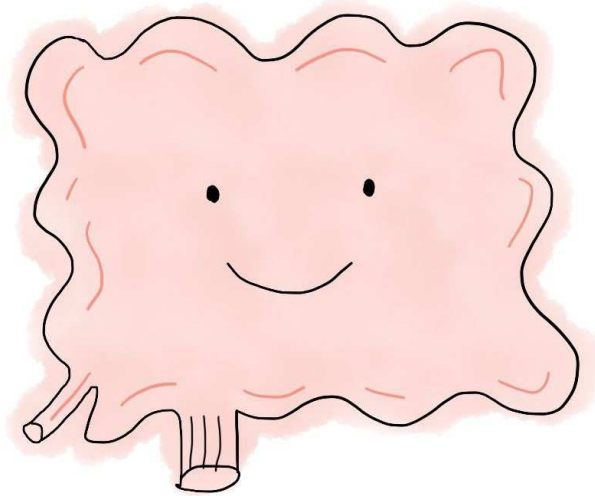


What's Up With My Gut?



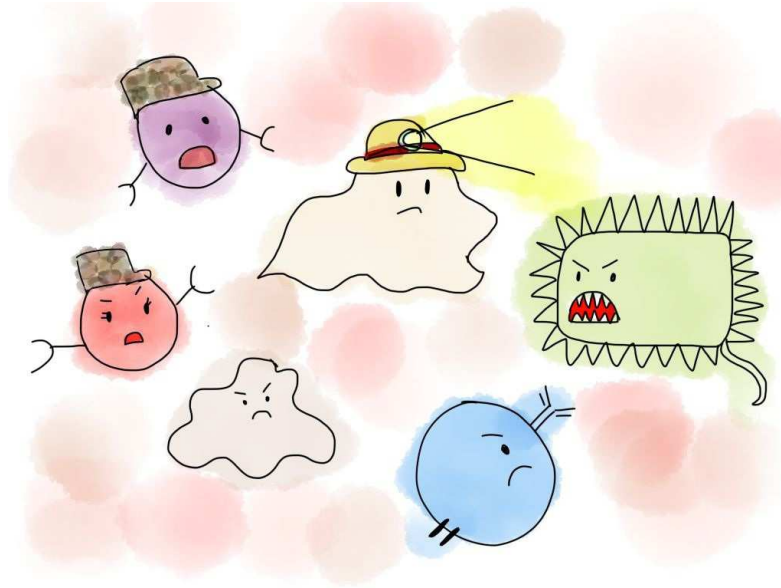
Written and Illustrated
by Emiri Matsuda

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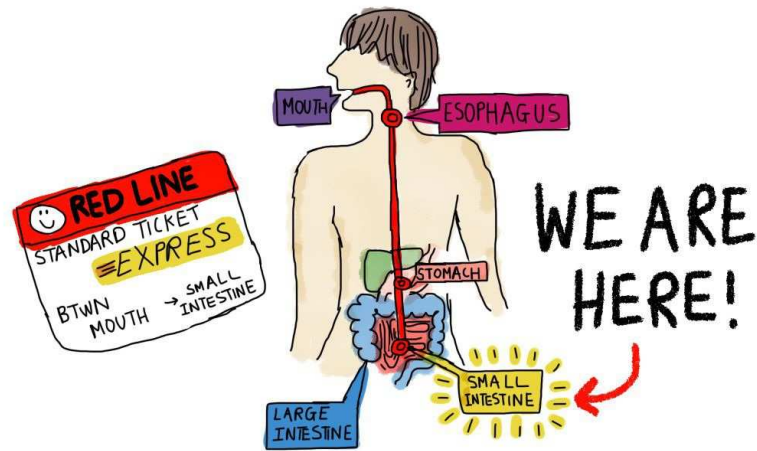
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For all my gluten-free friends



The immune system is like your own personal army,
preventing bacteria and viruses from getting too swarmy.



