

appetite for digestive health
information



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**HAPPY
HALLOWEEN!**



**FOR THOSE WITH
CELIAC DISEASE...**

**Halloween treats can
turn out to not be so sweet!**

For many who have the disease or have gluten sensitivities, the thought of going gluten-free is discouraging (especially around times where treats seem inevitable, like Halloween!).

It doesn't have to be this way!

The number of gluten-free snack and meal options is vast and growing. For lists of safe food choices, foods to avoid, and hidden sources of gluten, follow us on Facebook and Twitter for gluten-free recipes, inspiration and facts!

[Facebook](#)

[Twitter](#)

HELP MAKE HALLOWEEN SAFE FOR KIDS WITH FOOD RESTRICTIONS!

Canadians everywhere are painting pumpkins teal this year and stocking up on non-food treats for children who suffer from food intolerances and allergies!

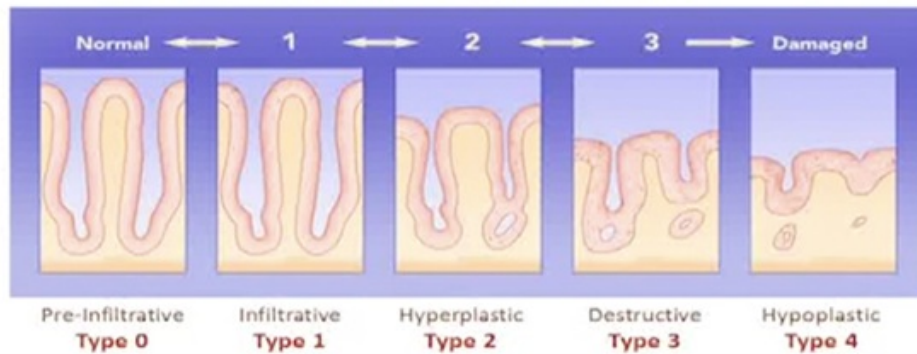
Put a teal pumpkin on your stoop to let your neighbours know that trick-or-treating at your house is fun and safe for everyone!

[Learn More About Celiac Disease](#)

Do you know the difference between Celiac Disease and a Gluten Sensitivity?

Diagnosis

→ Gold standard is Histology from biopsy



Empowering you to take control of your digestive health with confidence and optimism. UNDERSTAND. TAKE CONTROL. LIVE BETTER.

Watch this video to learn how to distinguish between disease and sensitivity and how this can affect your diet and health!

[Click to Watch!](#)



Thank you to all of our riders and sponsors for helping us raise \$60,000 for digestive health research and awareness initiatives!

This year our Canadian Digestive Health Foundation RISE Revolution cyclist's peddled along some spectacular Collingwood roads with style, enthusiasm and a whole lot of guts. To everyone who rode in Sunday's sunshine, and to all who rode with us for the first time.... thank you!

[FOLLOW US TO SEE MORE PICTURES!](#)



WE'RE HIRING!
We want the BEST. Are YOU that person?

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UNDERSTAND. TAKE CONTROL. LIVE BETTER.
Helping you take control of your digestive health with confidence & optimism.

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