

# My Story

Eating gluten, dairy and soy free was not a lifestyle choice I made.

It was a gift MS (multiple sclerosis) decided to give me.

A few short months after my son was born, I found myself in the hospital instead of celebrating my son's first Thanksgiving at home with family.

Nurses would check my vital signs every three hours; draw blood for tests day or night at the doctors' orders. A spinal tap was ordered. Hours were spent in MRI machines and Cat scans. When MRI results came back, orderlies, nurses and doctors alike marveled at how I could walk. The lesions that covered my brain were so deep and sever that they made rings. Neurologists fought for my case because "it is a once in a career kind of case".

Many I met said, "your brain is fascinating".

As my son is growing, I have been teaching myself lost skills with him:

learning left from right, tying shoes, and writing our names.

For a long time I couldn't draw, drive or type.

A few years after MS walked into my life, I discovered I had also developed food allergies to gluten, dairy and soy. I had to learn to cook so I could eat because I quickly realized how little processed, ready to eat or restaurant food is available to someone afflicted with those three allergies.

Unfortunately, many recipes I made or the allergen friendly food I bought tasted like cardboard, a kitchen sponge or just plain "healthy". I longed for the food I loved growing up but couldn't have because it makes me very sick, like put me back in the hospital sick.

So I set out on a mission: to make allergen friendly food that tastes good.

Not just to my standards, but by my critics: my husband and son.

I only want to cook one supper; so I learned how to cook food that was allergen free, but not flavor free. I want to share these recipes and the tricks I have learned so that it may help others afflicted with the same or similar ailments to enjoy eating again.

Enjoy!

SARAH RICHARDS