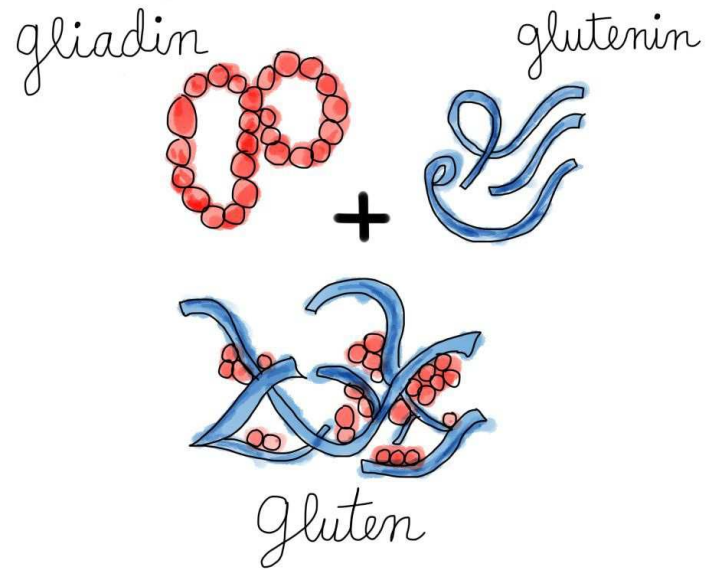
The small intestine helps break up food you eat.

It's long and tube-like, oh how neat!



Into the body nutrients go.

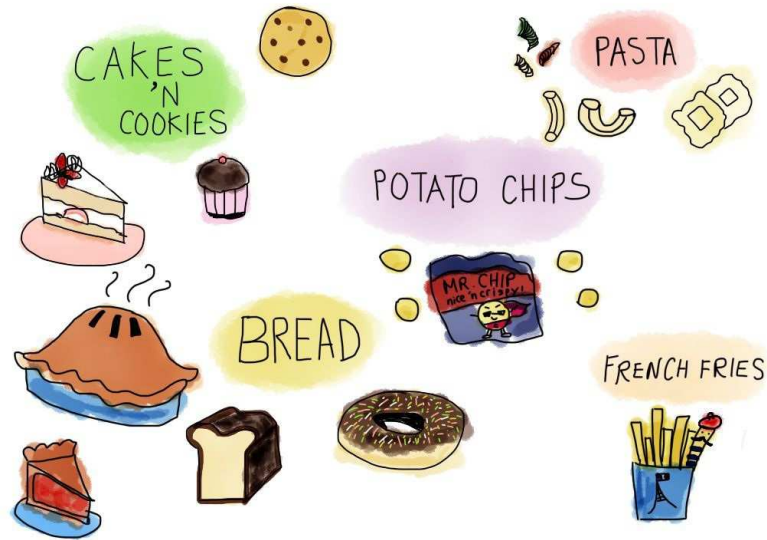
Nutrients help us grow, grow, grow!



Gluten is a type of protein (pro-teen).

It's made up of glutenin and gliadin!

Try saying it! (gloo-ten-in) and (gl-eye-ah-din)

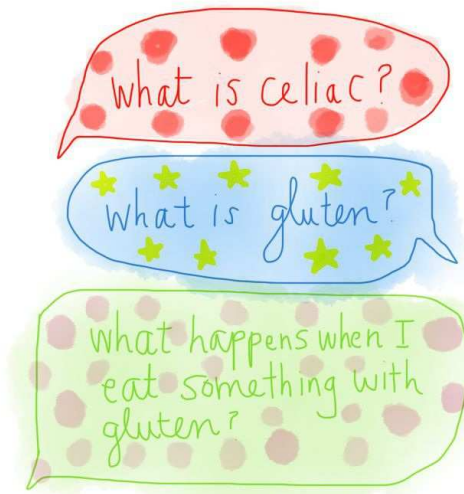


Some people eat gluten everyday.

They eat bread and cereal and feel okay.



But not all of us are that way,
and that is perfectly okay.

