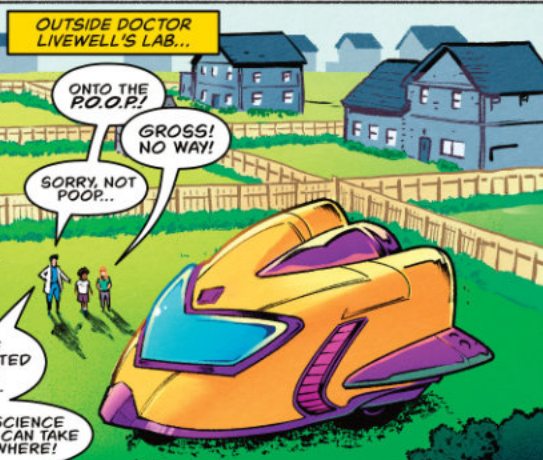
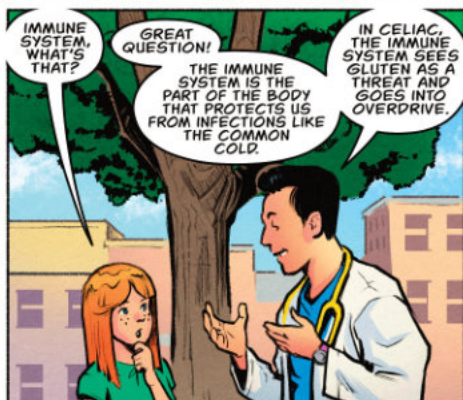


LIVWELL COMICS PRESENTS:

DOCTOR LIVWELL

CELIAC QUEST: JOURNEY TO THE GUT!



INSIDE THE P.O.P.

PUSH THAT BUTTON, AND WE'LL ZOOM IN TO SEE HOW CELIAC DISEASE AFFECTS YOUR SMALL INTESTINE--AND HOW TO MANAGE IT!



WHOOAA!!

WHAT ARE THOSE LITTLE THINGS?

THOSE ARE VILLI, TINY STRUCTURES IN THE INTESTINES THAT ABSORB NUTRIENTS.

LET'S TAKE A CLOSER LOOK.

HEALTHY VILLI LOOK LIKE SOFT, FLUFFY CARPETS, SOAKING UP THE NUTRIENTS.

BUT WHEN CELIAC DISEASE IS ACTIVE, THE IMMUNE SYSTEM DAMAGES THEM, CAUSING THEM TO FLATTEN.

HEALTHY VILLI

THIS DAMAGE CAN LEAD TO ABDOMINAL PAIN, DIARRHEA AND WEIGHT LOSS...

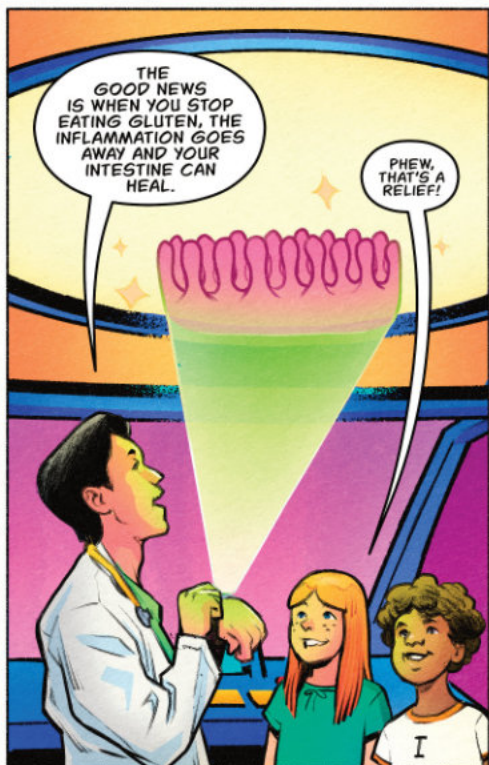
...EVEN IF YOU'RE EATING HEALTHY FOOD.

DAMAGED VILLI

FOR PEOPLE WITH CELIAC, THEIR IMMUNE SYSTEM REACTS BADLY TO GLUTEN, NOT ONLY CAUSING DAMAGE AND INFLAMMATION* BUT ALSO MAKING IT SO YOUR GUT CAN'T HEAL.

GLUTEN

*INFLAMMATION = REVVED UP IMMUNE SYSTEM.



THE GOOD NEWS IS WHEN YOU STOP EATING GLUTEN, THE INFLAMMATION GOES AWAY AND YOUR INTESTINE CAN HEAL.

PHEW, THAT'S A RELIEF!



DOES THAT MEAN NO PIZZA OR CAKE EVER AGAIN?

NO! THERE ARE YUMMY GLUTEN-FREE VERSIONS OF EVERYTHING.

EXACTLY! YOU CAN STILL ENJOY YOUR FAVORITE FOODS--YOU JUST HAVE TO CHOOSE GLUTEN-FREE OPTIONS.



SO IF I STICK TO A GLUTEN-FREE DIET, I'LL FEEL BETTER?

ABSOLUTELY!

YOU'LL FEEL HEALTHIER, HAVE MORE ENERGY, AND YOUR BODY WILL BE STRONGER!



MANAGING CELIAC DISEASE STARTS WITH KNOWING WHAT TO EAT.

THERE ARE MANY NATURALLY GLUTEN-FREE FOODS LIKE FRUITS, VEGETABLES, AND MEATS.

READ LABELS CAREFULLY AND WATCH FOR HIDDEN GLUTEN!

AND IF YOU'RE NOT SURE, ASK A DOCTOR OR DIETITIAN, RIGHT?



EXACTLY! ASKING QUESTIONS IS KEY.

FOLLOWING A GLUTEN-FREE DIET ISN'T ALWAYS EASY, BUT IT'S WORTH IT TO STAY HEALTHY.

AND REMEMBER-- YOU'RE NOT ALONE.

THERE ARE LOTS OF PEOPLE WITH CELIAC AND TONS OF SUPPORT OUT THERE!



DECODE THE CELIAC MYSTERY!

- A GLUTEN-FREE DIET WILL HELP YOUR GUT HEAL!
- FOCUS ON NATURALLY GLUTEN-FREE FOODS LIKE FRUITS, VEGGIES, AND PROTEINS.
 - ALWAYS READ LABELS FOR HIDDEN GLUTEN.
- STICKING TO YOUR DIET REDUCES RISKS OF COMPLICATIONS AND HELPS YOU FEEL YOUR BEST!
- CELIAC DOESN'T ALWAYS HAVE OBVIOUS SYMPTOMS. SOME PEOPLE WITH CELIAC DISEASE MAY HAVE FEW OR NO SYMPTOMS.
- ONCE DIAGNOSED WITH CELIAC DISEASE, A SIMPLE BLOOD TEST CALLED TISSUE TRANSGLUTAMINASE (TTG) CAN BE USED TO MONITOR AND TRACK YOUR CONDITION.
- IF YOU HAVE CELIAC DISEASE, IT'S IMPORTANT TO SEE YOUR MEDICAL PROVIDER AT LEAST ONCE A YEAR.