

# GLUTENED: *The Healing Checklist*

For more detailed information & a story, read *Glutened: The Complete Guide to Recovery* at: [vibrantlygfree.com/glutened/](http://vibrantlygfree.com/glutened/)

## Note:

This checklist includes items I like to use when glutened and favorites from members of the VgF community. I am not a medical professional - use this advice at your discretion.

## *At home glutening kit:*

- Herbal Tea
- Benedryl (while celiac disease is not an allergy, many report that benedryl helps relieve symptoms)
- Tylenol (acetaminophen)
- Anti-diarrheals
- Electrolyte Supplements
- Antacids
- Moisturizing skin cream (if prone to eczema or rashes)
- Plain rice cakes/crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### *Optional:*

- Probiotics
- Gluten-free multi-vitamin
- Digestive enzymes
- L-Glutamine and/or collagen (supplements to help repair the gut)
- Ginger chews
- \_\_\_\_\_
- \_\_\_\_\_

\* *For travel, make a miniature version of the essentials.*



Get well checklist:

- Get extra rest & lower expectations for yourself
- Ask others for help
- Use supplements as needed
- Rehydrate with water, herbal teas, electrolyte supplements, coconut water, etc.
- Stretch and light exercise
- Choose easy to digest foods
- Spend time with your support group
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Repeat until you feel better 

Wishing you a speedy recovery,

 - Jamie