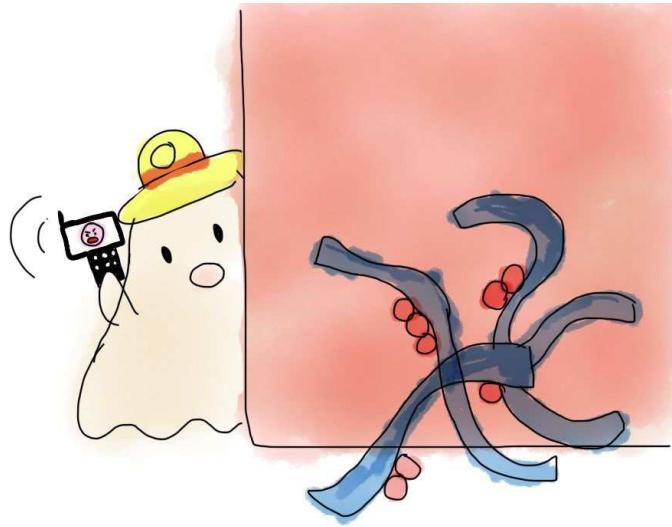


It's simply important that you know
what's happening in your gut when you eat gluten
(here goes!)



Immune cells are always fighting, but they don't harm you.

In Celiac, the immune system suddenly starts to.

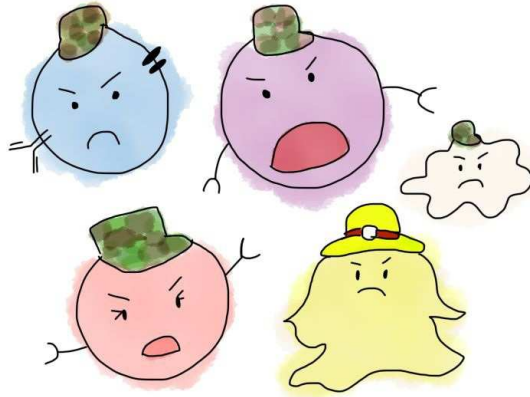


A chemical signal blares, and immune cells shout:

“Prepare to fight! There’s gluten in these whereabouts!”



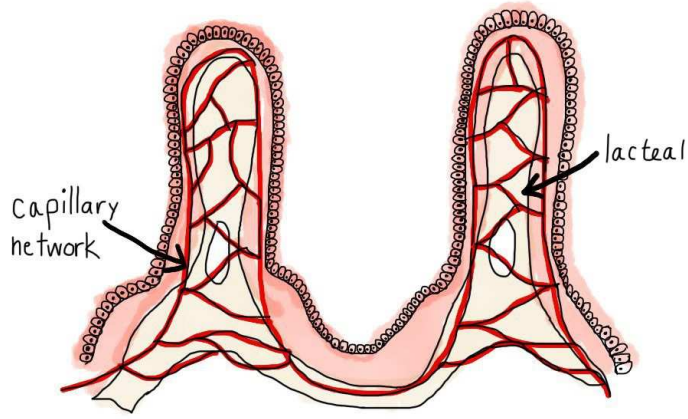
The immune cells fight gluten like it's something bad,
and our bellies aren't feeling too glad.



The immune cell army is in an active state.

So **THAT'S** what's causing us to feel not-so-great!

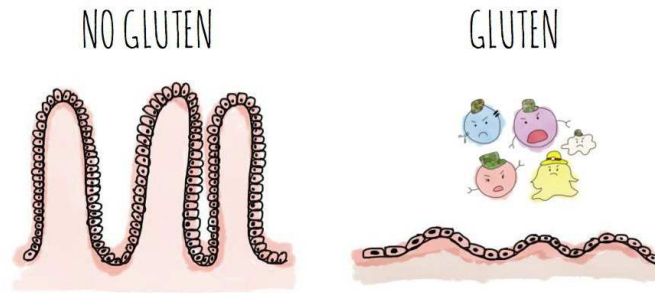
cah-pill-ary



lahk-teel

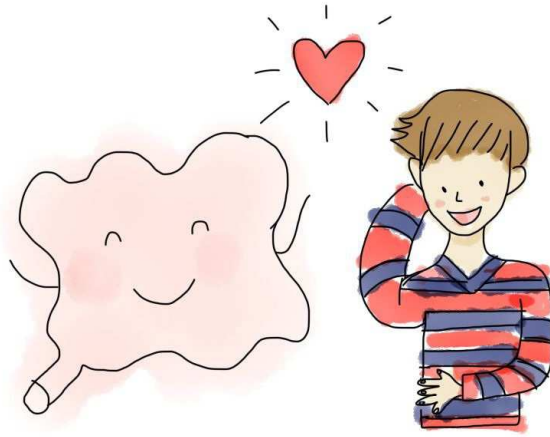
In your small intestine, there live villi.

