



Iz so London...

My mother and I love to explore,
London was like opening a brand-new door.

As I told my friends I'd be leaving the country,
They said "uh oh, but your **gluten-free**?"

I told them it would all be fine,
As this journey, out of the United States, was not my first time.

Although I had not been to England before,
I was confident this was the perfect new place to tour.

London is a special place to be,
We went to museums, art galleries, and did a Selfridges shopping spree!

Next, was the "The Berkley,"
Which is known for its incredible fashion-themed tea.

The baked treats that come along-side the tea, were made in fashion form...
Cookies became real designer purses, that I had previously worn.

I was a photographer at the time, and captured every single treat.
The pictures still hang on my wall, all together and organized neat.

When I look back on my trip here,
These are the memories with my mom I hold very dear.

Traveling is something that keeps us together,
We went **gluten-free** in 2006, and we'd be in it forever.

When I travel around the world, I embrace my **gluten-free** identity everywhere I go...
It is truly a part of me that any place and person has come to know.

My advice to you is to never let an allergy or disease hold you back,
There is always a place to find a delicious **gluten-free** tea party, or yes, a snack!