

Taming of the **SPRUE**

March, 2008

Denver Metro
Chapter #17 of CSA/USA, Inc.
Celiac Sprue Association/
United States of America, Inc.
www.geocities.com/csadenver17

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Meetings: 1st Thursday of even numbered months at 7pm unless otherwise noted
Board meetings are the first Thursday of odd numbered months at 6:30pm

April Meeting

Date: Thursday, April 3rd, 2008
Time: 7:00 p.m. – 9:00 p.m.
Location: Green Mountain Vitamin Cottage
12612 W. Alameda Parkway
Lakewood, CO

Directions: From 6th Ave., exit at Union/Simms. If going west on 6th Ave. turn left onto Union and if coming east turn right. Continue south on Union about 9 blocks and turn right onto Alameda Pkwy. Go about 2 blocks and turn left on S. Xenon Ct. at a stoplight and McDonalds. You will see the store on Xenon Ct. From the south take Kipling to Alameda Ave. and turn left. It will curve into Alameda Pkwy at Union. Then follow the directions to Xenon above.

Event: Karen Falbo, Certified Nutritionist and Vitamin Cottage Nutritional Health Coach Coordinator will discuss cooking with some of the alternative, more nutritious GF whole grains and how to incorporate them into our diet. Debbie Knapp, Corporate Grocery Buyer, will feature a wide range of GF products from their store. **No need to bring your own food. There will be plenty of samples for tasting. DON'T MISS** this very informative program.

NOTE: There will be no book sales at this meeting as their store also sells books.

Oats at meetings: In consideration of newly diagnosed members and those who might have problems with oats, we ask our members not to bring snacks made with oats. We thank you, and our intestines thank you!

Newly Diagnosed? For those who are newly diagnosed with Celiac disease or are a caregiver of family members with CD, feel free to come. A CSA Chapter table will be set up where Diane Moyer, dietitian and board member, will be available. Other board members will also be available to help you as well.

SAVE THE DATE! SATURDAY, JUNE 14th, 2008

10:00 a.m. – 12:30 p.m.
EL JEBEL OASIS
4625 West 50th Avenue
Directions on website and next newsletter

THE INCREDIBLE, EDIBLE GLUTEN-FREE FOOD FAIR RETURNS!!!

The second annual, Incredible, Edible Gluten-Free Food Fair returns. Last year, there were over 35 vendors, and 400 participants for the fair. There will be free samples, baked goods and pizza to purchase, door prizes, books and more!

The location is El Jebel Oasis. Check the next newsletter or watch the CSA website at for more information: www.geocities.com/csadenver17.

Vendors interested in participating should contact Kathy Craig at kicraig@yahoo.com.

Membership Renewals It's that time of year

If you see "LAST ISSUE" on your newsletter it means that it is time to renew your subscription to CSA Denver. Dues are \$15.00/year For more information, or if you have any questions, please call Donna DeVisser at 303-973-4613. Make check payable to "Denver Metro Chapter #17, CSA/USA". **Please see membership form at the end of the newsletter.**

Newsletter Deadline

May 1, 2008 is the deadline to submit articles or information for the May newsletter. Please send submissions to margo.scharer@yahoo.com.

February Meeting Interview with Dr. Scott Lewey D.O.

Dr. Scot Lewey provided an informative presentation at the February meeting, focusing on the genetics of Celiac Disease. Here are a few high points of his presentation.

The HLA-DQ genes code for proteins on the outside of immune system cells which help the body to recognize foreign germs, and other proteins. In Celiac Disease, the immune system reacts to gluten proteins, which leak through the intestinal wall. The body's own tissues are caught in the crossfire. In addition to intestinal damage, CD is associated with other autoimmune diseases (including Type-1 diabetes and thyroid disease), neurological problems and other problems.

Each person inherits two DQ genes, one from each parent. The major DQ genes associated with Celiac Disease are DQ2 and DQ8. However, other HLA genes may be involved in other forms of gluten sensitivity.

Most people with DQ2 or DQ8 genes do not develop Celiac Disease. About 30-40% of the general public has at least one copy of these genes, but only about 1% of the general public has Celiac Disease. Other genes may contribute and often pregnancy, stress, antibiotics or surgery may be a triggering event. Knowing one's gene type, and that of family members can be helpful in tracing and possibly predicting or diagnosing CD within a family. About 10% of first degree family members will have CD. However, up to 40% of family members with a matching gene type will also have or later develop CD. Double copies of these genes can increase the risk and severity of the disease.

