

# Taming of the **SPRUE**

January, 2009

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

[www.geocities.com/csadenver17](http://www.geocities.com/csadenver17)

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

## **FEBRUARY MEETING: Celebration of Colorado's GF Authors**

Date: February 5, 2009  
Time: 7:00 p.m. - 9:00 p.m.  
Location: Wheat Ridge Recreation Center  
4005 Kipling Street

**Event:** Denver Metro CSA is hosting:  
"Celebration of Colorado's Gluten Free Authors!"  
Carol Fenster ( Savory Palate)  
Jean Duane (Alternative Cook)  
Mary Capone (Wheat-Free Gourmet)  
Suzanne Bowland (GF Culinary Productions)

These authors are warming up their mixers and poising their pens to prepare for this special event! Each author will demonstrate one of their baking "tricks of the trade", provide samples and sign and sell their books.

**No Oats at meetings:** In consideration of newly diagnosed members and those who have problems with oats, please do not bring snacks with oats.

**Newly Diagnosed?** For those who are newly diagnosed with CD or are a caregiver of someone with CD, please come. A CSA Chapter table will be set up where Diane Moyer, dietitian and board member, will be available. Other board members are also available to help.

### **2009 Events**

**The April event will be focused on Celiac Disease and healthcare. Please see the next newsletter for further details**

## **November Meeting with Dr. Thomas O'Bryan**



Dr. Thomas O'Bryan provided a lively presentation of his own experiences and current research on Celiac Disease and Gluten Intolerance. He emphasized that Celiac Disease, although it is often thought to be a gastro-intestinal disease, is a disease that affects the entire body. Dr. O'Bryan was adamant about the 'brain and the bowel' connection, but also discussed the musculoskeletal complications of Celiac Disease. He provided lots of research examples of the impact and autoimmune response to gluten intake. For example, he discussed that current research indicates that dietary factors play a major role in how well your brain ages or experiences a neuro-degenerative disease (National Institute on Aging, Annals of Internal medicine, Vol. 139. No. 5 2003, 441-444). As well, he showed research, with x-rays that support the idea, that brain activity is altered from an autoimmune response. Dr. O'Bryan explained that many psychological disorders, including trait anxiety disorder, depression, ADHD and migraines improve on a Gluten Free diet. He emphasized the need for all people who stay Gluten Free to incorporate a vitamin supplement into their diet. He emphasized the importance of testing individuals and family members whenever CD is suspected and to test for CD when symptoms are outside the intestines or when an individual has Type 1 diabetes, thyroid disease, low bone density or anemia. Celiac Disease has multi-organ impacts!

**Newsletter Deadline** March 1, 2009 is the deadline to submit articles or information for the March newsletter. Please send submissions to [margo.scharer@yahoo.com](mailto:margo.scharer@yahoo.com)

## Celiac Friendly Restaurants



From Lynette Davis: **Piatti restaurant**, 190 St. Paul Street Denver, CO in Cherry Creek North has several options that are gluten free by nature. They now carry Glutino spaghetti noodles so they can make spaghetti Bolognese, which is spaghetti with meat sauce.

From Gina Meagher: If you crave crepes, pancakes or sandwiches, try the **Blue Sky Café** located at 14403 W. Colfax Ave., Lakewood, CO 80401 (Denver West); 303.216.2670; [www.blueskycafe.biz](http://www.blueskycafe.biz). Tina Trammell, owner, offers several gluten-free choices for breakfast, brunch or lunch. You will find Tina & her staff extremely knowledgeable and accommodating.

**The Thai Bistro** at 5924 S. Kipling in Littleton (SE corner of Kipling & Bowles); 720.981.7600; [www.thaibistro.net](http://www.thaibistro.net) can make many of their meals gluten free. Please let them know when you order and to also request GF soy sauce. I've enjoyed their Pad Thai and several fried rice with chicken & vegetables entrees.

From Rebekah Spetnagel (On the Menu / Gluten Free Detectives): **Bubba Gump Shrimp Company** <http://www.bubbagump.com> now has a GF menu. This menu was developed and researched in partnership with On The Menu, which specializes in helping restaurants develop Gluten Free menus. They are now offering their GF menu in close to half of their locations; including Denver and Breckenridge. Part of their work included developing a training packet geared specifically to their company. The menu was reviewed and a training packet created (info on celiac dietary needs, tips on preparing and serving GF foods, cross-contact, etc.) with their head chef and several people from their management team. Since they are a chain, On the Menu went out of their way to pick menu items that can easily be prepared and served without error, so no fried foods or substitutions are included. However, the menu does include a nice selection of entrees.

