Taming of the SPRUE

July, 2009

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

www.denverceliacs.org

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

AUGUST MEETING: Annual Gluten Free Picnic

Date: Saturday Aug. 8th, 2009
Time: 11:00 am – 1:00 p.m.
Location: Shelter A in Clement Park
7306 W Bowles Ave.
(@ Bowles and Pierce St.)

Celebrate with great gluten free friends. Please bring a great gluten free dish to share. The Chapter will be providing drinks and Big Papa's BBQ. The owners of Big Papa's BBQ are very familiar with gluten free needs as a family member has celiac disease. If you've been missing finger licking good bbq, come to our picnic. There will be Face Painting and the opportunity for your kids to meet other kids with gluten intolerance. We are looking at other activities for the kids at the picnic!

IF you need a more detailed map please e-mail Abbie at YourGlutenFreeChef@gmail.com

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

Celiac Sprue Association
Denver Metro Area Chapter #17

SAVE THE DATE
Thursday October 1st, 2009 at 7 pm
October Meeting: Dr. Stephen Wangen from IBS Treatment Center

Dr Stephen Wangen is visiting from the IBS Treatment Center, which is located in Seattle, Washington. He is an exciting speaker who will be talking about gastro-intestinal diseases and celiac disease. Dr. Wangen is the author of the book "Healthier without Wheat". If you want more information, please see his website www.ibstreatmentcenter.com.

Location to be announced.

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 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 newsletter@denverceliacs.org.

Denver CSA Product List will be available in late July 2009

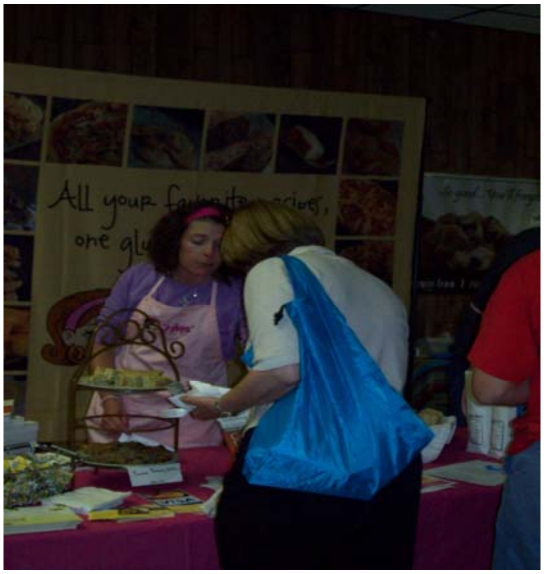
Denver CSA is an all volunteer group and we couldn't include these great events, information packets and newsletters etc. without volunteers. Many volunteer needs are short term, can be done from home and CSA Denver will provide support and guidance. Plus, you'll get to meet great new people. To volunteer, please call Karen Cranford at 303-979-8094.

Newsletter Deadline September 1, 2009 is the deadline to submit articles or information for the September newsletter. Please send submissions to newsletter@denverceliacs.org

2009 Incredible Edible Gluten Free Food Fair:

On June 14th, the Chapter held its 3rd Annual Incredible Edible Food Fair. Over 700 people sampled great gluten free goodies from over 57 vendors.

People lined up before the doors opened for three great hours filled with tasty samples, great cookbooks, and gluten free help. We'd like to thank our vendors who ranged from local home grown companies including Savory Palate and Beau Jo's Pizza to Jules Gluten Free Mixes from Maryland and Mixes from the Hartland from Texas. Next year promises an even bigger location and more vendors. Mark your calendars for June, 2010. . If you have any comments or would like to recommend your favorite vendor for next year's fair please call AbbieYourGlutenFreeChef@gmail.com



Celiac Exchange Student

Denver Chapter President Karen Cranford (left), Steef van der Hoorn, Host-Mom Colette Christen and Jacqueline van der Hoorn celebrate son Rob van der Hoorn's 18th birthday in Littleton.

