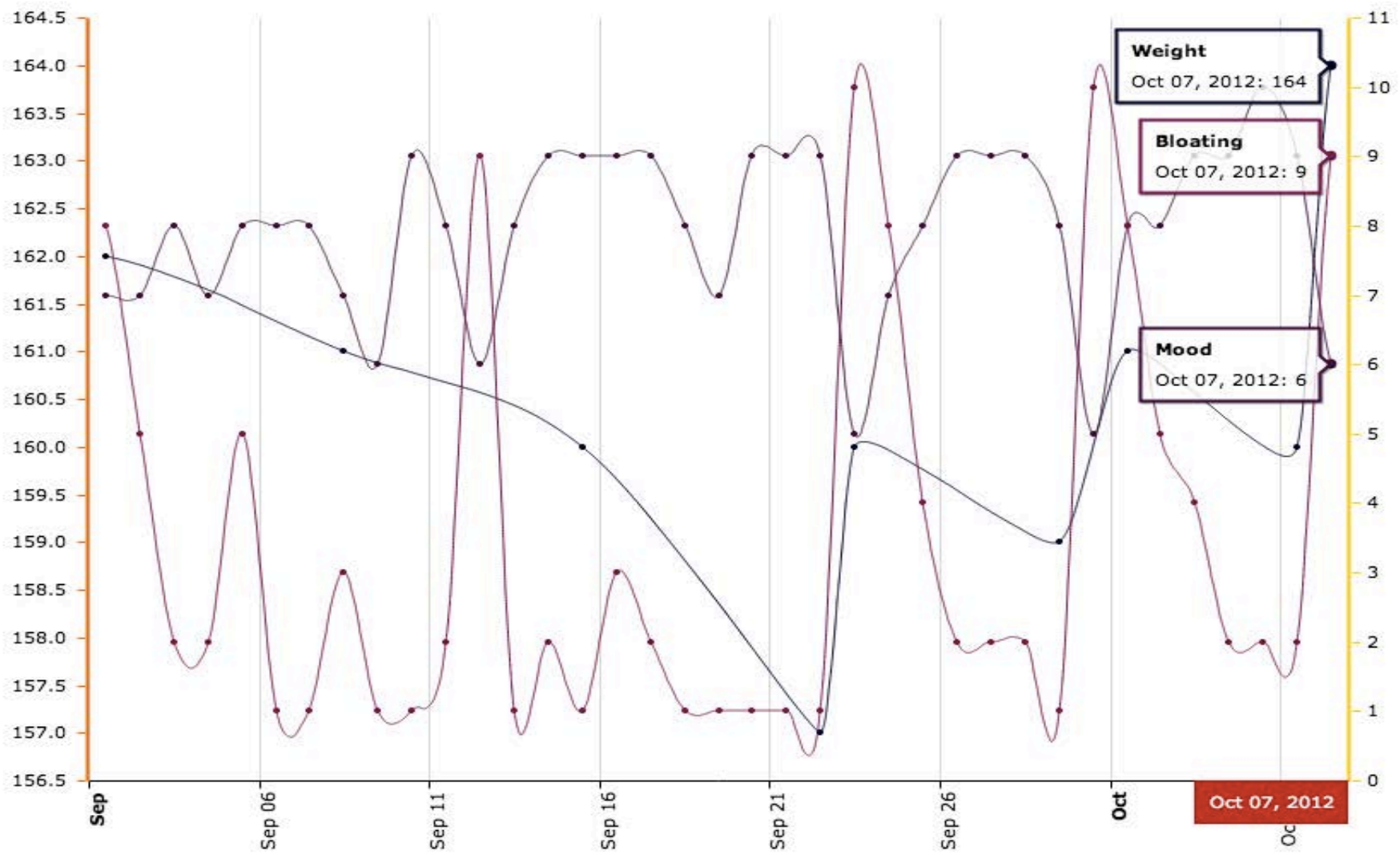








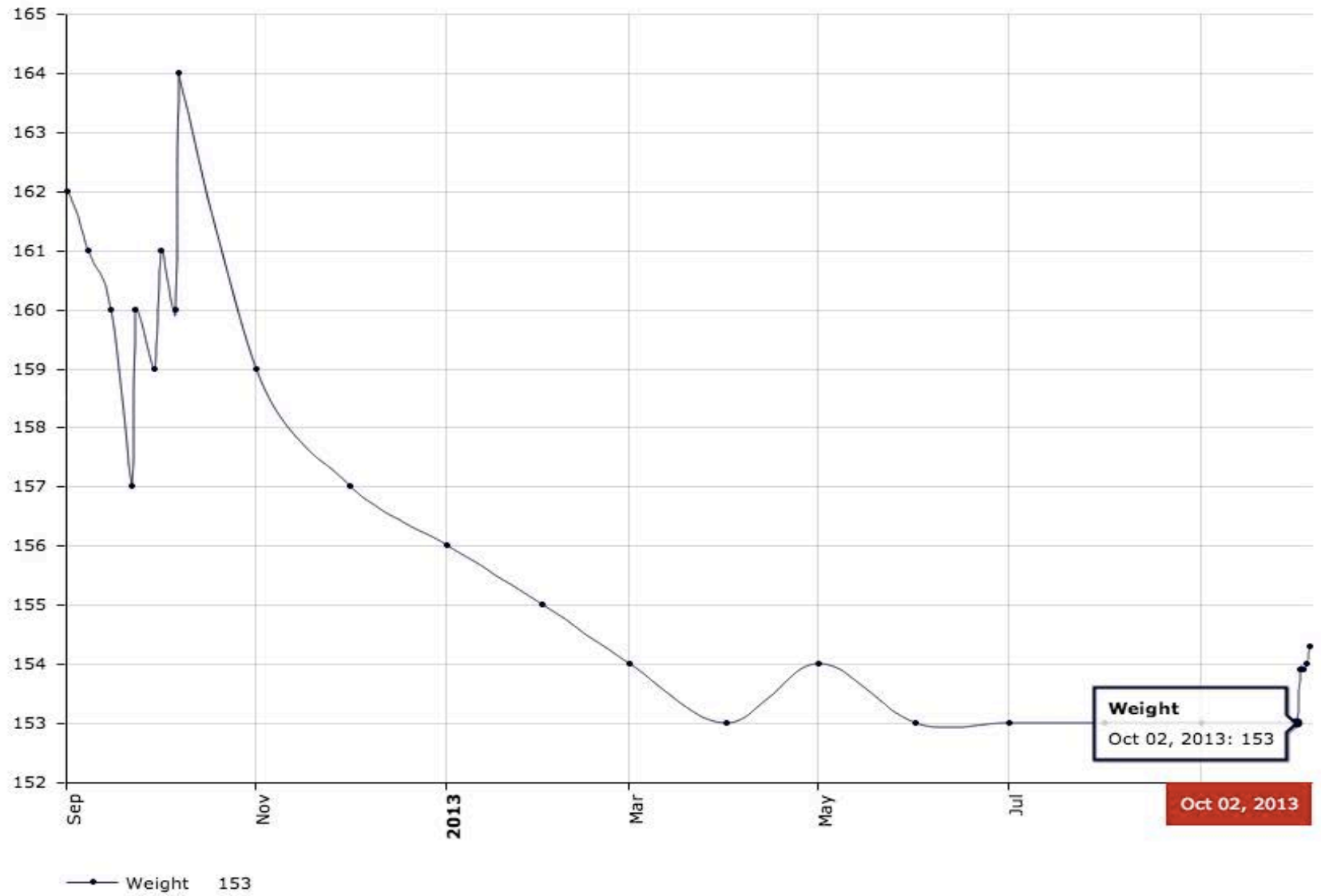




● Weight 164 ● Mood 6 ● Bloating 9



What I Learned





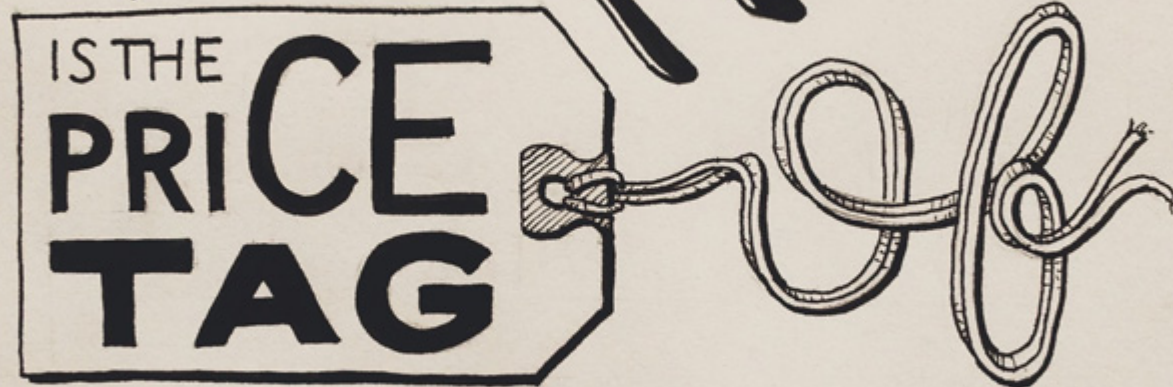
I Almost had
Type II Diabetes





**KEEP
CALM,
I'M
NOT
SICK**

ENDURANCE



ACHIEVEMENT

Bring it, Monday!



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Thank You 😊

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