

# Taming of the SPRUE

May, 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**

## JUNE MEETING: Incredible Edible Gluten Free Food Fair!

**Date:** Saturday June 13, 2009  
**Time:** 10:00 am – 1:00 p.m.  
**Location:** El Jebel Oasis  
4625 West 50<sup>th</sup> Avenue  
Denver, CO 80212

**Event:** The Third Annual Incredible Edible Gluten Free Food Fair hosted by Denver Metro CSA chapter is June 13<sup>th</sup>. Local and national vendors will be on hand to tempt you with delicious cakes, cookies, breads, flour mixes and other product samples. We will be having door prizes so be sure come see all the exciting gluten free goodies! Last year we had more than 40 vendors and 500 participants.

**Directions to El Jebel Oasis:** From I-70 take the Federal North Exit to 50<sup>th</sup> Ave. Drive West on 50<sup>th</sup> Ave, also known as Regis Blvd. You will go two blocks just past Tennyson. You may also take Sheridan and turn east on either 46<sup>th</sup> Ave. or 52<sup>nd</sup> Ave. Turn on Tennyson to 50<sup>th</sup> Ave and 50<sup>th</sup> Ave West 2 Blocks. Parking: the Shrine Center is on the right. Park on the East Side and enter at the Lower Level Door on the North East Side or to the right of the Main Entrance, South Side, and come down stairs!

**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.

Bookmark Denver CSA's NEW website:

[www.DenverCeliacs.org](http://www.DenverCeliacs.org)



## SAVE THE DATE

**August Meeting: Gluten Free Picnic**  
**Saturday, August 8, 2009**

**Clement Park, 7306 W Bowles Ave, Littleton, CO**

Brush off your Gluten Free Recipes and dig out your best recipe for sharing with the group! The Gluten Free Picnic is around the corner. Denver CSA Chapter will provide: Main dishes, paper goods, and drinks. Bring along your favorite dish and the recipe to share. Look for more details on the website and at the Incredible Edible Food Fair!

**Looking for Volunteers for the food fair!** On June 13<sup>th</sup> volunteers are needed to help at the CSA Denver GF Food Fair. If you are interested in volunteering please call Abbie at 303-335-8857. Please leave a message and I will call you back.

**Huddle Leaders Needed:** CSA Denver is looking for volunteers to act as huddle leaders. Aurora and Arvada/Wheat Ridge have open positions for the Huddle Leaders. If you are interested, contact Mike Brook at [mikebrook@aol.com](mailto:mikebrook@aol.com) or at 303-858-0822.

**Newsletter Volunteer Needed:** CSA Denver is looking for a volunteer to help with the newsletter. If you are interested please contact Margo Scharer at [margo.scharer@yahoo.com](mailto:margo.scharer@yahoo.com).

## \*Denver CSA Product list will be available in July 2009\*

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.

**Newsletter Deadline** July 1, 2009 is the deadline to submit articles or information for the July newsletter. Please send submissions to [newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org)

## April Meeting: Dr. Hahn and Dr. Andow DDS

Dr. Leah Hahn, a local chiropractor, shared that gluten damages more than just our digestive tracts. In celiac disease, gluten damages our body's ability to adapt and deal with stress, which can result in other complex health issues including depression, anxiety, hormonal imbalance, thyroid issues, osteoporosis, and more. Dr. Hahn indicated that drugs today do treat the symptoms of many diseases, but fail to treat the underlying causes of disease. She emphasizes a wellness approach which looks for the underlying causes of any disturbance or disruption of the body system. She advocates making whatever interventions and lifestyle adjustments are needed to optimize the conditions for normal function. She shared how to make simple changes to our lifestyles to promote our health such as exercising, and back exercises and support. If you have more questions or were unable to make it to the talk be sure to stop by her table at the Incredible Edible Food Fair on May 13<sup>th</sup>. Thank you to Dr Leah Hahn. For more information see [www.bodyinbalancechiropractic.com](http://www.bodyinbalancechiropractic.com).



Dr. Ken Andow discussed the Oral signs of celiac disease such as enamel hypoplasia (white, yellow or brown spots on your teeth, translucent-looking teeth or pitting or banding) and delayed tooth eruption. Enamel

hypoplasia is not a direct symptom of celiac disease but rather occurs with severe systemic events that interferes with enamel formation. In people with untreated celiac disease, enamel defects are correlated with altered calcium-phosphate metabolism and antibodies that interfere with the normal development of enamel. Delayed growth and delayed tooth eruption in children are also correlated with untreated celiac disease. Mouth ulcers are also tied to untreated celiac disease. Providing a Gluten Free environment is important in dentistry. Latex gloves, prophylactic paste, anesthetic, topical fluoride, alginate impression material are products that may contain gluten.

**Latex Gloves:** It is safest to use powder-free gloves, unless you are allergic to latex.

**Prophy Paste:** Most manufacturers DO use gluten in processing prophylactic pastes. Pumice is gluten free.

**Anesthetic:** All major brands of injectable anesthetic are GF, however, some topical anesthetics may include gluten.

**Fluoride:** Fluoride varnishes typically do not include gluten, however, you should have your dentist check their topical fluoride as many do contain gluten. The most important message Dr. Andow provided to the audience was to be proactive in talking to your dentist about celiac disease. Ask your dentist about what he/she knows about celiac disease, whether he/she has treated other people living with celiac disease and which of their products include gluten. Call before your appointment, so they have time to research their products.