It's been almost two years ago since our chapter first got the call for help from the van der Hoorn family in the Netherlands. They needed to find a family that could host their son, Rob, safely during his stay here as an exchange student. Rob has CD and you can imagine the worry his parents felt in making sure his family-away-from-home knew about GF living.

In stepped Colette Christen's family of Littleton. During this past year, Rob went to Homecoming (and got sick from dinner), Prom (ate gf pasta at Maggione's), and Winter Formal (had gf pasta at the Spaghetti Factory); took part in all the sports he could get in; went with the Christen's to New York at Thanksgiving and saw Macy's Parade. They spent Christmas in Indiana and went to Mexico for Spring Break. His 18th birthday was celebrated here just before he headed back. Colette says Rob was able to bring "Holland" to so many kids and adults and was also able to show that just because you have a food allergy (or medical diagnosis) it is possible to travel abroad - for him and for us. A medical diagnosis, while serious, doesn't mean that you can't enjoy life like others without Celiac.

Rob said he was most impressed with how easy it was to go out to eat here and find GF options. He said he would mostly have to settle for french fries at the restaurants back home. He also was surprised at how many GF products were available at the regular grocery stores.

Rob's parents came to Colorado at the end of his stay and then traveled back home with him. Although British Airways provided him a GF meal on the way here, the one they gave him on the way back home was apparently not GF. He ended up very sick and required 2 hours of oxygen. But his mother, Jacqueline, says he's doing fine now, although he is 'homesick' and did immediately check to see how much a ticket back at Christmas would cost!!! I think we'll be seeing more of Rob…and thanks for making him feel so welcomed. *Karen Cranford*

Gluten Intolerance Group

35TH ANNUAL EDUCATION CONFERENCE

The Gluten Intolerance Group conference was in Seattle Washington the first weekend of June 2009. There was great food and great vendors. First the hotel served scrambled eggs, bacon, and fruit. Bob's Red Mill provided hot cereal. Different vendors were making pancakes, waffles, cup cakes and all kind of other goodies to eat. No way were we going to go hungry. We were surrounded by people who can't have gluten and realize the importance of being gluten free. It was awesome to look around large banquet rooms and realize that you weren't alone.

The first day was focused on medical information. It was led off by Cathy Breedon, RD., PhD, on "Hot Topics in Nutrition for People with Celiac Disease". Dr Breedon informed us that in the US we tend to eat food high in Omega-6 fats than Omega-3. If we change the ratio of these fats in our diet we should decrease the degree of inflammation experienced. Americans should eat less red meat and more fish , which contains more Omega-3. Also, we should take a multivitamin with minerals and take additional vitamin D. Three of the speakers informed us that vitamin D is inadequate in many people who live above the 37th parallel. This is not just because we are celiac but because of the environment we live in. Some of us may not absorb nutrients properly because of having a malabsorption disease. We should have the doctor check our vitamin D levels especially in the winter. Even in Colorado, people should supplement Vitamin D.

Martin Kagnoff, a Gastroenterologist and clinical researcher in San Diego, CA, presented a paper called "This is only a test" in which he addressed the future of testing for Celiac Disease. Dr. Kagnoff suggests focusing on screening tests for people who are in a high risk group for CD such as family members of people with CD, people with unexplained fertility issues such as recurring miscarriages, thyroid disease, Type 1 diabetes, Irritable Bowel Syndrome and unexplained anemia. Dr. Kagnoff believes that testing high risk groups provides fewer false positives than testing the broader population. That testing is what will be changing with the future.

Another talk was about moving and exercise for health. We are extremely conscious about what goes into our mouths and we need to pay attention to what we are doing to move our bodies. The speaker made a point to make sure that people realized we don't have to be going to the gym or running a marathon but walking up stairs instead of taking the elevator, walking the dog daily or stretching helps us feel better!

On Day 2 Jules Shepard presented on "Shopping GF in 6 Easy Steps." Jules, gave six steps to take in the first year of being diagnosed with Celiac or being Gluten Intolerant.

