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Sharon K Johns

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As women we have a tendency to take care of everyone else before we take care of ourselves. However if you are suffering from Celiac disease you need to put into place tools that will help as you change your lifestyle. This journal will help you to track the ups and downs of your journey to a new life. Because Celiac Disease requires a lifestyle change, It is important that you record all of your success and not so successful changes with food. By putting your thoughts on paper, it will help you to see the progress you are making. Remember that words are powerful. Use them and this journal to empower yourself for this lifestyle change.

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