<http://www.withoutthewheat.com/> includes a section with GF dental products. <http://celiac.nih.gov/> also has some research papers on dentistry and celiac disease. The "Denver CSA: Gluten Free Products List" does have a dental care product section. Thank you to Dr. Andow for sharing places that gluten may be found within our dentist offices and dental effects of untreated CD.

### On the Web

The "Gluten-Free Registry" is a listing of restaurants throughout the country who offer gluten free foods. [www.glutenfreeregistry.com](http://www.glutenfreeregistry.com)



Help make May the **National Celiac Awareness Month**. Urge your legislators to support the bill now before Congress by going to <http://www.americaneliac.org> and click on the blue "write" button.

**CSA is initiating a celiac disease physician education program (CSA-PEP).** The goal is to provide over 70,000 doctors and medical students the information and tools they need to quickly and successfully diagnose celiac disease.

**Biomerica**, global medical technology company, based in Newport Beach, CA announced that it has purchased the assets, technology and rights for three new Celiac disease tests from an undisclosed European Company. The three new products include a test to detect antibodies to tissue Transglutaminase (tTg) and two tests to detect antibodies to Gliadin.

A team of researchers based at UK's prospective University of Highlands and Islands (UHI) have found a link between gluten and schizophrenia. According to their latest findings, proteins found in gluten might play a role in triggering schizophrenia in people with a genetic risk for the condition, or in worsening symptoms in people who have the disease. The research team has been looking into the role played by gluten in schizophrenia and diabetes, as well as hunting for connections between the two disorders. [www.celiac.com/articles/21809/1/Gluten-Tied-to-Schizophrenia/Page1.html](http://www.celiac.com/articles/21809/1/Gluten-Tied-to-Schizophrenia/Page1.html)

## Speaking Gluten Freely



**Hearthland Foods** has a number of GF items including soup mixes - Baked Potato, Corn Chowder, Fiesta Bean, Southwestern Style Chili, three types of vegetarian mixes and more, along with five potato side dishes and a salsa mix.

**Blue Horizon Organic Seafood Company** is furthering its presence in supermarket freezers throughout North America following authorization by **Whole Foods Market** to bring its wheat free/gluten free Seafood Bites to nationwide Whole Foods Market Stores. Blue Horizon Organic, already one of the nation's largest suppliers of Naturland-certified shrimp, recently launched its Blue Horizon Seafood Bites, a gluten free appetizer line, made with four high-quality seafood varieties. They include Salmon Cake Bites, Crab Cake Bites (made with real crab, not imitation), Fish & Chip Bites and Albacore Tuna Bites. Discover more at: [www.bluehorizonorganic.com](http://www.bluehorizonorganic.com).

**Deby's** would like to remind everyone that our store is still open to the public, and thank you to all who continue to shop with us. We have a wide selection of products available including our new egg rolls, pizza pockets, our own egg noodle pasta, pot sticker dumplings, and more.

**Glutano/ Dr. Schar Products:** The Celiac world was recently told that Glutano products would no longer be available in the U.S. However, a recent conversation with a Dr. Schar representative brought some promising news. The Glutano brand is a subsidiary of Dr. Schar. Schar is in the process of consolidating its many brands, including Glutano and Dietary Specials under the Schar brand. The company is also in negotiations with King Soopers, Vitamin Cottage and possibly Sunflower Market to bring their products into the Denver market. Glutano's Tagliatelle noodles are expected to on shelves in the next few months.

**Crunchmaster Multi-Grain Crackers** at Sam's Club are certified GF by the Gluten Free Certification Organization (GFCO). They test at less than 10 ppm. Cub Foods will carry the smaller 4.5-oz. package.

**General Mills is expanding its line of GF Chex cereals** to include: Corn Chex, Cinnamon Chex, Strawberry Chex, and Honey Nut Chex and its **Betty Crocker GF baking mixes**



to include: Yellow Cake Mix, Devil's Food Cake Mix, Chocolate Chunk Brownies and Chocolate Chip Cookies. The cereal is now in some stores. The baking mixes will become available nationwide on June 1. Your store may still carry these products with the old formula until all are sold. The entire line of **Prego Pasta**

**Sauces** (now Italian Sauce) is gluten free **EXCEPT** for Mini Meatball. They also have a new Heart Smart Italian Sauce which comes in five flavors - Mushroom, Onion & Garlic, Ricotta Parmesan, Roasted Red Pepper & Garlic and Traditional.

**Silk Soymilk** has several new flavors - Heart Health, Plus for Bone Health, Plus Fiber and Plus Omega 3 DHA - all gluten free.

ALL **Zicam** products are gluten free.