Currently, some of the major labs are only reporting the presence or absence of the DQ2 or DQ8 gene, without reporting how many copies and without reporting other HLA genes which may be implicated in non-Celiac gluten intolerance. Most of the major labs are also only reporting on ½ of each HLA gene. Dr. Lewey is pressing for reporting on both the alpha and beta halves of each of an individual's two HLA genes, as this could be a source of more information.

There are five blood tests that should be used when there is suspicion of CD (tTg, EMA, AGA IgA, AGA IgG, and total IgA). The tTg antibody test is the most recently developed test. When it first came out, it was thought to be extremely specific and sensitive. A positive tTg is still regarded as highly supportive of a CD diagnosis, but a negative result may not rule out CD. The tTg is positive less than 35% of the time

when there is only minor damage to the intestinal villi. It is also frequently negative when systems other than the intestines are the primary autoimmune target. With more villous damage present, the test is positive more often. The older Anti-Gliadin IgG and IgA tests have gone slightly out of favor, but should continue to be used, as they may provide positive indication of CD or gluten sensitivity earlier or when systems other than the intestines are affected. Up to 10% of people with CD do not produce IgA, resulting in false negatives of the first 3 tests listed above, even when CD is present. A total serum IgA should be included in the blood tests.

Positive blood tests or a strong suspicion of CD should be followed by a biopsy. Dr. Lewey is researching ways to evaluate biopsies at a more microscopic level in order to diagnose before there is visible villous damage. Comparing intestinal damage to the heart, he is looking for ways to diagnose and treat "heart disease before the destructive heart attack".

After an individual with CD has been on a Gluten Free diet for a while, the intestinal villi repair themselves and the blood antibodies return to normal. A gluten challenge- introducing gluten back into the diet- is sometimes used to confirm a diagnosis of CD when a definitive diagnosis was not made earlier. Dr. Lewey cautions against gluten challenges as a challenge can trigger other serious health problems.

Food proteins other than gluten can cause continuing digestive and allergy-type symptoms for some people with CD. The typical skin testing done by an allergist is unlikely to diagnose this type of food reactions.

Dr. Lewey has written articles which expand on many of these topics. These may be found at www.thefooddoc.com.

Tax Information

The **cost difference** between gluten containing food products and specialty gluten-free alternatives is tax deductible for celiac patients, while the cost of other items (e.g., xanthan gum) are completely deductible. Shipping costs for these items are also tax deductible. However, in order to qualify, medical expenses must exceed 7.5 percent of the patient's adjusted gross income. Keep a letter from your medical provider that states the diagnosis and that the diet is medically necessary. Retain receipts and cancelled checks.

celiacs@csaceliacs.org

Information confirmed 2/07 by:

Howard J. Kass, CPA; Partner Zinner & Co. LLP

Celiac Friendly Restaurants

From Brooke Fisher - **Turley's** in Boulder @ Pearl St. and 28th have a GF menu available. Turley's focus has always been on healthy dining and now includes healthy GF dining.

From Breanna Konrade-Helm (who has celiac disease and serves at the Red Lobster @ 104th and I-25) - I made a gluten free menu specific to this Red Lobster but many of the choices are the same for all **Red Lobsters**. Scampi sauce and BBQ sauce are GF. The ketchup and tartar sauce are GF. The snow and king crab legs are gluten free and the melted butter is fine. The broiled and grilled items (i.e., fresh fish, scallops and shrimp) are fine with NO Seasoning (blackened seasoning contains gluten). All seasonings at Red Lobster contain gluten even the seasoning on the veggies. Most things are fine with no sauce and with no seasoning except scampi butter. The grilled chicken and steaks are fine, the seasonings are gluten free (not on the Aztec or honey bbq chicken, only the grilled chicken breast). The GF sides include mashed potatoes, baked potato with all toppings, the asparagus and broccoli with no seasoning. The rice contains pasta and the French fries are fried in fryers with cross contamination. If you ask the server or manager to wash or change cookware and to clean the grill they will do so upon request, otherwise there is a chance of cross contamination. The GF salad dressings include Red Wine Vinaigrette, Balsamic Vinaigrette, and Caesar. The Apple walnut chicken salad is gluten free (no croutons) and the seafood Caesar is fine with no seasoning and no croutons. The Cole slaw and applesauce are also GF. Red Lobster now has a crust free cheesecake with strawberries that is gluten free! Please make sure to speak with a manager so they can make sure the meal will be fine for anyone.

From Linda Swinney
Big Papa's BBQ - 303-619-0827 @ 12652 W Ken Caryl Ave, Littleton. Owner, Frank Alfonso realized that gluten was a problem for many people 2 years ago and switched his products so that all his sauces are gluten free. All of them!