From Denver Post: Gluten intolerance used to mean avoiding restaurants, but things are changing. Several area eateries now have gluten-free menus, including **Opus Restaurant** in Littleton. There, gluten-free gourmands can dine on a six-course tasting menu that recently included Thai-spiced sea bass and mushroom-dusted bison loin. *Opus Restaurant, 2575 W. Main St., Littleton, 303-703-6787 [opusdine.com](http://opusdine.com).*

From Margo Scharer: **Origins** at Cherry Creek North offers GF baked goods at their coffee/tea bar. As well, Origins has a list of their cosmetic items that are Gluten Free. You need to ask at a counter. One of the employees has celiac disease and helped to create the list for customers.

From Mary Anderies: **The Eastside Kosher Deli** located at 499 South Elm Street, will carry numerous gluten free products during Passover season. Beginning on March 8th, through Passover (which begins April 9th) and ending with their after Passover sales, the store will stock luscious layer cakes, jelly roll cakes, pies, chicken nuggets, frozen dinner entrees, noodles, bread crumbs and more. Some Gluten-free products are now stocked throughout the year. Look for products labeled "Non-Gebrochts". Matzo and matzo flour are not gluten-free. Check labels, as some manufacturers make potato flour products for Passover and wheat flour products the rest of the year. Ask for assistance from their very helpful staff.

The Deli is a great source for dairy-free and soy free items, for those with other food sensitivities. Some "impossible to find" items such as DF/SF margarine may only be purchased during the Passover season. Others, such as DF/SF chocolate candy may be found all year round.

## Gluten Alert



**An's Lemongrass Grille (3 area locations)** has been marinating its grilled meats with a sauce which includes Lee Kum Kee Hoison sauce, which contains wheat. The peanut sauce also contains the Hoison sauce. The meat egg rolls do not contain wheat, but are fried in the same oil as the veggie egg rolls, which have a wheat wrapper. Their spring rolls and Pho soup meats have not been marinated and are therefore GF.



Don't Eat!!! These dinosaurs are extinct for a reason. **Wellshire Farms** was investigated by the Chicago Tribune and it was discovered that 3 products, **Chicken Bites Dinosaur Shaped, Chicken Corn Dogs and Beef Corn Dogs**, contained between 116 and 2,200 parts per million of gluten. Whole Foods has removed the Gluten Free label on these products. Margo Scharer talked with Whole Foods personnel (Cherry Creek North) and they will refund these.

## Speaking Gluten Freely

From Debbie Knapp  
At Vitamin Cottage:



**Arora Indian Foods** spice blends are all GF, along with three new organic aseptic pack ready to heat entrees.

**Bahama Rice Burger** is a frozen meat alternative, free of the top eight allergens and gluten, primarily made of rice products. It comes in Jerkin' Spicy, Mediterranean, Original and Pineapple Mango.

**Cascade Fresh** has refrigerated probiotic bars made with fruit and nuts, nice and chewy. All flavors are GF and organic: Blueberry/Acai, Cherry/Vanilla, Peanut/Chocolate Chip and Pomegranate/Goji.

**Cherrybrook Kitchens** now has ready-to-use GF frostings, which was difficult to spread, and two GF ready to eat mini cookies; Chocolate Chocolate Chip and Vanilla Grahams.

**Cool Cups** are natural jello dessert cups that are GF and vegan. They are available in refrigerated 4-packs.

**Dr. McDougall** has several GF soup cups ([www.rightfoods.com](http://www.rightfoods.com)).

**Edward and Sons** now has GF mashed potato mixes – Cheesy, Home-style and roasted Garlic.

**GoodEbar/Crenu** has two new flavors – Cherry and Cherry Chocolate.

**Ian's Natural Foods** has two new frozen GF kid meals – Mac No Cheese and Mac with Meat Sauce (ground chicken). Their products are made in a facility that processes wheat, but on separate machinery.

**Kay's Naturals** has three types of GF cereal-O's, protein chips in three flavors and two pretzels, available through distributor Natures Best.

**Let's Do Organic** has organic candy gummi bears in four flavors that are GF and vegan.

**Lundberg Farms** has reformulated their organic brown rice pastas, which cook up more like Tinkyada now. Also available are new ready to heat organic rice bowls, made in a GF facility and handy for traveling.