1. Replace all of our pots and pans, and containers, as they may contain residue from gluten. Do not purchase the non stick pans. If you cannot replace your baking pans use muffin liners or parchment paper. Tupperware is your friend. By storing your GF flours and products in Tupperware you reduce the chance of cross contamination. Separate your cabinets or shelves of your pantry especially if you do not have a completely GF kitchen. Clearly label your GF canisters. Whenever possible purchase GF products. 2. Re-equip yourself. Get rid of the old toaster; replace accessories like mixing blades, food mills and grinders as you can never get them completely clean. Buy a bread machine to make your own bread. They have some bread machines with a GF bread setting which is best, because you do not need to knead or let GF bread rise as many times as regular bread. 3. Replace all of your snacks. This way you will not feel deprived. Remember, to keep your health in mind when purchasing your snacks. Try to identify any potential nutritional deficiencies so you can get yourself back to a good baseline of health. Use Gluten Intolerance as an excuse to eat healthy. 4. Read labels. Because of the voluntary label laws we have foods labeled gluten free, no gluten, free of gluten. Right now there is a voluntary labeling law in effect. Soon FDA is expected to pass a law the foods labeled GF are less the 20ppm per serving. It is your choice to eat food that is GF but not run in a dedicated factory. Products ingredients change constantly so make sure you always read the labels before using an individual product. 5. Find a truly all purpose gluten free flour. Either purchase one or make your own recipe. It will help take the guess work out of baking and make life easier for everyday cooking. 6. Never ever compromise. This is your health and your taste buds. Leave the cardboard for packaging and demand better food.

Some places to purchase gluten free food on line are www.gfmall.com, www.glutenfree.com, www.glutenfreetradingcompany.com, www.lilsdietary.com, www.nearlynormalcooking.com, and www.julesgf.com. These are just a few that Jules listed. When Jules was done, scrumptious wraps, salads and fruit were served. For dinner we boarded a ferry went to Anthony's in Bremerton, Washington. All of our meals were delicious and we did not worry about getting sick from gluten or contamination. If you have a chance to go to one of these conferences be ready to come back weighing a little more than when you left. *By Kathy Craig and Abbie Keyes*

Medical News

Home saliva celiac test

Prometheus Laboratories Inc., a specialty pharmaceutical and diagnostic company, has announced the launch of MyCeliacID(TM), the first do it yourself, saliva-based genetic test dedicated to celiac disease. MyCeliacID identifies distinct genetic sequences associated with celiac disease. MyCeliacID is the saliva-based version of a blood test used by doctors. The test can be ordered online or find out more at www.MyCeliacID.com.

New CD Testing Options

The poster sessions for the 13th International Coeliac Disease Symposium, held in Amsterdam in April included a number of presentations on new and emerging ways to detect and diagnose Celiac Disease. In the September, 2008 Taming of the Sprue Newsletter, at page 6 there was a good description of the current blood tests, including some of the limitations of the anti-tTG blood test. This article would be helpful background reading for those new to the medical jargon of testing for CD. It can be found at www.denverceliacs.org.

Over the last few years, the Anti tissue-Transglutaminase IgA (anti-tTG) has become the blood test of choice and is reported to be highly specific and highly sensitive. However, a number of recent studies have come out noting that the anti-tTG is not very sensitive when the degree of villous atrophy is mild to moderate. Researchers continue to look for other tests which are sensitive (picking up a high number of those with CD with few false negatives), specific (picking up only those with CD, with few false positives), inexpensive and minimally invasive.