Pot of Pho 303-904-1334 @ 12652 W Ken Caryl Ave in Littleton. New Vietnamese restaurant. The owner is aware of Gluten and many things on the menu are naturally GF. She is working on making everything have a GF version and needs to research the products.

From Lynette Davis – **The Nordstrom Café @** Cherry Creek Mall can accommodate the GF diet. Please remind them to use clean bowls and utensils in preparation.

From M. Kalkman - **Sunflower Organic @** 1701 Pearl St, Boulder, has numerous GF items on their menu. It is an organic food restaurant, and most of the items on the menu are GF. The wait staff is very knowledgeable about food ingredients and sensitivities. I've been many times.

From Ghugi Singh, - **India House @** 1512 Blake St., Denver, CO. The majority of the menu items are naturally GF and all of our food is made from fresh ingredients. You must avoid a few appetizers, all of the bread and a dessert called Gulab Jaman. The GF items are not prepared in the same area as the gluten containing appetizers. Pans and utensils are washed between uses. Because the breads and tandoori meats and vegetables are cooked in the same oven, but not at the same time, there is a possibility of cross contamination. We do make our own cheese, which contains distilled vinegar. Please inform your server or myself that you have celiac when you arrive.

From Karen Parker and Mary Anderies
A FOND FAREWELL - The New Year brought sad news for the Gluten-free community, with the closure of **XDC Bakery, Water To Go on 1-25 and Castle Pines Parkway and Naturally Organic**. These wonderful businesses contributed so much to the Celiac community and they will be sorely missed. **Just a reminder to support the local small businesses which so deliciously support us!**



St. Patty's Day Guide to Gluten-Free Beers

The March 2008 edition of 5280 provides a nice summary of gluten-free beers that were featured at the Great American Beer Festival in Denver (GABF). Celiac writer Peter Bronski discusses his favorite, Dragon's Gold Lager, by Bard's Tale Beer, which is created by two owners who are Celiacs and beer lovers themselves. These two brewers are dedicated to keeping the beer experience alive for those who are committed to a gluten-free lifestyle. Besides Dragon's Gold, Bard's brews Tavern Ale and are working on seasonals.

Bronski also writes about Broomfield Brewmaster Dennis O'Harrow who has experimented with sorghum-based GF beer at the Broomfield C.B. Potts Restaurant and Brewery. O'Harrow plans on continuing to experiment with GF beer in 2008.

Three locally available GF beers include Redbridge by Anheuser-Busch, New Grist, by Lakefront Brewery and Dragon's Gold by Bard's Tale Beer. For another article on GF beers with a complete list of GF beers around the world see <http://www.bellaonline.com/articles/art30583.asp>.



Speaking Gluten Freely

From Debbie Knapp at Vitamin Cottage:

New Amy's GF products include single serving sizes of the non-dairy cheese Rice Crust Pizza, a frozen hot cereal bowl Cream of Rice, low salt versions of the Mexican casserole bowl and Shepherds Pie and two new Tamale meals (one with black beans and one with cheese).

Annie's Naturals additional GF organic salad dressings are Creamy Asiago Cheese, Cucumber Yogurt Lite and Pomegranate Vinaigrette; also organic BBQ Sauce Sweet & Spicy. In this sauce the vinegar is distilled and is from corn or RYE. The product is tested for gluten and tests as GF. IF you are concerned with vinegar, do not use this BBQ sauce.

Arico Foods has three GF, casein free products: four flavors of cassava chips, four of cookie bars and three cookies.

De La Estancia organic polenta, imported from Argentina cooks up in a minute.

Dr. Praegers has several GF frozen items available from Rainbow Foods: Broccoli, Potato, Spinach and Sweet Potato Littles, Fish Fillets, Fishsticks, Little Fishies and Veggie Burgers. All are made in a facility that uses eggs, soy and WHEAT.

Ener-G Foods has a new Gourmet Cracker – onion saltine-like.

Green Mountain Gringo Tortilla Strips (in blue or white corn) are GF.

Kinnikinnick Foods now has GF frozen waffles in Cinnamon Brown Sugar and Original.

Lightfull satiety drinks are all GF and come in 8.25 oz bottles in five flavors and 4-packs in four flavors.

Lisanti almond, rice and soy cheeses are all GF.

Nana's individually wrapped cookies come in 5 oz tubs in Fudge, Ginger Spice and Lemon Dreams.

From Lauren Sternberg:

Now available at Whole Foods is a GF, dairy free and trans-fat free cookie called Smart Cookie, made in a dedicated GF kitchen. It comes in two flavors, peanut butter and peanut butter with French chocolate, in 6 oz. packs of three. The containers are freezer packs and the cookies freeze well. Ask in the Whole Foods bakery for their location.