**Michael Seasons** new GF cheese snacks include baked Cheese Curls Hot Chili Pepper and baked Cheese Pops White Cheddar.

**Mi-Del GF cookie bites** new GF mini cookie is Chocolate Caramel.

**Nature's Path Whole O's** GF cereal is made from organic rice and corn.

**Wild Grill** is the new brand name for what has been **Omega Foods GF seafood burgers**.

**Whole Foods** -- Starfish, a subsidiary of Pacific Seafood Group based in Mukilteo, Wash., has introduced a new line of all-natural and gluten-free crispy battered wild harvested seafood products. Starfish expanded their popular crispy battered line of wild fish to include a gluten-free version of the halibut, cod and haddock offerings, providing quality flavor and value, without scrimping on taste. Starfish is available at Whole Foods.

**Whole Foods** -- Buffalo wing sauce manufacturer Wing-Time has become an official sponsor of the Celiac Disease Foundation. All of Wing-Time sauces are naturally gluten-free and are available at many Whole Foods markets. [www.wingtime.com](http://www.wingtime.com)

*Make it your 2009 resolution to*

### VOLUNTEER

**Product list help needed:** If anyone would like to help with the next product list, please contact Bonnie at [rjath@earthlink.net](mailto:rjath@earthlink.net).

**Huddle Leaders Needed:** CSA Denver is looking for volunteers to act as huddle leaders. If you are interested please contact Mike Brook at [mikebrook@aol.com](mailto:mikebrook@aol.com) or at 303-858-0822

*Denver CSA is an all volunteer group and we couldn't include these great events, information packets and newsletters etc. without volunteers. Many volunteer needs are short term, can be done from home and CSA Denver will provide support and guidance. Plus, you'll get to meet great new people.*



### Pamela's bread mix gets a new name

Ukiah, CA – Pamela's Products announced a name change for their top selling Bread Mix. It is now called **Pamela's Gluten-free Bread Mix**. This popular mix is distributed throughout the USA and Canada and has already started shipping under the updated name. [www.pamelasproducts.com](http://www.pamelasproducts.com).

**goodEbar is now CRENU** - goodEbar has just received a new look and a new name: CRENU. The new labels are bright & beautiful and feature the delicious real fruits for which gluten-free, vegan CRENUs are so famous. Two new flavors are now available: Cherry and Cherry Chocolate.

<http://www.crenu.com/>.

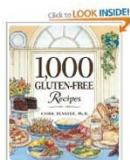


### In the News: Happy Gluten Free 2009!!!

Several articles described eating Gluten-free as a growing trend and forecasting the GF shopping to become even easier in 2009. Some forecast a 15-25 percent annual growth for GF foods in the U.S. over the next few years. Many media outlets are discussing gluten as a villain in not only Celiac Disease, but also for chronic intestinal diseases and autism. While it is proven that a GF diet is necessary for those with Celiac Disease, the benefits for other illnesses are currently unproven.



**Xanthan Gum Sensitivity:** In an article entitled "Could Xanthan Gum Sensitivity be Complicating your Celiac Disease Recovery?" Wendy Cohan notes that a few people may develop a sensitivity or allergy to even minor amounts of xanthan gum, with symptoms similar to those following gluten exposure-bloating and digestive upset. Guar gum can be substituted for those with xanthan gum sensitivities. Read more at [www.celiac.com](http://www.celiac.com)



Carol Fenster, in her new book **1,000 Gluten Free Recipes** notes that some people will react to large quantities of guar gum, but smaller amounts have not been reported to cause digestive upset.

Come see Carol Fenster at our February meeting!



### Medical News:

#### New IBS guidelines

Participants in the **American College of Gastroenterology** meeting in October of 2008

came to the conclusion that the standard, recommended treatment for Irritable Bowel Disease (IBS) – increased fiber and anti-spasmodic agents – is not effective at all. New standards of care will be issued in publications in 2009. Drugs, of course, will be the first items mentioned. There is one positive note in their findings, though. According to Dr. Chey: "Clinicians often order extensive blood tests and imaging studies to rule out other potential diagnoses, he said. But according to systematic studies, he said, "you are no more likely to find these diseases in patients with IBS symptoms." **One exception is testing for celiac disease**, Dr. Chey said, as studies have shown that this condition is common in patients with symptoms of diarrheal and mixed IBS. He said the evidence suggests that the blood tests for Celiac disease are cost-effective. This means that doctors may now routinely test for CD before telling patients their IBS suffering is 'all in their heads'.