An Iranian study of the anti-tTG showed a sensitivity of 96% with Marsh IIIc, 72% with Marsh IIIb, 21% with Marsh IIIa, 20% with March II and, unexpectedly, 46% with Marsh I lesions. The Marsh scale is a measure of the degree of intestinal damage. The study showed a clear relationship between the degree of villous atrophy and sensitivity of anti- tTG.[1]

A new blood test, which tests for IgG antibodies against deamidated gliadin peptides (DAGP) was found to be comparable in performance to the anti-tTG blood test in a study which included several centers in Italy and Germany. This test offers a superior tool for diagnosing those individuals who are IgA deficient, as an anti-tTG IgA test would not usually be positive for someone with CD who is IgA deficient.[2]

A Finish study found that the blood test for IgG antibodies against deamitaded gliadin peptides was more sensitive than the anti-tTG (75% vs 61%) in a study group of 44 individuals with mild intestinal damage. Specificity was lower (95% vs 100%) than the anti-tTG, though the researchers speculate that they may have identified two individuals in the control group that may go onto develop CD. If so, the specificity and sensitivity will increase relative to the anti-tTG.[3]

A Polish study notes that if the level of anti-tTG is greater than 100 u/ml, there is 100% correlation with villous atrophy at the Marsh 3A-C level. Below this level, this correlation was not found. This study concludes that if the level of anti-tTG exceeds 100 u/ml, there is not a need to perform a small bowel biopsy and the individual should begin a gluten-free diet.[4]

A Swedish study looked at increased concentration of nitric oxide byproducts (nitrite/nitrate) in urine as an indication of inflammation of the lining of the small intestines, which would indicate enteropathy found with CD. Both children with symptomatic CD and children with no symptoms with CD detected through mass blood screenings showed increased production of nitric oxide. The conclusion of this study is that this may be an important symptom of CD, which causes other medical problems. It will be interesting to see if this may also become another method of detecting CD.[5]

Finish researchers have been studying deposits of IgA Transglutaminase autoantibodies (TG2 IgA) in the small intestinal mucosa. They report that these deposits are potentially more sensitive markers than blood antibodies. For those on a gluten-free diet, these deposits disappeared more slowly than blood antibodies or villi damage and may be more useful for diagnosis when the individual starts a gluten-free diet before the biopsy.[6]

Dr. Mario Hadjivassiliou has done landmark research in the area of ataxia and other neurological damage caused by gluten. A number of his patients don’t fit the usual CD pattern, with negative small bowel biopsies, negative blood test results to anti-tTG, but positive blood test results to IgG Antigliadin antibodies (an older blood test thought to be less specific to CD). Some do not carry the DQ2 or DQ8 CD gene. He is finding other types of anti-tTG antibodies, in addition to what he is terming “TG2”, the anti-tTG antibody detected in the current CD blood test. He is finding “TG3” as a marker of dermatitis herpetiformis and “TG6” as a marker for neurological damage. TG6 may, in some individuals with ataxia, be the only marker of gluten sensitivity.[7]

ANIBiotech, a Finish company has developed a tTG IgA biocard blood test for home use, which does not require a blood draw or a doctor's order. FDA approval for use in the United States is pending. More information may be found at www.anibiotech.fi. This will be a useful tool, but should be used with a good understanding of the limitations of the anti-tTG test and should not replace the counsel of a physician knowledgeable about CD. *By Mary Anderies.*

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[1] M.H. Emami, et.al. *Sensitivity of IGA Anti Tissue-Transglutaminase antibody in Different Degrees of Villous Atrophy.* International Coeliac Disease Symposium, April 2009, Poster Session P-075.

[2] D. Villalta, et.al. *The New Test for IgG Antibodies Against Deaminated Gliadin Peptides (Anti-GAF3X) Detects Paediatric Coelic Disease Also in Case of IgA Deficiency.* International Coeliac Disease Symposium, April 2009, Poster Session P-065.

[3] K. Kurppa, et.al. *Deamitaded Antigliadin Antibodies are Accurate Markers for Mild Enteropathy Coeliac Disease.* International Coeliac Disease Symposium, April 2009, Poster Session P-057.

[4] J. Kowol, et.al. *Is Evaluation of Antibodies Against Tissue Transglutaminase Sufficient to Diagnose Celiac Disease?.* International Coeliac Disease Symposium, April 2009, Poster Session P-082..