From Karen Cranford:

The King Soopers at Simms & Ken Caryl is carrying the LaTortilla Ivory Teff wraps which Carol Fenster highly recommends. They were also served at the CSA Convention in Tucson last fall. The King Soopers in Karen's neighborhood, however, was not carrying them. When she talked with the bakery, they found them in their order book and did order them but apparently each bakery orders separately. If your King Soopers doesn't carry them in the bakery department and you would like them to, be sure to talk with the bakery people. It is listed in their order book so it is possible for them to get them in. At this point in time, this is the only place we're aware of in Denver that carries them. They, otherwise, must be ordered on line.

King Soopers will consider expanding their GF product line to include a larger variety of GF foods as long as people continue to purchase the current GF items. SO thank the manager for carrying them and request other choices. The more positive feedback they receive, the better!

King Sooper's now has a list of their Gluten Free Items at

<http://www.kroger.com/SiteCollectionDocuments/pharmacy/GlutenList.pdf>.

Yummy Yellow Cake Mix is a new GF cake mix by 1-2-3 Gluten Free, Inc. Like many of 1-2-3 Gluten Free's other products, this premium gluten-free baking mix is free of gluten, wheat, dairy, soy, corn, egg, peanuts and tree nuts. This mix is also sugar free. The consumer adds the sweetener and has the ability to add sugar, evaporated cane juice or agave, among other choices. Yummy Yellow Cake Mix will be available for sale through 1-2-3 Gluten Free's website (www.123glutenfree.com) and stores nationwide in March. It is manufactured in a dedicated gluten-free certified, kosher certified (CRC pareve), allergen-free (including nut and peanut free) facility.

A new product from Joan Popkin, who makes those wonderful bagels that come as frozen dough, ready to bake from New York. If you're interested in finding out more about Joan's pizza crust or bagels (which are wonderful NY style bagels) send her an email at gfgreatbakes@yahoo.com.

Joan Popkin introduces a new Sicilian pizza which is already made up with sauce and cheese and goes from the freezer to the micro and then the oven in the same pan. It has the soft bread texture, a golden crust and loads of stretchy cheese. For more information check online at www.gfgreatbakes.com.

**** IN THE NEWS ****



The Dec 6, 2007 online edition of **Baltimore Sun** provides a good summary article of the work by Dr. Alessio Fasano, who is a lead researcher at the University of Maryland. Dr. Fasano, in 2003, found the incidence of celiac disease was nearly 1 percent in the US population. Now Fasano and his colleagues are trying to build on their research. In a paper published last summer, they determined that targeted screening of patients with just one symptom associated with celiac led to a more than 40-fold increase in diagnosis. They are also working on a pill that could be taken by celiacs to eliminate the damage to the GI system when ingesting gluten. For the full article, see http://www.baltimoresun.com/entertainment/balto.hs.celiac06dec06,0,3911813,full.story?coll=bal_talb01_layout

Monday, January 28, 2008 edition of **Times Union Online** included an article about Stickelmyer, a man living with celiac disease, whose Insurance company stopped covering gluten free foods on Jan. 1, 2008. Stickelmyer's insurance company used to pick up the difference between normal food and the gluten-free version. Stickelmyer and others argue that maintaining a gluten free is like medicine for them and therefore should be covered. The insurance company replied that because members with celiac disease can eat many foods that are naturally gluten free, such as fish, meat, salad etc., this condition does not qualify for health coverage.

Co-Winner. . . Martha Stewart recently ran a contest for viewers to vote for one of several projects they would like to see her program address. The tally is in and an allergy-friendly publication **tied** with those wanting a publication focusing on pets and pet crafts!

It was a Slam Dunk for Celiac Awareness !

Philadelphia 76ers Game Celiac Awareness Night
The National Foundation for Celiac Awareness (NFCA) and the Philadelphia 76ers worked together to raise awareness about Celiac Disease. On March 10th the 76ers faced the Celtics. The NFCA was there as well as gluten-free food and beverages at a concession stand.

**Personal Cook and Food Coach
Kelly Brozyna**

Certified doctor of naturopathy, specializing in diets for food allergies/intolerances available to cook for you or teach you how to cook for yourself. Call 720-291-7677 or food_coach@yahoo.com for info.

**Gluten Free
Classes
and Events !!**



Denver GF Baking Conference
GF Culinary Productions presents
2008 GF Baking Invitational

"Experience a new one-of-a-kind gluten-free baking adventure that features exceptional gluten-free baking instruction for the public, complete with the thrill and intrigue of competition, as professional chefs/bakers and culinary/baking & pastry students pursue coveted division titles at the 2008 GF Baking Invitational™"

Conference Dates: April 5-6

Location: Johnson and Wales University, Denver

Information and Registration:

303-368-9990 (phone)

<http://www.theglutenfreelifestyle.com/Gluten-Free%20Baking%20Invitational/index.php> (online).