## Medical News



### Celiac Vaccine clinical trial in Australia

This month in Melbourne, Australia, WEHI clinician scientist, Dr. Bob Anderson, will begin the Phase 1 clinical trial of an experimental vaccine for the treatment of celiac disease. If this scientific team is successful, it could mean that a strict gluten-free diet for people living with celiac disease is a thing of the past. The early trial will test the drug's safety on 40 volunteers who have celiac disease. If the Phase 1 trial is successful this year, Phase 2 will determine the clinical effectiveness of this vaccine. A company, Nexpep, has already been created to lead in the development of the vaccine. Dr Anderson states, "The vaccine itself is intended to gradually desensitize the coeliac sufferer, so that gluten is tolerated. Consequently, the villi in the small intestine should revive and absorb nutrients in the normal way. Ideally, that would mean the end of gluten-free diets for people with coeliac disease." [http://www.eurekalert.org/pub\\_releases/2009-04/ra-vtf040209.php](http://www.eurekalert.org/pub_releases/2009-04/ra-vtf040209.php)

### The Economic Impact of Undiagnosed Celiac

A study published in the *Journal of Insurance Medicine* demonstrated the economic benefit of diagnosing people with celiac disease. The recent study that examined a large managed-care database revealed reduced health care costs after the diagnosis of celiac disease. The reductions in costs were attributable to decreasing trends in utilization of office visits, lab tests, diagnostic imaging and endoscopy procedures in those diagnosed with celiac disease. As a result of the study, "there needs to be greater physician education in the various modes of presentation and manifestations of celiac disease and more use of the widely available screening blood tests that detect the disease," Dr. Peter Green said.

[www.medicalnewstoday.com/articles/144127.php](http://www.medicalnewstoday.com/articles/144127.php)

**Denver CSA: Gluten Free Products List (2007) is currently OUT OF STOCK. However, the new 2009 Denver CSA: Gluten Free Products List will be available in July 2009.**

## European Gluten Free Adventure



### Preparation

We just returned from a week stay in Amsterdam, three nights in the Normandy countryside and three days in Paris. Here are a few tips for traveling GF safely. Start your preparations by doing a search on the [Listserve.icors.org](http://Listserve.icors.org) (sign up for free membership) and Google. You'll find a lot of great

information on restaurants, health food and grocery stores. We found [www.gluten-free-onthego.com](http://www.gluten-free-onthego.com) and [en.dinersite.nl](http://en.dinersite.nl) to be especially helpful. Have a few restaurants lined up, but don't be afraid to try new places. Europeans are very allergy-aware and will work hard to ensure you have a good experience. Print and laminate an allergy alert card, available from many internet sources. It will come in handy and help broach the language barrier.

Pack a few basics. Pretzels, chips, nut bars, a shelf stable meal like Dinty Moore Stew, a few breakfast muffins and a Tupperware container of GF cereal can tide you over in emergency situations. A loaf of Outside the Breadbox bread lasted nearly two weeks, though it was getting dry by the end of the trip. Bring a silicone toaster bag to prevent cross contamination from non-GF toasters. You can usually bring fresh fruit onto the plane, but may not take it into your destination country. Check with your airline to see if it serves GF meals. I have had good luck with British Airways and Northwest/ Delta, though the food sometimes is pretty plain.

### Customs and Security

I took muffins, bread, snacks etc. in my carry-on. I also had an "emergency meal" in a shelf stable package. The only things that did not get through security were a 4 oz. package of apple sauce and my nearly empty tooth paste. The tube listed a volume of more than the 3.2 oz limit. I put any mixes containing GF flour in my checked bags. White powdery substances seem to make the Customs Officials nervous!



Customs will not allow fresh fruit, meats, vegetables and soft cheeses into the US. The customs dog alerted to my bag, which had contained these types of products the day before my flight. I had no problem bringing a small duffel bag full of packaged *Proceli* breads and croissants (from Spain) back into the US.

### Paris & Normandy: "Sans blé, s'il vous plaît "

Paris is divided into 20 arrondissements, or neighborhoods. The last 2 digits of the zip code note the arrondissement. Knowing the nearest Metro line is also helpful when planning your daily itinerary. Many stores offer GF packaged food, including La Vie Claire, Monoprix (multiple locations), Bio Generation and Biosphare. Naturalia Rende-vous de la Nature (96 rue Mouffetart in the 5th) came well recommended and didn't disappoint. Their shelf stable breads and croissants from *Proceli* were very good. Pass on their hard rolls and small baguettes. They carry many Dr. Schar products, including individually wrapped baguettes, pasta and great crackers. Valpiform is also a good brand for packaged products. The store's fresh GF bread makes excellent door stops!

With a packaged baguette in your pocket, you are ready for a picnic anywhere! A little fresh fruit, sliced ham, pate and cheese from any nearby market and charcuterie and you are ready to go! The closer you get to the major tourist attractions, the fewer markets you will find, so plan ahead.

These restaurants came well recommended, although we did not eat there, as they were either full (advanced reservations recommended) or closed the nights we wanted to go:

- Des Si & Des Mets (63 re Lepic in the 18th) a dedicated GF restaurant!
- Le Reminet (3 rue des Grandes-Degres)
- Le Timbre (3 rue Saint Bueve in the 6th) looks expensive, but people have raved about it!
- Brasserie Balzar (49 rue des Ecoles in the 5th)

We had success eating in corner Brasseries for salads, complete with meat and cheese (bring your own roll to round out the meal). Crème Brule and Chocolate Mousse should be GF desserts. Some commercial sorbets contain milk and wheat, so check labels. We also had very good luck eating at ethnic restaurants, including:

- Chez Jaafar Restaurant (22 rue du Sommerard) a Tunisian restaurant which was very reasonably priced.
- La Voie Lactee (34 rue du Cardinal Lemoine in the 5<sup>th</sup>) Turkish restaurant which was very accommodating.