#### Fewer Colonoscopies?

**The colonoscopy is perhaps** the most universally despised medical procedure devised by modern science. However, there **is** a ray of hope in what is usually a pretty dark tunnel. The November issue of the **American Journal of Gastroenterology** reports that there is a new, improved colorectal cancer screening test that detects tumor DNA in stools. It is also cheaper than previous tests. "This new version of the stool DNA test offers rather high sensitivity for colorectal cancer using a much simpler assay," said lead investigator Dr. Steven Itzkowitz. "Now that stool DNA testing has been included in the latest colorectal cancer screening recommendations of the American Cancer Society and the leading (gastroenterological) organizations, it offers a viable option for people who prefer to use a noninvasive, stool-based screening test," added Itzkowitz, from Mount Sinai School of Medicine, New York. The improved test identified 88% of cancers and had a false positive rate of 18%. Of course, if the test is positive, the dreaded colonoscopy would have to be performed for tissue samples and tumor location. However, for the 95% of us who will **not** develop colon cancer in our lifetimes, this new DNA test might mean the end of periodic screening by visual examination. The full text of this article can be read online at

<http://www.nature.com/ajg/journal/v103/n11/full/ajg2008571a.html> or search 'Simplified, Noninvasive Stool DNA Test' at <http://www.nature.com>

From SACS January 2009 newsletter

## RESEARCH UPDATES:

### **2G of Canada Offers Breakthrough Take-Home Test for Celiac**

2G Pharma Inc., a Canadian-based company, has launched a home-test kit to detect celiac disease. Similar to the U.S., the disease is commonly misdiagnosed, but affects more than 300,000 Canadians. The take-home kit is simple and accurate and can determine if someone is susceptible to celiac by measuring tTg-IgA antibodies in a sample of blood taken from a fingertip. Although the test is highly accurate, an individual testing positive still needs to have a biopsy for confirmation. This breakthrough test is currently only available in Canada as FDA approval is pending in the U.S. [www.celiachometest.com](http://www.celiachometest.com).

*Nov 2008 Celiac Central newsletter*



### **Celiac Disease and Cancer Research**

Ying Gao, M.D., of the National Cancer Institute in Bethesda, Md., and colleagues studied 37,869 patients with Non Hodgkin's Leukemia (NHL), 8,323 with Hodgkin's lymphoma, and 13,842 with chronic lymphocytic leukemia who were diagnosed between 1965 and 2004, and also 236,408 matched controls and 613,961 first-degree relatives.

Overall, the researchers found that Celiac Disease patients had a significantly increased risk of NHL (5.35-fold) but not a significantly increased risk of Hodgkin's lymphoma or chronic lymphocytic leukemia. But they found that the risk of NHL significantly decreased in patients diagnosed with celiac disease in 1995-2004 (3.84-fold increased risk) compared with those diagnosed in 1975-1984 (13.2-fold increased risk). The investigators also found that siblings of celiac disease patients had a 2.03-fold increased risk of developing NHL.

"Our observation that NHL risk was increased among persons with a sibling affected with celiac disease suggests shared susceptibility for celiac disease and NHL," the authors conclude. "There is a great need to improve our understanding regarding underlying mechanisms of our findings and to develop better biomarkers for prediction of lymphomagenesis among patients with immune-related and inflammatory conditions."

*From Celiac Central National Foundation for Celiac Awareness*

### **Thyroid Problems and Celiac Disease**

For the study, researchers from the Department of Pediatrics at Orebro University Hospital in Sweden evaluated 14,021 patients with celiac disease and 68,068 healthy individuals. After thorough evaluation, the researchers found that patients with celiac disease were 4.4 times more likely to develop hypothyroidism, 3.6 times more likely to develop thyroiditis and 2.9 times more likely to develop hyperthyroidism than their healthy counterparts. If the data amongst adults wasn't enough to shock you, the data was even more shocking for children. Celiac children were 6.0 times more likely to develop hypothyroidism, 4.7 times more likely to develop thyroiditis and 4.8 times more likely to develop hyperthyroidism!

### **New Rapid Gluten Test**

The December 15<sup>th</sup> issue of the *Journal Analytical Chemistry* includes an article about researchers Alex Fragoso, Ciara O'Sullivan and other colleagues who have discovered a faster and easier way to test foods for the protein the triggers (gliadin) the adverse events associated with Celiac Disease and the ingestion of gluten.