[5] L.M. Hogberg, et.al. *Children with Screening-Dedected Celiac Disease Show Increased Levels of Nitric Oxide Products in Urine.* International Coeliac Disease Symposium, April 2009, Poster Session P-0217.

[6] O. Koskinen, et. Al. *Usefulness of Small-bowel Mucosal Transglutaminase-2 Spesific IGA Autoantibody Deposits in Coeliac Disease Diagnosis and Follow-Up.* International Coeliac Disease Symposium, April 2009, Poster Session P-060.

[7] M. Hadjivassiliou, et. al. *Antibodies Against TG6 as the Only Serological Marker of Gluten Ataxia.* International Coeliac Disease Symposium, April 2009, Session 09.1.

SCIENTIFIC CONTROVERSIES – WHAT TO THINK

Do you often hear about a wonderful new scientific breakthrough or treatment – and then a short while later hear that this treatment has now failed – or perhaps even worse – causes disease? Or perhaps you read that scientists are all recommending something – and then down the road read that they're all recommending the opposite. At this point many people just throw up their hands and don't know what to believe. The goal of this article is to provide a few tips for making sense of research.

The first thing to understand is that scientific research takes years and very rarely achieves "breakthroughs" – just many small steps that slowly add up. The media, looking for a big story or splashy headline, often pounce on a very preliminary piece of research, sometimes before the researchers have published it in a scientific journal where it can be "peer reviewed" by other researchers, to see if it appears valid, and perhaps can be reproduced.

Another issue is that, even within the scientific community, there is much debate and controversy. Often the public only hears about a consensus statement or majority opinion, never learning that other scientists may have different, yet quite valid points of view. For example, a couple of subjects recently discussed in this newsletter pointed out some areas of controversy. (See Sept. 2008 for discussion of the blood tests used in diagnosing CD, and May 2006 for discussion of the safety of oats in CD.) Another, more recent study casts some doubt on a commonly accepted belief about CD: that it is extremely rare for someone who does not have either the DQ2 or DQ8 gene to have CD. A recent study on children with CD in Italy[1] showed that 94% of the girls did have either the DQ2 &/or DQ8 gene, but only 85% of the boys did. They calculated that the likelihood of having CD if someone has neither of these two genes is only about 1% for females, but could still be about 10% for males.

Especially in areas where there is little knowledge or knowledge is rapidly changing, controversy and misinformation is likely to occur. Celiac Disease is a perfect example. Imagine the state of knowledge surrounding heart disease in the 1950s and 60s, or AIDS in the 80s – periods where research was rapidly taking off, but where there were still many more questions than answers. This is probably similar to the current state of affairs with CD. And, whenever there is an area with a large knowledge gap, misinformation and often outright deception abounds. A couple of recent myths existing about CD are that colon cleanses can cure CD, and there are pills (enzymes) someone can take to digest gluten and allow people to eat regular food. Both are not only false, but can be dangerous if they cause people to abandon a gluten-free diet, leading to other serious medical problems. If it sounds too good to be true, it probably is. Unfortunately, myths often contain a kernel of truth thus making them seem believable. There actually are researchers working to develop enzymes to digest gluten. Unfortunately the earliest endeavors were quite disappointing, and although the latest experiments are more promising, they have been done "in vitro" – in a test tube, not yet in real people, which may still be a few years away. This highlights another question to ask – how were the studies done? Results may be very promising and exciting when done in a test tube or on mice or rats, but then may fall short when done in people.