GF products are limited in the countryside. Health food stores had a few products, but these tended to have limited stock. Shop in a medium sized town before you head to the countryside and pack a few shelf stable baguettes for your travels. We had a delightful stay at a very old French Farm house in Aizier, named Les Sources Bleues, a picturesque setting on the Seine River in rural northern France. Madam Laurent does not speak English, however coincidentally, she has Celiac, so she carefully watched out for us. Her wonderful breakfasts and dinners are served family style.

## Amsterdam: " Geen tarwe, alstublieft "



Not everyone will have the advantage of staying with supportive relatives in the Netherlands as we do. But you will still find many GF options for eating in the land of tulips! Packaged GF

items are readily available at the Albert Heijn and C1000 grocery stores. Health food stores also offer a wide selection of items. *Special* brand brown bread is available in the frozen food section and is quite good when toasted. It does not last very long when not frozen or refrigerated, however. The historic Café in the Waag (Nieuwmarkt 4), originally a Dutch Weighing House, offers sandwiches on GF bread. The Haesje Claes (Spuistraat 273-275) is a not-to-be-missed restaurant serving traditional Dutch Food. Not only do they have a GF menu, they will bring excellent GF rolls to the table.

A Dutch breakfast looks more like an American lunch-bread, cheese, sliced meats or for the kid in you- Hagelslag (think cake sprinkles) and chocolate pasta (chocolate paste). Bring your own bread and watch out for cross contamination from communal jars of chocolate pasta and jelly. Alternately, you can hit the neighborhood market the night before and stock up on cheese and lunchmeats and picnic in your room.

### INTERNATIONAL COELIAC DISEASE SYMPOSIUM

On April 3<sup>rd</sup>, I had the pleasure of representing the Denver Metro CSA at the International Coeliac Disease Symposium at the Musiekgebouw in Amsterdam



during its opening day. The first day sessions included information on the changing understanding of the clinical spectrum of CD, new tests for CD and the varying incidence rate for different countries.

Almost 300 research posters were available for review. Abstracts of these were provided in the Conference book. Some of the more intriguing research will be summarized in future newsletters.

Dr. Peter Green from Columbia University talked about the incidence of CD within the United States ranging from 0.5% to 1%, with a rate of 1:133 as the most accepted rate. In U.S. elderly adults, the rate increases to 2.5%. The rate in northern Africa's Sahara region is between 4-8%!

There is also concern about a growing CD "Belt" in India due to increased wheat consumption.

The incidence in the U.S. appears to be rising. Researchers have gone back and tested blood samples from Korean War Veterans, collected over 50 years ago, which showed a CD incidence of 0.4%. Studies from the University of Maryland show an increase in the incidence rate of 0.21% in 1974, rising to 0.95% in 2000.

Sweden has experienced an epidemic of CD, not seen in nearby Scandinavian countries, which began in the mid '80s. Children born in 1993 have an incidence rate of 3%, a nearly 6 fold increase over the rate seen in Swedish adults. Some of the increase appears to be due to the introduction of wheat into baby foods and a trend of breast feeding for shorter times during infancy. Research is ongoing to see if more people in this age group will develop CD as they get older.

The United States diagnoses only about 1% of persons with CD, though data from CIGNA Insurance Company shows this improving. About 2% of those with CD were diagnosed in 2003. Finland has an aggressive diagnosis rate of 70%. We still have a long way to go in diagnosing those with CD. *By Mary Anderies*

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**Gluten Free on the go:** Are you in the circumstance where you or someone you know needs some gluten free meals provided for a hospital stay, travel, rehab time at home, etc? There are several options such as Gluten Freeda Foods. They provide a food service where individual servings of burritos and oatmeal can be purchased at <http://www.glutenfreedafoods.com> .

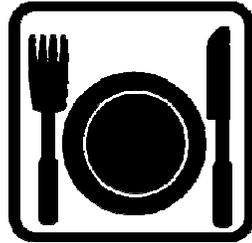
At <http://www.gfmeals.com> you can discover Dinner Secret which "was founded in January 2007 ...we recognized that people nationwide were desperately in need of frozen, ready-to-cook, entrees, sides and baked goods that are gluten-free and casein-free... We developed the brand gfMeals to serve this market..."

Also, GoPicnic makes ready to eat meals. These meals require no refrigeration and are convenient. There are many gluten free choices at:

<http://www.gopicnic.com/All-GoPicnic-Products/Gluten-Free-Meals>

The **Eldorado Market**, the little gas station, espresso bar, and mini food market, outside of Eldorado Springs, near Boulder Colorado, has started carrying gluten free baked goods such as Aunt Kay's chocolate pumpkin and currant breads. They also have been serving GF cookies and are in the process of carrying "Out Side the Breadbox's" GF breads. They are putting in a sandwich bar in a month and will be interested in offering GF bread at that time. If you're driving by, come in and try.