**The Art & Science of Gluten-Free
Gastronomy™ Lecture Series**
at the Phipps Mansion

The second season of the lecture series in Denver opens **Tuesday, April 22, 2008**. This eight-month gluten-free culinary lecture and demonstration series partners local nutritionists and other gluten-free industry enthusiasts with some of Denver's finest restaurant chefs who take the gluten-free food movement seriously and deliciously. This year we'll discover unique gluten-free tastes and cooking/baking approaches within different cuisines including French, Thai & Vietnamese, South American, Northern Italian, Peruvian, Indian, and more!

The Lecture Series schedule, presentation cast, and registration will be available in March at www.theglutenfreelifestyle.com. The gluten-free lecture series is produced by GF Culinary Productions, Inc. in Denver.

The season's dates include: April 22, May 20, June 17, July 22, August 19, September 9, October 14, and November 11. The gluten-free lecture series is produced by GF Culinary Productions, Inc. in Denver.

Introduction To The GF Diet and Celiac Disease

Presented by Diane Moyer, M.S.,R.D.,C.D.E.

This 3 hour class offers an introduction to the gluten-free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*).

Call 720-560-3734 for more information.

Celiac Online

A medical student gives a nice, short but descriptive summary of what celiac disease is and how it affects the body of his friend who lives with celiac disease. <http://annalsofmedicalschoo.blogspot.com/2008/02/battles-with-gluten-celiac-disease.html>.

PARENTS: This is a document that lists some **safe foods** and a letter for teachers and instructions.

<http://www.dallasrock.org/pdf/SchoolGFList.pdf>.

Meadowsweet Natural Health Market joins CSA

The Celiac Sprue Association (CSA) announces the addition of Meadowsweet Natural Health Market as its newest Corporate Benefactor Member. Through their generous support, CSA Corporate Benefactor Members further the CSA mission of helping individuals with celiac disease and dermatitis herpetiformis and their families worldwide through information, education, support and research. Meadowsweet Natural Health Market, located at 3801 W. 34th Street, in Sioux Falls, SD, provides online access to over 500 allergy-friendly products through its website <http://www.juniperfoods.com>.



!!! HELP !!!

With the Denver CSA Chapter growing and getting involved in more and more events, we need your help more and more. Success for our future events depends on having enough volunteer help and we have positions that are now open that we desperately need to fill. Positions open include:

Vice President—Programs

Treasurer

Please call if you're even remotely interested.

Let's keep the momentum going! It's important to all pitch in. Call Gina Meagher at 303-279-9382 or email her at gmeagher@mines.edu.

RESEARCH UPDATES:

Clinical Trials

Alba Therapeutics Corporation announced Sept. 17th that they had dosed its first patient in a six-week Phase IIb trial with oral AT-1001 which would inhibit barrier dysfunction. This is Alba's 5th human trial with AT-1001. Alba is looking for more participants in their ongoing research. If you have been diagnosed with celiac disease, been gluten free for at least 6 months and willing to complete 7 study visits in 10 weeks, you may be eligible for one of their upcoming trials. For info, log on to: www.clinicaltrials.gov or www.albatherapeutics.com. To find a study site near you, call 410-319-0780 or email clintrials@albatherapeutics.com.



For a write-up of the study, including what's involved and potential risks, see <http://www.beyondricecakes.com/>.

SCIENTISTS UNCOVER FURTHER STEPS LEADING TO CELIAC DISEASE

The March 2, 2008 edition of Nature Genetics presented a paper about a group of scientists who have discovered seven gene regions that are linked with a risk for celiac disease, bringing to nine the number of gene regions known to predispose people to developing celiac disease.

(It's been known for quite a while that genetic variants in the HLA-DQ region are linked with celiac disease, and last year this same European team found that genes in the IL2-IL21 region also contribute to susceptibility to the disease. IL2 and IL21, by the way, encode interleukin-2 and interleukin-21, proteins known to be involved in other intestinal inflammatory diseases.)

The senior researcher, Professor David van Heel of Barts and The London School of Medicine and Dentistry, indicated that "with some refinements," the new findings should lead in the next few years to better tests for celiac disease genes.

Six of the seven newly identified risk regions contain genes that control the body's immune response. In fact, four of the nine regions with celiac genes also have genes that predispose to type 1 diabetes, suggesting common origins for the diseases. "This was a bit of a surprise to us," Dr. van Heel said. Once genes have been shown to play a role in disease, researchers can then begin to focus on developing therapies that target these genes – although any such therapies for celiac disease are many years away.