Another question to ask is did scientists just observe an interesting correlation or did they actually "intervene" to see if they could prove something. This is seen a lot in the world of nutrition, where interesting observations of large groups of people do not show the same results when brought into the lab. For example, many very good studies found that people who ate diets high in certain B vitamins, such as Folic Acid (Folate) had lower rates of heart disease. Unfortunately, all of the studies where researchers actually gave people supplements of Folic Acid or other B vitamins have shown NO benefit in reducing risk of heart disease. In addition, sometimes when benefits have been proven, unintended harmful effects may arise. For example, women who have poor folic acid status before and in the very early weeks of pregnancy are at higher risk of having a baby with a serious birth defect, “spina bifida”. Because of this, the US government started fortifying refined wheat flour with Folic Acid. (Gluten-free flours are generally NOT fortified.) Since then, there has been a large drop in the number of babies in this country born with spina bifida. Unfortunately, during this same time frame, there has been a rise in colon cancer in this country. Again, this is just an observation and does not prove anything, so it is important not to jump to conclusions. But, it is easy to see how people can end up totally confused – especially people with CD, where vitamin and mineral supplements are regularly recommended. In general, for people with CD, the best tip is always to eat large amounts of nutrient rich foods (lots of vegetables, fruits, lean proteins, low-fat dairy and whole grain gluten-free carbohydrate foods); taking a general multivitamin/mineral is helpful for healing; but be wary of taking supplements with more than 100% of the RDA without medical tests. (By the way, leafy greens, such as spinach, also asparagus and avocados are great sources of Folic Acid.)

Other questions to ask when evaluating studies include: how many people were in the study, how long did it last and what were the characteristics of the people studied (results for men and women, and people of different racial and ethnic backgrounds are often different). A recent study can illustrate some of these concerns.

Recent headlines proclaimed that a gluten-free diet causes negative changes in gut bacteria. This was based on one study[2] conducted on 10 people (a small number), lasting one month (a short time). The participants were healthy (not with CD), and relatively young (average age 30). These findings are very provocative and certainly warrant further study. However, it could be very scary if some people abandoned a gluten-free diet based on such a small study, especially since the researchers also noted that the participants had a very significant decrease in consumption of polysaccharides while on the gluten-free diet. This could indicate a decrease of fruits, vegetables and whole grains, foods known to promote the growth of beneficial gut bacteria. This raises another question to ask when evaluating studies: is the result seen due to the most obvious cause – or perhaps some other not so obvious factor? (By the way, a number of studies have shown negative changes in gut bacteria in people with CD – PRIOR to diagnosis.)

So, what’s the best advice? The more one studies Celiac Disease, the more it becomes obvious that it is very much a gray area, not black and white. Be skeptical, especially if someone is trying to sell a product or make money. Be patient - as much as people are looking for a quick answer, question whether what you have heard was even based on research, or on just one study, or ideally, many studies over a long period of time. And, ask questions and learn as much as you can. There are many organizations existing just for educational purposes. The Denver Celiac Sprue Association has a new website, Denverceliacs.org. You can e-mail any of the board members with a question, or send questions to this newsletter that we would be happy to address in a future issue. *Submitted by Diane Moyer, M.S.,R.D.,C.D.E.*

[1] Megiorni, F., Mora, B., et. al. HLA-DQ and susceptibility to celiac disease: evidence for gender differences and parent-of-origin effects. Am. J. Gastroenterol. 2008 Apr:;103(4):997-1003.

[2] De Palma, G., Nadal, I., Collado, MC, Sanz, Y. Effects of a gluten-free diet on gut microbiota and immune function in healthy adult human subjects. Br. J. Nutr. 2009 May 18:1 – 7.

Celiac Friendly Restaurants

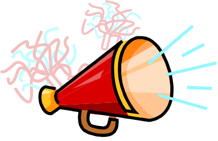
From Donna Carey: Baralo Grill at 6th Ave and St. Paul Street has plenty of items that they can cook fresh that are gluten free. Robyn, a wait staff member has gluten intolerance and can be requested. She will help you understand the GF options.

From Cynthia Ehrnstein: The Bombay Bowl on Arapahoe at Peoria is a fast food Indian restaurant. All the food is gluten free except the Naan.