## Celiac Friendly Restaurants



From Karen Cranford: **Starbucks Corp.** will begin selling its first gluten-free pastry in its U.S. stores next month in response to requests from its customers. The pastry, called Valencia Orange Cake, will be made with seven ingredients which are all 100 percent gluten-free, the company said. The cake will be sold in individually wrapped packages for \$2.25 each.

From Bonnie Atherton: A Restaurant called **Seven 30 South** at 730 South University St. in Denver has an extensive gluten free menu and a dedicated fryer. You can see their menu at <http://730south.net/>

**Bono's BBQ** at 13881 E. Mississippi, Aurora, CO (in the Best Buy Parking Lot) and at 9393 E. Dry Creek Road, Centennial, CO does a good job with Gluten free food. Only the Red Hot BBQ sauce has gluten in it. When you order, ask for no bread, and ask them not to put any sauce on your meats. Take the red sauce off the table. They are very gluten free friendly and very helpful. They can be found on the Internet at <http://bonosbarbq.com/>

**Beau Jo's** locations in Denver (Colorado Blvd) and Boulder are now offering GF Appetizers, and Sandwiches on Deby's bread, as well as their GF Pizza. Also Beau Jo's has Wheat Free Wednesday, where you get a special price on a GF Pizza/Salad bar combination.

**Le Central**, a French restaurant in central Denver, serves a celiac/gluten free meal on the second Tuesday of every month. Check their website for details: <http://www.lecentral.com/ourmenu/menu.html>.

**Chipotle** is now testing a Chicken Pozole soup in this market. The ingredients are gluten free, but the corn tortillas IN the soup are made in a facility that also makes wheat tortillas, so cross contamination is a possibility.

From Margo Scharer:

**Lala's Wine Bar and Pizzeria** at 410 E. 7th Ave. Denver, CO 80203 - Ph: 303 861 9463 has a GF menu. Lala's has excellent gourmet pizza (Deby's crust) which they prepare in a separate area and bake on a separate pan. They also have GF pasta that they cook in separate water and GF desserts (3 to choose from). Their deep fryer is not dedicated. One of the manager's must stay GF, so they are well educated. We save it for special occasions since it's not your regular pizza joint. [http://www.lalawinebar.com/Site/Menus\\_files/GlutenFree%20Menu.pdf](http://www.lalawinebar.com/Site/Menus_files/GlutenFree%20Menu.pdf) is the GF menu.

## Classes and Events

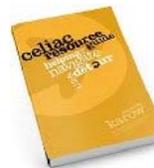


Looking for gluten free cooking classes? Kitchen Table is offering a GF Series of cooking classes. Learn to make breads, cookies, quick doughs, crusts, and pastas you never thought possible. Chef Lindsey will show you just how easy baking gluten free can be. Please check with Kitchen Table at [www.kitchentablegv.com](http://www.kitchentablegv.com) for more contact information and class schedule. The Kitchen Table does extensive cleaning the night before the GF classes as well as keeps the GF ingredients separate from all others.

### 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.

**Chef Abbie:** Are you frustrated with the gluten free lifestyle? Newly diagnosed or just missing some of your favorite forbidden foods? If you are looking for relief from those frustrations, call Chef Abbie at 303-335-8857. To sign up for a free newsletter with gluten free recipes visit [www.yourglutenfreechef.com](http://www.yourglutenfreechef.com)



**The Celiac Resource Guide by Julianne Karow.** This book is a personal resource guide for those with celiac disease who struggle to solve everyday challenges. In addition to information that will help those newly diagnosed, it provides references to many websites where you can further educate yourself. The *Celiac Resource Guide* includes suggestions for a GF pantry, where to find GF food products, GF medications, how to travel on a GF diet, and much more. Coupons, product discounts, free sample offers or free shipping donated from several GF food manufacturers will be available to those who purchase the book. For every book sold, \$1.00 will be donated to The Center for Celiac research. [www.amazon.com](http://www.amazon.com) or [www.CeliacResourceGuide.webs.com](http://www.CeliacResourceGuide.webs.com)



**Gluten Free Every Day Cookbook** : local author, Carol Fenster who wrote, **1,000 Gluten-Free Recipes**, won first place in the Cookbook/Nutrition category of the Living Now Awards, sponsored by the Jenkins Group ( a group well-known to us in the publishing field). Congratulations Carol! Read more from Carol at <http://www.gfreecuisine.com/blog/>

## Controversy: The G-Free Diet: A Gluten-Free Survival Guide

In Elisabeth Hasselbeck's new book, *The G-Free Diet*, she shares her experiences and wisdom of living gluten free. For many years Hasselbeck suffered with GI symptoms with no diagnosis. Finally her symptoms disappeared, ironically, while spending time in the Australian Outback, living off the land on the grueling *Survivor* TV show and subsisting on rice. Returning home, she pinpointed the food that made her sick -- gluten, the binding element in wheat. By simply eliminating it from her diet, she was able to enjoy a completely normal, healthy life.