Such a rapid gluten detection test for food products could help millions of people avoid the indigestion, diarrhea, bloating, and other symptoms that arise when they accidentally consume foods that contain gluten.

A rapid, highly accurate test that can reliably spot gluten in food products promises to make it easier for manufacturers to label their products, and for people with celiac disease and gluten intolerance to avoid gluten and thereby enjoy better health.

*From Celiac.com*

### **Celiac Vaccine**

*Medical News Today* discussed the announcement at the annual UK Coeliac conference that Dr Bob Anderson from the Autoimmunity and Transplantation Division of The Walter and Eliza Hall Institute in Australia has identified the toxic elements of gluten creating the potential for a vaccine therapy to suppress or prevent gluten toxicity. The research indicates that there are only a few dominant peptides in the gluten protein that trigger the autoimmune response in people with Celiac disease which makes the creation of a vaccine easier. Dr Anderson is joint founder and CEO of Nexpep Pty Ltd, the company developing the Celiac vaccine in Australia. Dr Anderson said, "Nexpep is currently raising capital for a clinical trial program for a peptide-based therapeutic vaccine and intends to commence a Phase 1 clinical trial in the first half of 2009."

## STRENGTHENING THE BONES

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



Osteoporosis or low bone density has long been recognized as an “atypical” symptom of Celiac Disease. Although a couple of recent studies have not found an increased incidence of CD in people with osteoporosis, many

studies have shown a much greater incidence of CD in people with osteoporosis as compared to the general population, perhaps as much as 10 times higher.<sup>1</sup> In particular, people who show a much more severe loss of bone density than expected for their age, those who experience an unusual number of fractures, or those who do not respond to typical treatments for osteoporosis should all be screened for CD.<sup>2</sup> Dr. Peter Green has reported that, at diagnosis, as many as 50 – 100% of people with CD will have low bone density.<sup>3</sup> Reasons for this generally include poor absorption of calcium, other minerals or vitamin D, hormonal imbalances, or inflammation from the autoimmune process.<sup>4</sup> Upon diagnosis, everyone should have a bone scan. Calcium absorption by the intestine generally returns to normal after one year on a gluten-free diet,<sup>2</sup> and bone density generally improves too. Unfortunately, studies show that it may be possible for the bone density to completely return to normal only if someone is diagnosed at a younger age (before 25) and then strictly follows a gluten-free diet.<sup>2</sup>

There is some debate about starting some of the new bone drugs before the person has healed. If someone is not absorbing calcium very well, there is the possibility that these medications may upset the calcium balance in the blood, leading to other problems. However, even without these medications, there are several very helpful things individuals can do to strengthen their own bones. This article will discuss a few.

One of the most important things someone can do for their bones is to exercise, especially exercises that put a stress on the bones. Exercising that includes jumping is very helpful, such as jumping rope, jumping on a trampoline, basketball, volleyball or high intensity aerobics. Weight training – lifting heavy weights (either free weights or weight machines) - is also extremely helpful for the bones. (*Do not start this type of exercise without proper training.*) “Weight bearing exercises” such as walking, jogging and dancing are also helpful; however, exercising by swimming, although helpful for the heart and for people with joint problems, does not help the bones.

Many nutrients interact in helping to build strong bones. Obviously, calcium is one of the most important. For most people, 1000mg of calcium per day is recommended; for those with low bone density, aim for at least 1500mg per day. Dairy foods are the best sources of calcium; one 8 oz. cup of milk provides about 300 mg. For those who can’t consume dairy, certain greens, such as collard greens and kale, canned salmon, sardines and many calcium fortified foods (usually tofu and soy milk, many orange juices) provide some calcium. There are many different calcium supplements. Calcium citrate or lactate is generally better absorbed than calcium carbonate, which is absorbed better with food. When taking a calcium supplement, it should not be taken at the same time of day as an iron supplement, and the total amount should be spread out over the day, so that no more than 500mg is taken at one time. (This is the most the body can absorb at one time.)