From Margo Scharer: The vast majority of the menu at Lala’s Wine Bar + Pizzeria is now available gluten free. The base for pizzas, sandwiches and flat bread is made in a gluten free bakery. The breading for the eggplant parmesan, fritto misto and roman artichokes is made in-house with alternative flours (but check to see if it is fried in a dedicated fryer). There are even several desserts to choose from!

From Karen Cranford: Borriello Brothers, which has several Colorado Springs locations, has started offering a gluten-free pizza at all four of its locations in June. The pizza crust is bought from Deby's Gluten Free bakery in Denver. The gluten-free pizzas are handled in an isolated area of the Borriello Brothers kitchens.

Speaking Gluten Freely



Heinz is now clearly labeling all ingredients in their products with plans to designate all GF products as such - www.heinz.com.

Glutenfreeda is partnering with **Julie's Organic Ice Cream** to produce a gluten-free ice cream sandwich. Whole Foods plans to roll out the product in July and it will be marketed elsewhere at a later date. Selection and availability may vary from store to store, according to the Whole Foods website.

Glutenfreeda now has Instant oatmeal which is made from certified gluten-free oats and is flavored with organic maple sugar and fruit.

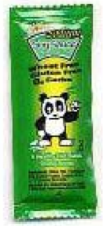
Glutino is now offering chocolate chip cookies, vanilla cream and chocolate vanilla crème cookies (they look a lot like Oreos).

From Debbie Knapp at Vitamin Cottage:

Applegate Farms is now making GF frozen Chicken Nuggets.
Authentic Foods has added a Double Chocolate GF Brownie Mix and a 7 lb size of their GF Pancake and Baking Mix ($30.95). The latter will probably be a special order.
Bakery on Main now has a 1.5 oz snack size and a 22 oz family size for some of their GF Granolas - Apple Raisin, Extreme Fruit Nut and Nutty Cranberry.
Barbara's Bakery now makes a GF Multigrain Puffins cold cereal, using certified GF oats.
Barney Butter roasted almond butter is made in an almond-only facility. Barney Butter is GF, peanut- free and Kosher.
Conte Pasta has frozen GF pastas (Pierogies, Potato Gnocchi and Ravioli), along with 2 pizzas.
Earth Balance has a new soy-free buttery GF spread made with palm fruit, canola, olive and safflower oils.
Glenny's organic brown rice marshmallow treats are in a 100 calorie pack, GF & vegan and come in 4 flavors.
Go Naturally has small wrapped organic GF hard candies in 3 oz bags in Apple, Cherry, Ginger, Honey Lemon and Pomegranate. They taste great and are not too sour.
Ian's has 2 GF frozen Wafflewichs: Egg & Maple Cheddar and Maple Sausage & Egg for a quick meal or breakfast.
Kinnikinnick now has Chocolate Dipped and Maple Glazed Donuts available without artificial flavor.
MimicCreme is a dairy-free, GF, soy-free, 100% vegan cream substitute made from almonds & cashews. It comes in an aseptic box.
Namaste Foods has added GF Mix for Biscuits & Pies, GF Frosting mixes in Chocolate Fudge and Toffee Vanilla and Perfect GF Flour Blend.
Simply Boulder now offers a new sauce called Pineapple Ginger Sauce.
Udi's GF Muffins, 2 crust pizza crusts and sandwich breads should now be easily available at all stores.
Van's will be removing the malt extract from their GF Pancakes & French Toast Sticks. Check the label to make sure there is no malt extract.

All of **Burt's Bees** lip products with the exception of their Res-Q lip balm with SPF 15 are gluten free.