At the same time, this new book has also caused controversy as it focuses on the GF diet for all, rather than a necessary diet for those who have celiac disease. Elaine Monarch, founder and Executive Director of the Celiac Disease Foundation, an organization devoted to raising awareness, lobbying legislation and helping business and consumers with GF products, recently wrote the following letter about Hasselbeck's new book.

Celiac Colleagues:

I am writing to call your attention to the current publicity surrounding the new book, *The G-free Diet, A Gluten-Free Survival Guide* by Elisabeth Hasselbeck, co-host of *The View*. While it is important to call attention to celiac disease, the information must be accurate - the inaccuracies in this book are potentially dangerous and detrimental to celiacs and to those yet to be diagnosed if people self diagnose and start eating GF. Our mission is to assist in getting people accurately diagnosed and the message in this book could defeat this mission. It appears that this book is being marketed as a fitness diet - eat g-free and feel so much better. Celiac is incorrectly referred to as an allergy not an autoimmune disease.

The GF diet is the medically mediated prescription that controls the condition for a diagnosed celiac. Several items in the book are misleading and inaccurate and place further limitations on the GF diet. The gluten-free lifestyle is a lifelong commitment for the diagnosed celiac, not an option, not a fad diet - adhering to the GF lifestyle requires patience and persistence. This lifestyle cannot be trivialized. Thank you. Elaine Monarch, Celiac Disease Foundation Founder & Executive Director.



May is GIG National Celiac Awareness Month (CSA celebrates in October)

## FDA Definition for Voluntary Labeling

Currently, the US Food and Drug Administration (FDA) is working on developing a standard for "Gluten Free" labeling. There is much debate about whether "Gluten Free" should mean 0 gluten, or a small parts per million. When the definition is final and is published in the United States Congressional Federal Register, the CSA national office will alert, by email, those CSA members with a current email address in the CSA database. 1) call the office and provide a valid, current email address so that you may receive the alert, and 2) periodically check the CSA website, or the FDA website, [www.FDA.gov](http://www.FDA.gov), for the announcement and details.

<http://www.csaceliacs.org/DEFININGTHETERMGLUTEN-FREE.php> see website for more information.

**2009** – The proposed FDA definition from 2007 remains in draft form, however, an online survey of 5000 adults will be conducted in the summer of 2009 for the following purposes:

Understand perceptions of characteristics related to the claims of "gluten-free" and its allowed variants. The survey will also gauge perceptions of claims such as "made in a gluten-free facility" or "not made in a facility that processes gluten-containing foods". The study will also assess consumer understanding of "gluten-free" claims on foods that are naturally free of gluten. Finally, the study will gauge consumer reaction to a product carrying a gluten claim along with a statement about the amount of gluten the product contains.

This study will include people with celiac disease and people who do not have celiac disease.

### Email Notices from your Chapter

You may have noticed that the chapter has sent a few emails to you recently with important information such as membership expiration notices, meeting reminders, and other information that would not meet our normal newsletter deadline. We have had many positive comments on the reminders and would like to continue to send these out. We anticipate that there would only be minimal activity and only if it is pertinent and timely. We never sell or give out your email address to anyone other than for chapter business. **If you would prefer to NOT receive these emails, please send an email to Donna DeVisser at [sdevisser@msn.com](mailto:sdevisser@msn.com).**

### 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.



## GF Recipes Recipes:

### PINA COLADA CRUNCH COOKIE

By Katy Martin on behalf of Suzanne Bowland

**APOLOGIES:** in the last issue I accidentally missed some of the ingredients in this recipe. This is a reprint.

#### Ingredients:

2/3 cup chopped pineapple; canned or fresh, well drained—save juice  
 2/3 cup pineapple puree (from canned pineapple tidbits or crushed)  
 ½ cup flaked coconut: sweetened & soaking in pineapple juice (garnish)  
 1 cup flaked coconut; sweetened, toasted  
 2/3 cup dry roasted macadamia nuts (pieces or chopped)  
 ½ cup coconut flour  
 ¼ cup sweet white sorghum flour  
 ¼ cup brown rice flour (whole grain)  
 ¼ cup Expandex modified tapioca starch  
 ¼ tsp. salt  
 ½ tsp. baking powder  
 ½ tsp. xanthan gum  
 2/3 cup unsalted butter (room temperature)  
 ¼ cup white granulated sugar  
 ¾ cup brown sugar (plus a little extra for garnish)  
 4 large eggs  
 1 tsp. vanilla extract  
 ½ tsp. ground ginger

#### Preparation of Ingredients:

Drain pineapple chunks into a bowl and add ½ cup sweetened flaked coconut.  
 Chop some of the pineapple chunks to create 2/3 cups; set aside. Puree pineapple to create 2/3 cups; set aside  
 Spread 1 cup sweetened coconut on un-greased cookie sheet, bake in 350F oven, stirring occasionally, until ledges are lightly golden. Set aside. Chop dry roasted macadamia nuts; set aside.