Vitamin D is another nutrient which is very important for the bones. Some researchers are now looking at osteoporosis more as a deficiency of vitamin D rather than of calcium. Our skin is able to make vitamin D upon exposure to the sunlight; however, even though we live in Colorado where we get a lot of intense sunlight year round, many people are still deficient. There are several reasons for this: 1 - as we age, our skin becomes much less efficient at making vitamin D; 2 – people who work are often indoors and not exposed to the sun during the middle of the day when it is most intense, especially in winter, or if they are outdoors, usually have on sunscreen; 3 – there are few naturally occurring good food sources of vitamin D (mainly just oily fish such as salmon, mackerel and sardines). 4 - Milk is the main food that is fortified with vitamin D, but many people with CD also cannot tolerate dairy; and 5 – vitamin D is a “fat soluble” vitamin. “Fat soluble” vitamins require fat in order to be absorbed by the small intestine. Unfortunately, in undiagnosed CD, fat is often poorly absorbed, thus causing vitamin D to be poorly absorbed, too. For all of these reasons, blood tests for vitamin D would be recommended upon diagnosis, and everyone should consume at least 1000 I.U. of vitamin D per day. This can only be accomplished with supplements. Vitamin D is often included in a calcium supplement or multivitamin. Beware of overdoing the supplements, as too much vitamin D can be toxic. However, up to 3000 IU per day appears to be safe. If your doctor has put you on a higher dose due to a deficiency, be sure to have your blood level checked frequently.

There are many other nutrients important for the bones: **magnesium** (best food sources include nuts, seeds, beans, spinach and other green leafy vegetables, whole grains such as brown rice, corn,

buckwheat, quinoa and amaranth), **vitamin K** (good food sources include broccoli, cauliflower, Brussels sprouts, cabbage, lettuce, spinach and other leafy greens), **fluoride** (present in tap water, but usually lacking in bottled water). Foods high in potassium (most fruits and vegetables) also seem to be helpful for the bones (but not necessarily potassium supplements).

There are some nutrients that can have a negative effect on the bones, if consumed in excess. Too much fat can decrease the amount of calcium absorbed by the small intestine. Fried foods, fatty meats (sausages, cold cuts, etc) and many snack items are all high in fat. Too much phosphorus, especially from colas, and especially for women, has a negative effect on the bones. Too much sodium (processed foods, fast food, etc.) can lead to increased calcium losses through the kidneys, as can too much protein. Eating large amounts of meats and cheeses can also contribute to excessive phosphorus intake. Although adequate protein is important for the bones, too much, especially large amounts of red meats lead to calcium losses.

Smoking and excessive alcohol intake also has a negative effect on the bones.

In general, the recommendations for healthy bones are the same as recommendations for an overall healthy lifestyle: consume a balanced diet with a large variety of fruits and vegetables, whole grains and beans, plenty of low fat dairy foods, and moderate amounts of lean meats. Limit processed foods, fast foods, soda pop and snack foods. Don't smoke, drink in moderation, and get lots of exercise.

<sup>1</sup>Jennings, J.S.R., and P.D. Hoddle. New Developments in Celiac Disease. *Cur Opin Gastroenterol*.2003. 19(2):118 – 129.

<sup>2</sup>Bianchi, ML and MT Bardella. Bone in celiac disease. *Osteoporosis Int*. 2008 Dec;19(12):1705-16

<sup>3</sup>Green, P. Initial Assessment and Follow-up Care of Celiac Patients, presentation 9/29/1996.

<sup>4</sup>Green, PHR and B Jabri. Coeliac Disease. *Lancet* 2003. 362(9381):383-391.

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### GF TRAVEL in 2009

For those who desire, there are a number of travel agencies dedicated to gluten free traveling experiences. One of them is Bob & Ruth's (410) 939 3218. They have trips to Italy, China, Galapagos and Egypt planned for 2009.

<http://www.bobandruths.com/>

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### CELIACS ONLINE

<http://www.glutenfreefox.com/index.html>

is the first GF Search Engine. This search engine is similar to Google or

Yahoo but always provides results that are also GF relevant. For example, you can search on 'soap' and the results will give you 'gluten free soap'.

GlutenFreeFox.com does this specific 'gluten free search' by utilizing algorithmic filters and human-managed search results catering specifically to GF needs. As a result, the Gluten Free Fox user is linked to the freshest, most noteworthy content from only the most respected GF online sources.

<http://www.naturallydahling.com/index.html> is a fun web site that focuses on beauty products for those who have allergies and/or Celiac Disease. Check this web site out for top 10 Gluten Free gifts or simply to find out what make-up or skin care products are effective and Gluten Free.

**Holiday light display** - The Komarnitsky family, who live in Lafayette, Colorado has been putting on their holiday light display for 10 years. You can see this display on the internet or in Lafayette. This holiday season, the display won a Kentucky Fried Chicken Holiday tradition contest. The family will get a year's supply of free chicken and fixings and \$1,000. The two Komarnitsky boys have CD and donated the \$1,000 to the University of Maryland for celiac research. They plan to give away the chicken coupons. Over the years this family has raised \$35,000 for celiac research through donations. You can see their web site at [www.komar.org](http://www.komar.org).