They absorb nutrients from food that help our bodies get by.



But gluten makes these villi inflamed.

The immune cell riot is to be blamed!



Avoiding gluten is really the key,

'cause a healthy small intestine means a happier you and me!

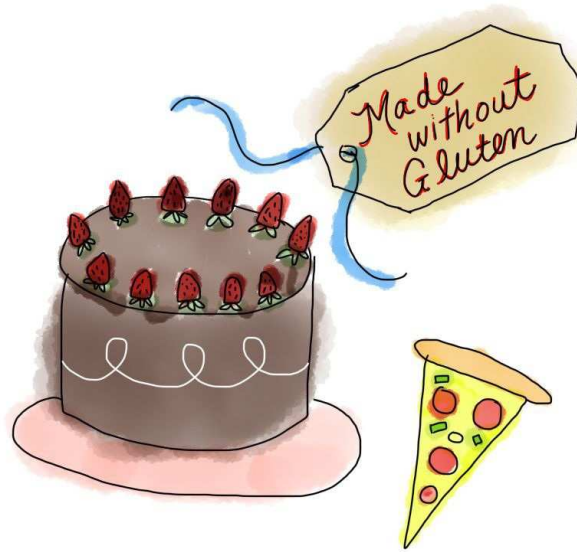
Gluten Free Gluten free
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This is why it's important to be able
to carefully search for "gluten-free" labels.



It can be a little confusing when you're eating gluten-free,

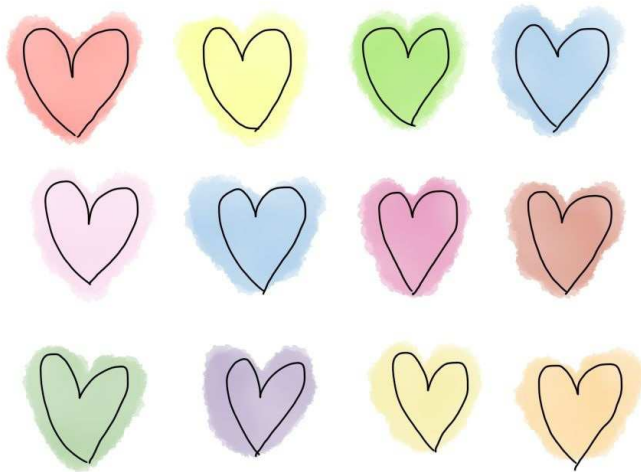
but it doesn't always have to be.



Cakes, cookies, and pizza you see,
can be made with special ingredients, gluten-free!

The sky's the limit to what you can do,

but always remember to take good care of
YOU!



Dearest reader(s),

Thank you so much for picking up my book, and for joining me on my mission to educate more people about celiac disease!

I first began writing this book because diseases to me are not just about the science--they affect real lives just like yours and mine. I love science, and I am passionate about using what I know from scientific research to promote better health. I'm so excited to share what I know with you through this book!

My hope is that this book will help you better understand how and why gluten makes the gut unhappy in celiac disease, as well as how it causes patients with celiac disease to feel tired and sick. I also hope it motivates you to take care of yourself for life.

You are special, and it's extremely important to take care of YOU! It all starts with knowing what makes your body unique--knowledge is a superpower.



From, Emiri

Acknowledgments

A HUGE thank you to Dr. Debby Walser-Kuntz for helping me edit this book--I could not have done this without your continued support. Thank you so much for believing in me and my vision throughout the entire journey of bringing this book to life.





What's Up With My Gut?

Great question!

Celiac Disease (CD) is an autoimmune disorder which affects the small intestine.

Damage to the small intestine causes the body to become intolerant to gluten.

Unfortunately, CD is also one of the most under-diagnosed conditions in the United States of America.

Don't be left in the dark!

Instead, feel empowered by delving into this easy-to-understand lesson in both Celiac immunology and positive thinking.