#### Method of preparation:

Sift together dry ingredients. Cream together butter and sugars, mix well. Add eggs, vanilla and ginger, mix well. Add ½ of the dry ingredients to the wet, mix well. Add pineapple puree and then add the remaining dry ingredients: including toasted ½ cup flaked coconut, macadamia nuts, and 2/3 cups chopped pineapple. Put dough in refrigerator until firm (20-30 minutes minimum). Preheat oven to 350F with racks in the center of the oven evenly spaced. Scoop firm cookie dough with a small or medium sized scoop and place scoop on parchment paper or silicone mat with 2" apart. Flatten out the dough slightly with fingers until it is approximately

1" thick. Sprinkle 1/8 tsp. of brown sugar over cookie and then create a depression (well) in the center of the cookie big enough for a ¼ tsp of wet pineapple. Then sprinkle several strands of the soaked coconut on top—pressing it into the brown sugar. Bake at 350F for 10-13 minutes until coconut on top is golden, the brown sugar is melted, and the top outside edges are somewhat firm to the touch. The bottom should also be a dark golden color. Allow to cool on the cookie sheet, and remove when able to touch with bare hands. Allow to cool completely before packaging. \*\*Variation: Replace butter with Earth Balance or shortening to make it dairy free.

### Delicious and Easy Gluten Free Crepes using Pamela's Baking and Pancake Mix



1 cup Pamela's Baking & Pancake Mix  
 1-1/3 cup water,  
 1 egg,  
 1 tablespoon oil,  
 Your Favorite Fillings

#### Filling Ideas:

Nutella & Sliced Bananas  
 Strawberries, Blueberries & Bananas topped with Whipped Cream  
 Peaches & Brown Sugar  
 Grated Mozzarella Cheese & Sliced Salami  
 Sautéed Spinach, Mushrooms & Grated Cheese

1. In a medium-sized bowl, mix all ingredients together. The batter will be very thin.
2. Preheat crepe pan or a round 12" pan (low to medium/low heat).
3. Pre-grease skillet before baking each crepe. Pour 1/4 cup of batter into skillet and quickly rotate pan in circular motion to disperse the batter into a thin, even coat. Air holes will appear, do not try to fill them in.
4. When edges start to brown, lift edges of crepe with spatula, then flip. Remove crepe and place flat on parchment or wax paper. Use a paper liner in between crepes when stacking while continuing to cook additional crepes. Keep crepes covered to prevent drying out.
5. Fill with favorite fillings, roll and serve.

From Margo Scharer: We tried this crepe recipe on Mother's Day and it is quick, easy and delicious! The hardest part was flipping the crepe over without breaking it. We filled ours with strawberries, whipping cream and chocolate sauce on top (the kid's choice). Yum!! They weren't as nice as the above photo either.

## Chapter Board Members

Karen Cranford , <i>President</i> <a href="mailto:crankaren@aol.com">crankaren@aol.com</a>	303 979 8094
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Abbie Keyes, <i>Co-VP Programs</i> <a href="mailto:yourglutenfreechef@gmail.com">yourglutenfreechef@gmail.com</a>	303 335 8857
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CEDAR Project, Iman Taki, CEDAR Coordinator <a href="mailto:iman.taki@uchsc.edu">iman.taki@uchsc.edu</a>	303 724 7544

Bookmark Denver CSA's NEW website:

[www.DenverCeliacs.org](http://www.DenverCeliacs.org)

This is a work in progress. You will find there are parts of the site that are still under construction. *We appreciate your patience as we get our material onto the site.*



## FAQ Common issues, concerns and questions:

**Q.** I have heard that the brain lesions between MS and celiac disease are identical. Can you help?

**A. Dr. Cynthia Rudert:** Neurologic disorders may be associated with Celiac Disease: The majority are uncommon except for migraine headaches. It is thought that at least 4% of migraine headache sufferers are undiagnosed celiacs.

The brain lesions in cerebellar ataxia, which can be seen with Celiac Disease are identical to MS. Both involve "white matter" changes. The NIH in Bethesda, Maryland is looking to enroll patients with cerebellar ataxia. Ataxia is diagnosed in a patient who has difficulty walking a straight line. They are screened for celiac and regardless of the results are placed on a gluten-free diet and monitored. Ghezzi, A., Zaffaroni, M.: "Neurological Manifestations of Gastrointestinal Disorders, with Particular Reference to the Differential Diagnosis of MS", *Neurol Sci* 2001; 22 Suppl 2:S 117-122. Also, Pengirna, T.C., Wills, A., Holmes, G.: "Neurological Complications of Coeliac Disease", *Postgraduate Medical Journal* 2002; 78(921): 393-398

**Q.** I was recently diagnosed with gluten sensitivity through a stool test— simple, non-invasive, and cheap! While it doesn't tell me if I have intestinal damage, I really don't care because the treatment will be the same, regardless. I have reversed my bone density loss with a (nearly) gluten free diet, have no digestive complaints, and feel great. Why are stool tests for antibodies not used more frequently? Is the mainstream medical establishment opposed to their use for some reason?

**A. Dr. Alessio Fasano:** The reason the stool tests are not as diffuse as the classic blood test is that they are not validated and, therefore, they are not recognized by the official organizations that govern the laboratories activities. I am pretty sure that if other labs and other scientists will validate the stool test, it will be used more wisely. Unfortunately, after many years, no one has been able to reproduce the validity of this test.