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### \*\*\* Membership Time \*\*\*

Please remember to renew your membership ASAP. Most memberships renew at December 31<sup>st</sup>. Look above your name on the mailing label of this newsletter. If it states "**Last Issue**", then please renew. This is an all-volunteer organization and your memberships help to pay for the semi-monthly newsletters and meetings. See membership form on the last page of the newsletter. For questions, call Donna DeVisser at 303-979-8205.

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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.

## RECIPES

### December Gluten Free Cookie Exchange



A big **THANK YOU** to Udi's Bakery  
for donating cookies to the Cookie exchange ☺

#### Cranberry Walnut Sugar Cookies

1 bag Pamela's Classic Vanilla Cake Mix  
8 T unsalted butter  
4-5 T. water  
½ C. chopped cranberries  
½ C. chopped walnuts

Preheat oven to 325 degrees. Use paddle on stand mixer to soften butter, then combine with mix and water until batter comes together. Add cranberries and walnuts. Drop onto greased cookie sheet or sheet lined with parchment paper and bake for 15-18 minutes until edges are lightly browned. Adapted from recipe on package.

#### "Mutant" Turtles

Glutino-brand GF pretzel twists (unsalted)  
Rolo Candies  
Pecan Halves

Preheat oven to 350 degrees. Place pretzel twists on a cookie sheet. Place a Rolo on top of each pretzel. Heat for about 5 minutes. Remove from oven and gently place a pecan half on each Rolo.

#### Coconut Macaroons

3 C. shredded coconut (8 oz)  
1 ½ tsp. vanilla or almond extract  
1/8 tsp. salt  
2/3 C. sweetened condensed milk  
2 egg whites, stiffly beaten

1. Measure the coconut, extract and salt into a mixing bowl. Stir until ingredients are combined.
2. Stir in the sweetened condensed milk. Mix thoroughly.
3. Gently fold in prepared egg whites.
4. Drop tablespoon dollops onto a greased baking sheet.
5. Bake in a preheated 350 degree oven for 10 minutes or until the edges begin to lightly brown.
6. Transfer macaroons to a cooling rack.
7. When cool, enjoy!

#### Marshmallow Crispy Treats

Melt over medium heat:  
40 large marshmallows  
3 T. butter or margarine  
Add: 6 cups Erewhon Brown Rice Crisps  
Pat into a buttered 9x13 baking pan and decorate (I used Kroger sprinkles and more marshmallows).  
Cool slightly, slice and serve.

#### Chocolate Peanut Butter Balls

1 lb. butter (Horizon)  
2 C. peanut butter (Skippy)  
2 ½-3 lbs. powdered sugar (Kroger)  
3 t. vanilla (Kirkland)  
Chocolate Chips (Giradelli)

Cream butter and peanut butter. Add powdered sugar until consistency to form into balls the size desired. Add vanilla (mix with hands). Form balls.

Melt chips & 2 oz. paraffin. Dip balls into chocolate mixture. Use toothpicks to place on wax paper.  
Makes 9 dozen.

#### Cherry Almond Chews

1 C. shortening  
1 C. sugar  
1 C. packed brown sugar  
2 eggs  
¾ tsp. almond extract  
2 ½ C. GF flour (Domata flour—already has xanthan gum in it)  
1 tsp. baking soda  
1 tsp. salt  
2 ½ C. flaked coconut  
¾ C. chopped almonds or pecans, optional  
1 jar (16 oz) maraschino cherries, drained and halved  
In a mixing bowl, cream shortening and sugars. Add eggs, one at a time, beating well after each addition. Beat in extract. Combine flour, baking soda and salt; gradually add to the creamed mixture. Stir in coconut and nuts if desired. Drop by rounded teaspoonfuls 2 in. apart onto lightly greased baking sheets. Place a cherry half in the center of each. Bake at 350 degrees for 12-14 minutes or until lightly browned. Remove to wire racks to cool. Makes about 7 dozen.

#### Peanutty Pops

Blend 1/2 cup peanut butter, 2 cups of milk, and 1 package of instant chocolate pudding mix. Spoon into 4 oz paper cups, insert an ice cream stick in the center, and freeze for 4 hours.