Detoxification – Part 2: the Liver from Diane Moyer M.S.,R.D.,C.D.E.

Last issue we discussed the role of the digestive system in helping to protect our bodies from toxins. This issue we will focus on the liver, the main organ in the body that detoxifies substances. Detoxification in the liver is a two step process, similar to a factory with two lines, where the end product of the first line needs to go through the second line to be finished up. If the first line (“Phase 1”) runs too slowly, then the original substances (the toxins) build up in the body. On the other hand, if the second line (“Phase 2”) runs slower than the first, then the intermediate products build up. Unfortunately, these are often “free radicals”, substances which can also damage the body (possibly increasing the risk for various diseases, including cancers and heart disease). **So, the goal is to keep both Phase 1 and Phase 2 running optimally, especially since more toxins may be entering our bodies if our digestive systems are damaged.**

So what can be done to help these processes?

Several dietary changes can help keep these systems running smoothly. First, a good balance of protein, carbohydrates and fats is important. Too much carbohydrates or too little protein (as in “juice fasts”) hurts Phase 1; too little carbohydrates (as in low carb diets) hurts Phase 2. Too much fat in general is harmful, but especially too much from meats (usually saturated fats) and processed foods (often trans fats). Better are moderate amounts from fish (not fried) and plant sources (tofu, nuts, seed and small amounts of plant oils rather than butter). Good quality protein is important for Phase 2, so eliminating all animal foods (as in strict vegetarians) may be harmful if done without adequate planning. Regular meals are also important to keep these systems running optimally. Fasting, skipping meals, or going too long without food can slow them down, cause release of stored toxins or easier absorption of others (such as heavy metals).

Eating lots of “antioxidants” can help deal with the “free radicals” produced by Phase 1. “Phytochemicals” are often very powerful antioxidants found in plant foods, especially fruits and vegetables. Generally the more colorful fruits and vegetables, the more phytochemicals they contain. Many spices (ginger, turmeric, cumin, paprika, cinnamon, chili powder and others) are also good sources of phytochemicals.

Fruits and vegetables may have additional benefits for the liver. Many (especially the sulfur containing ones – onions, garlic, etc.) may help to bind and eliminate heavy metals from the body. Cruciferous vegetables (the cabbage/broccoli family) have substances that can help both Phase 1 and Phase 2.

Are any supplements helpful?

Many of the same supplements discussed in the last issue may also be helpful here, in particular a multivitamin/mineral and L-glutamine. A few others may also be helpful: CoQ10, Alpha Lipoic Acid (ALA) and Milk Thistle (pills, not teas). Again, be cautious with supplements since they are not regulated. Make sure they are gluten-free and try one at a time, watching for negative reactions.

Is there anything else we can do to help the liver?

Since the liver is responsible for dealing with all toxins entering the body, limiting unnecessary ones is important. One can avoid smoke and unnecessary medicines, limit alcohol, and not overeat to limit toxins. Regular exercise is also helpful, but excessive exercise can be a stress as it produces a lot of free radicals.

How do we put all these recommendations together?

The same guidelines discussed last issue are appropriate here, too. Focus on a primarily plant-based diet, keeping the meat to only ¼ - ⅓ of the meal. Choose lean meats, less fatty and fried foods, less processed foods, more whole grains, beans, fresh fruits and lots of vegetables, especially a wide variety of colorful fruits and vegetables. Examples of meals that would meet these guidelines include: chicken stir-fry, with lots of vegetables, some cashews sprinkled on top and served over brown rice or rice pasta; a salad with a large assortment of vegetables and topped with garbanzo beans (chickpeas), tuna and sunflower seeds and a modest amount of an oil-based dressing; soups or stews with lean meats, beans, potatoes, quinoa, and a lot of vegetables; a spinach and mushroom omelet, topped with salsa and served with home-fries (cooked in a small amount of oil); bean dip on a corn tortilla, topped with lettuce, tomato, avocado and sprinkled with grated cheese. With a little creativity, you will find it easy to adapt your meals to fit these guidelines.

Submitted by Diane Moyer, M.S.,R.D.,C.D.E

Confidentiality

The Denver CSA chapter respects your right for privacy. On the membership renewal form, there is a new added section regarding confidentiality. We are requesting your permission to share your information with other celiac members within the organization for official CSA chapter business. The list will never be sold or given to anyone for any reason. When you renew your membership, please sign on the line authorizing CSA to share your information as needed. Thank you.