[www.clanthompson.com](http://www.clanthompson.com)

**A Special Thank You to everyone who purchased Simply Boulder Sauces at our April Meeting. With your help Simply Boulder was able to donate \$150 to our chapter to help fund all of our events. Seth will be at the food fair. Thank You Everyone that bought sauces as well as Seth of Simply Boulder for donating back to the chapter!**

**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.**

Metro Denver Areas	Contact	Phone	E-Mail
<b>DEN-C: Central Denver City/County</b>	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: Westminster, Commerce City, Brighton, Northglenn, Thornton</b>	Darci Kunard	720-214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>DEN-S: Centennial &amp; Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,</b>	<b>Cathy Curtiss</b>	<b>303-771-8029</b>	<b><a href="mailto:cmc1974@msn.com">cmc1974@msn.com</a></b>
<b>DEN-W: Lakewood</b>	<b>Betty Morris</b>	<b>303-238-514</b>	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>E: Aurora, zips: 80231 &amp; 80247</b>			
<b>NW: Arvada, WheatRidge, Zips: 80021&amp;80212</b>	Laura Meek	303-467-0608	<a href="mailto:lmbmeek@juno.com">lmbmeek@juno.com</a>
<b>S: Highlands Ranch, Lone Tree, Castle Rock</b>	<b>Mary Ann Peterson</b> <b>Cheryl Borgen</b>	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: Centennial &amp; Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth</b>	Gale McGrevey	<b>303-766-7096</b>	<a href="mailto:gmcgrevey@att.net">gmcgrevey@att.net</a>
<b>SW: Littleton, Ken Caryl, Roxborough</b>	<b>Joan Van Loozenoord</b> <b>Nancy Lindsey</b>	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: Golden, Evergreen, Morrison</b>	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 Bushnell	970-493-9674	<a href="mailto:jabms@frii.com">jabms@frii.com</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:bill eyl@yahoo.com">bill eyl@yahoo.com</a>
Loveland	Dave Shaw	970-669-4233	<a href="mailto:davshaw49@comcast.net">davshaw49@comcast.net</a>
<b>Greeley</b>	Mary Grauerholz	970-352-6122	<a href="mailto:mcholz@aol.com">mcholz@aol.com</a>
<b>Western Colorado</b>			
<b>Grand Junction</b>	Kathye Holland	970-255-0511	
<b>Boulder County (CSA Chapter #138)</b>	<a href="http://www.Bouldercountyceliacs.com">www.Bouldercountyceliacs.com</a>		
<b>Boulder</b>	Barbara Sanford	303-499-7259	<a href="mailto:barbarasanford@comcast.net">barbarasanford@comcast.net</a>
<b>Berthoud</b>	Bill Eyl	303-772-3155	<a href="mailto:bill eyl@earthlink.net">bill eyl@earthlink.net</a>
<b>Longmont</b>	Tiffany Jakubowski	303-834-8685	
<b>Lafayette, Louisville</b>	Beth Macht	303-665-7558	<a href="mailto:elizabethwm@yahoo.com">elizabethwm@yahoo.com</a>

**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 05/09 NL

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

**ORDER FORM**

*DENVER METRO CHAPTER CSA/USA*  
**2009 GLUTEN-FREE PRODUCTS LIST (AVAILABLE JULY 2009)**

Quantity: \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_

(price includes postage)

Total

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP CODE: \_\_\_\_\_

**TOP 20 YOU KNOW YOU HAVE CELIAC DISEASE IF:**

1. you have diagnosed all of your relatives with celiac disease (including the ones not related by blood)
2. you have decided the incidence of celiac disease is actually 1/10, not 1/133
3. your hands are raw from washing 100 times a day to avoid cross-contamination
4. you hugged a stranger who is the owner of a restaurant who just added a Gluten Free menu
5. you've invested in 2 of everything; 2 toasters, 2 pasta strainers, 2 pizza cutters, 2 cutting boards, 2 similar jams of every flavor, 2 butter dishes and color-coded them all to indicate gluten or 'no gluten'
6. you've wept because your first attempt at Gluten Free cupcakes came out concave
7. you have come to terms with the fact that the secret ingredient that makes most GF stuff taste really good is sugar
8. you know you'd be a millionaire if you had a penny for every time you explained what gluten and cross-contamination meant
9. you tell every stranger that offered you food about your restrictions whether they want to hear it or not
10. you've made close friends with people you've met in the "Gluten Free" section of the health food store
11. you keep a cupcake in your back pocket just in case you are asked to an unplanned party
12. you look in the toilet after every time your celiac child has a bowel movement and they were diagnosed 8 years ago
13. your child with celiac disease announces to mom that he/she just had a bowel movement and they were diagnosed 8 years ago
14. you know that Xanthan Gum is not for chewing
15. you actually have nightmares about reading labels
16. you don't lick stamps or envelopes
17. you forget to buy buns, rolls, bread, etc. at the store for all the gluten eaters of you family
18. you have ever made a list of everything you would eat if a magical medical genie could cure you
19. you've ever had to take out a loan to pay the grocery bill
20. one of your primary goals in life is to create "Fake Oreo Cookies"

<http://rosesroundthedoors.blogspot.com/> Some of these came from this website. **Send in your own to newsletter@denverceliacs.org**