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## FAQ

### Common issues, concerns and questions:

- Q. Nature's Path has a new Envirokidz cereal called Penguin Puffs cereal. This is not marked GF. We buy this cereal and others from this manufacturer all the time and most of the other cereals are marked Gluten Free. Is this GF?
- A. The Penguin Puffs are NOT Gluten Free as they have Kamut in them. Kamut is a form of wheat. Many of Envirokidz other cereals are GF including Gorilla Munch, Amazon Frosted Flakes, Koala Crisp, and Leapin' Lemur.
- Q. I was always very thin until after being diagnosed with celiac disease and starting a Gluten Free diet. Now I am about 10-15 lbs overweight. I noticed that the GF food is very high in calories. I don't feel that I over eat. Are there any suggestions on low calorie items?
- A. One reason for weight gain is because you are now absorbing foods properly. In addition, gluten-free products do tend to be high in calories. Try to focus on naturally gluten free fresh fruits and vegetables as well as lean meats. Also, don't forget to exercise.
- Q. Are there any GF oat brans available?
- A. As of now, there are no gluten-free oat brans. It is possible that one of the gluten-free oat companies will introduce it before long.
- Q. Is there a cure from Celiac Disease through Holistic medicine?
- A. NO. The only treatment for Celiac Disease is the lifelong adherence to a gluten free diet. CD is a medical condition and holistic and traditional medical 'cures' do not exist.

## Meet Your Neighborhood Celiac Resource Contact *Updated Aug. 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](mailto: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.**

<b>Metro Denver Areas</b>	<b>Contact</b>	<b>Phone</b>	<b>E-Mail</b>
<b>DEN-C:</b> Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	<a href="mailto:lddet@msn.com">lddet@msn.com</a> <a href="mailto:oppermanda@netzero.net">oppermanda@netzero.net</a>
<b>DEN-N:</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>DEN-S:</b> Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss	303-771-8029	<a href="mailto:cmc1974@msn.com">cmc1974@msn.com</a>
<b>DEN-W:</b> Lakewood	Betty Morris	303-238-514	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>E:</b> Aurora, zips: 80231 & 80247			
<b>NW:</b> Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	<a href="mailto:lmbmeek@juno.com">lmbmeek@juno.com</a>
<b>S:</b> Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	<a href="mailto:mapete1130@aol.com">mapete1130@aol.com</a> <a href="mailto:pricer15@qwest.net">pricer15@qwest.net</a>
<b>SE:</b> Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Gale McGrevey	303-766-7096	<a href="mailto:gmcgrevey@att.net">gmcgrevey@att.net</a>
<b>SW:</b> Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	303-933-1565 303-973-1279	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:n-lindsey@comcast.net">n-lindsey@comcast.net</a>
<b>W:</b> Golden, Evergreen, Morrison	Beverley Haney	303-670-0063	<a href="mailto:mrsbevins@q.com">mrsbevins@q.com</a>

### Other Colorado Area Contacts

Colorado Springs Area	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	<a href="mailto:celiacfamily@yahoo.com">celiacfamily@yahoo.com</a> <a href="mailto:ginglud@aol.com">ginglud@aol.com</a>
Northern Colorado			
Ft. Collins	Judy Siple	970-493-9674	<a href="mailto:jabms@frii.com">jabms@frii.com</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:billeyl@yahoo.com">billeyl@yahoo.com</a>
Loveland	Dave Shaw	970-669-4233	<a href="mailto:davshaw49@comcast.net">davshaw49@comcast.net</a>
Greeley	Mary Grauerholz	970-352-6122	<a href="mailto:mcholz@aol.com">mcholz@aol.com</a>
Western Colorado			
Grand Junction	Kathy Holland	970-255-0511	
Boulder County (CSA Chapter #138)	<a href="http://www.Bouldercountyceliacs.com">www.Bouldercountyceliacs.com</a>		
Boulder	Barbara Sanford	303-499-7259	<a href="mailto:barbarasanford@comcast.net">barbarasanford@comcast.net</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:billeyl@earthlink.net">billeyl@earthlink.net</a>
Longmont	Tiffany Jakubowski	303-834-8685	
Lafayette, Louisville	Beth Macht	303-665-7558	<a href="mailto:elizabethwm@yahoo.com">elizabethwm@yahoo.com</a>

**MEMBERSHIP APPLICATION FORM**  
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*(a non-profit organization)*

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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 01/09 NL

For information on the national CSA/USA, call 1-877-272-4272 or go to [www.csaceliacs.org](http://www.csaceliacs.org)

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