GLUTEN FREE RECIPES



GF DROP BISCUITS (Yield: 1 dozen)

2 c. Gluten Free All Purpose Flour Mix Recipe
1 tsp. baking powder
1 tsp. salt
3/4 tsp. baking soda
1/2 tsp. xanthum gum

6 Tbsp. butter, shortening, or margarine
1 c. buttermilk
1 egg, beaten

Preheat your oven to 350 degrees. In a large mixing bowl thoroughly combine the flour mix, baking powder, salt, baking soda, and xanthum gum. Cut the butter, margarine, or shortening into the flour (see below for further instructions). Add the buttermilk and beaten egg to the flour and stir until the dry and liquid ingredients are combined. Using a spoon, drop the dough onto a greased pan to make 12 biscuits. Cook at 350 degrees for 12 minutes.

From Glutenfreecookingschool.com.

GF: ORANGE QUINOA MUFFINS (Yield: 8 muffins)

Ingredients:

1 cup GF flour mix
1/2 cups quinoa flakes
1 1/2 teaspoons baking powder
1/2 teaspoon xanthan gum
1/4 teaspoon salt
3 Tablespoons almond flour/meal
1/2 cup + 1 Tablespoon Greek yogurt
1 Tablespoon butter
3/4 cup sugar
1/4 cup orange juice
1 1/2 teaspoons minced candied orange peel

Directions:

1. Preheat oven to 350F.
2. In a small bowl, whisk together flour, quinoa flakes, baking powder, xanthan gum, salt, and almond flour/meal.

3. In the bowl of your mixer, combine yogurt, butter, sugar, orange juice, and candied orange peel until well blended.
4. Add dry ingredients to wet. Stir on medium speed for 2-3 minutes.
5. Fill paper-lined muffin tins to the top of the paper muffin cup.
6. Bake at 350F for 20 minutes.
7. Allow to cool. Once cooled, store in a air-tight bag on the counter (not the refrigerator).

From <http://glutenfree.wordpress.com/2008/01/15/gf-orange-quinoa-muffins/>.

SHRIMP AND QUINOA STIR-FRY (Serves 4)

2 cups quinoa cooked in 4 cups water
2-3 carrots, peeled and chopped
1 bundle asparagus, trimmed and cut into 1-inch pieces
3 green onions, chopped
5 garlic cloves, chopped
1 tablespoon grated ginger
1 tablespoon real maple syrup
3 tablespoons olive oil
1 tablespoon sesame oil
20-24 steamed shrimp
Gluten Free Soy sauce

Heat the olive oil in a large sauté pan or wok over high heat. When hot, add shrimp and cook till just done, about 5 minutes. Remove from the pan and add the sesame oil. Add the vegetables and stir-fry until tender. Add 1 tablespoon maple syrup after vegetables are done. Add shrimp and stir in. Serve over the quinoa, with soy sauce on the side.

LEMON HONEY SALAD DRESSING

Ingredients

- 1/3 cup [lemon juice](#)
- 1/3 cup [extra virgin olive oil](#)
- 1 teaspoon [flax seed oil](#)
- 1 tablespoon [raw honey](#)

Directions

In a small bowl, mix the lemon juice with the olive oil and the flax oil. Whisk in the honey. Add more if you like your dressing to be sweeter.

From <http://www.recipezaar.com/278597>.

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FAQ:



Common issues, concerns and questions:

- Q.** How early can you diagnose celiac disease?
- A.** Many doctors are challenged and disagree on when to move children to a GF diet. Some doctor's take a 'wait and see' approach and wait for diagnostic indicators. Dr. Rodney Ford believes that, because celiac disease comes on slowly, it is important to scrutinize the test results, and even do an endoscopy but to make pre-emptive diagnoses of "early celiac disease" and get children onto a GF diet before the gut is damaged. Pleasingly, he says he sees results.
- Q.** I recently realized that there is barley extract in my deodorant and wheat in my shampoo. Is this product okay for me to use since I don't ingest it and it has no way off getting into my intestines?
- A.** Unless you have Dermatitis Herpetiformis, the skin form of the disease, you should be fine with products that touch your skin but not your mouth, though some people do react. Lipsticks and lip glosses should be checked carefully and take care not to get shampoo or conditioner in your mouth.
- Q.** My cereal that I eat everyday is clearly marked "gluten free", however, I was getting sick from it. When I called the company I was assured there was no gluten in the product. When I asked if it was processed in a dedicated area, she said "No". They wipe down the equipment but could not guarantee any cross-contamination. I must have gotten a batch that got contaminated. I eliminated it from my diet and have been fine. How can a company get away with this?
- A.** Today, the only US guidelines for putting "gluten-free" on a product are that the product must contain gluten-free ingredients. The pitfalls in the current "system" will be addressed in the FDA guidelines when they come out in August 2008. At that time, companies will be required to prove that their products contain less than a certain parts-per-million threshold if they wish to say "gluten-free" on the label. It is probable that guidelines will list a threshold of 20 ppm, but that has not been finalized as yet.

Meet Your Neighborhood Celiac Resource Contact

Updated Jan. 2008

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Mike Brook, at 303-858-0822 or email mikebrook@aol.com.

As the neighborhood resource groups have progressed, some areas join together for activities. Flexibility is the keyword, as area needs and/or interests change. The objective in setting up these various areas has been to provide an additional way for celiacs to interact and support each other.

Any member can attend any huddle/activity they want by calling the huddle's contact. Regardless, the Denver Metro Chapter #17 is the umbrella organization for all of our members wherever they live.

Metro Denver Areas	Contact	Phone	E-Mail
BD: Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	barbarasanford@comcast.net elizabethwm@yahoo.com
DEN-C: Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	lddet@msn.com oppermanda@netzero.net
DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	kdarci@yahoo.com
DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	cmc1974@msn.com willou@comcast.net
DEN-W: Lakewood	Betty Morris	303-238-5145	wabe22204@comcast.net
E: Aurora, zips: 80231 & 80247			
NW: Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	lmbmeek@juno.com
S: Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	mapete1130@aol.com pricer15@qwest.net
SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Gale McGrevey	303-766-7096	gmcgrevey@att.net
SW: Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker Nancy Lindsey	303-933-1565 303-933-5992 303-973-1279	jkvanlooz@comcast.net jerparker@comcast.net n-lindsey@comcast.net
W: Golden, Evergreen, Morrison	Beverley Haney	303-670-0063	mrsbevins@q.com

Other Colorado Area Contacts

Colorado Springs Area	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	celiacfamily@yahoo.com ginglud@aol.com
Northern Colorado			
Ft. Collins	Judy Siple	970-493-9674	jabms@frii.com
Berthoud	Bill Eyl	303-772-3155	billeyl@yahoo.com
Loveland	Dave Shaw	970-669-4233	davshaw49@comcast.net
Greeley	Mary Grauerholz	970-352-6122	mcholz@aol.com
Western Colorado			
Grand Junction	Kathy Holland	970-255-0511	

MEMBERSHIP APPLICATION FORM
Denver Metro Chapter #17 of CSA/USA, Inc.

(a non-profit organization)

*Your best local resource for celiac information, support and gluten-free socializing.
 Please join us.*

Dues are \$15.00/year For more information, call Donna DeVisser at 303-973-4613

Make check payable to "Denver Metro Chapter #17, CSA/USA"

Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood CO 80215-7001

NAME: _____

PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

E-MAIL: _____

____ This is a renewal ____ There is no change in my address/phone ____ Interested in Volunteering

Please list yourself and all members of your **immediate** family who have Celiac Disease

NAME	Circle one	NAME	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!

I authorize Denver CSA to share my contact information for official chapter business. _____

(please initial)

Have you received a Celiac Disease Information Packet? ____ Yes ____ No

03/08 NL

For information on the national CSA/USA, call 1-877-272-4272
 or go to www.csaceliacs.org

ORDER FORM

DENVER METRO CHAPTER CSA/USA

2007 GLUTEN-FREE PRODUCTS LIST

Quantity: _____ **X \$10.00** = \$ _____
(includes postage) Total

NAME: _____

PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

Make check payable to "Denver Metro Chapter CSA/USA" and send with form to:
 Don and Jeanne Smith, 6834 S. Franklin Circle, Centennial, CO 80122. For questions, call
 Don Smith at 303-794-7258.

**CELIAC SPRUE ASSOCIATION/
UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
2675 VAN GORDON DR.
LAKEWOOD, CO 80215-7001**

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EASTER BISCUIT RECIPE

From http://www.glutenfree-foods.co.uk/latest_news.php



INGREDIENTS

200g/8oz GF all purpose Flour Mix
100g/4oz Sugar
100g/4oz Butter
10g/half oz Mixed Spice
10g/half oz Baking Powder
2 Eggs
A few drops of Lemon Essence
50g/2oz Currants
6 or 7 Glace Cherries

Preheat oven to temperature 190c, 375f,



DIRECTIONS

1. Sift GF flour mix, spice and baking powder in to a bowl.
2. Add butter and rub together until a crumble is formed..
3. Stir in sugar, Add eggs.
4. Add fruit and lemon essence and mix together.
5. Roll out dough to about 1cm thickness and cut out biscuits using a 3" cutter.
6. Place on a greased baking tray. This mix should make 10 biscuits.
7. Place half a cherry on each biscuit, and bake for about 15-20 minutes