Kari-Out Gluten-Free Soy Sauce offers a low sodium soy sauce individually packaged (0.07 oz.) Ingredients: Water, salt, hydrolyzed soy and corn protein, caramel color, 0.1% sodium benzoate. Price: 59 cents each (or buy in bulk). http://www.glutenfree.com/Kari-Out-GF-Soy-Sauce/Item955046

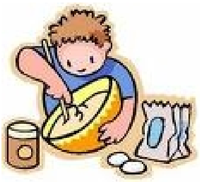


ONLINE COUPONS:

Since **GoPicnic** ready-to-eat meals don't require any refrigeration or preparation, they're ideal for summer camp, plane trips, concerts, picnics, beach trips, or just to have available for easy meals on lazy summer days, or quick & tasty food on crazy days! www.gopicnic.com has easy & convenient GoPicnic gluten-free meals! Until 7.31.09 use the **code GFSUMMER in the coupon code section at checkout to take 20% off your online order**!

www.GfreeCuisine.com is a weekly online menu service where, for only $10 per month, you get 10 delicious menus per week. You choose five and get the recipes, shopping list, plus bread and dessert recipes. Also offered are special party menus that will make you an entertaining pro. **From now until August 31, 2009, all new subscribers get a FREE bag of the new Bob's Red Mill gluten-free cornmeal.**

Have you noticed the notation on your mailing label that states "*or current resident*"? New postal regulations require this notation in order for us to continue using non-profit bulk rate. Since our newsletters are not forwarded, be sure to report change of addresses.
If you have any questions about your membership expiration date, call Donna DeVisser at 303-979-8205.



Classes and Events

Denver is hosting the Fourth Annual Gluten-Free Culinary Summit West Edition this fall!

GF Culinary Productions, Inc. of Denver is expanding The Gluten-Free Culinary Summit into an East and West Edition format for its fourth annual production.
Where: Johnson & Wales University (Denver Campus)
When: October 3 and October 4.

Conducted by nationally and internationally acclaimed culinary masters and industry experts, this weekend symposium features artisan gluten-free baking and cooking class demonstrations, seminars, tastings, baking competitions, special dining events, and more. You will discover a world of GF cuisine at your fingertips. **All levels of interest and skills welcome!** For event schedules and registration, please visit www.theglutenfreelifestyle.com or call 303-368-9990.

In addition to acclaimed chefs and cookbook authors coming from out of state to present at the Summit, Colorado will showcase its breadth of exceptional gluten-free culinary wisdom and artistry with local presenters including: Professor/Chef Eric Stein of Johnson &Wales University; Professor/Chef Marcia Kramer of Johnson &Wales University; Carol Fenster (Author: 1,000 Gluten-Free Recipes); Certified Master Baker Chadwick White of Udi's Bakery; Executive Chef Elise Wiggins of Panzano Restaurant, Executive Pastry Chef James Gallo of The Brown Palace Hotel; Elana Amsterdam (Author: The Gluten-Free Almond Flour Cookbook); Chef Proprietor Michael Long; and Peter & Kelli Bronski (Authors: Artisanal Gluten-Free Cooking). Chef/Author Richard Coppedge of The Culinary Institute of America (Gluten-Free Baking with The Culinary Institute of America) and Chef/Author Robert Landolphi of The University of Connecticut (Gluten-Free Every Day Cookbook) are graduates of Johnson & Wales University.

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

Kids Sprue: Gluten Free/Dairy Free Childcare! A licensed in home childcare facility dedicated to children with gluten and dairy allergies. Opening date August 10, 2009, Location: Centennial, CO. Contact kidssprue@yahoo.com for more information!

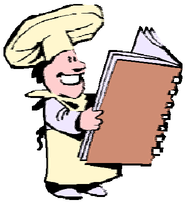
Tender Loving Cooking is a personal chef service focusing on gluten-free creations. As a celiac myself, my aim is to make life easier, safer and healthier for those on a gluten-free diet. I offer in-home meals and parties, cooking lessons and gluten-free consultations. Please feel free to check out my website at TenderLovingCoooking.com, email me at mary@tenderlovingcooking.com or give me a call at 303-929-0317. Mary Simmons (Certified Natural Foods Chef)

GROUP DISCOUNT for CSA and GIG Members: Gluten Free Cooking Expo. The Gluten Free Cooking Expo is less than 8 weeks away! This year we are offering a special 10% group discount to members of CSA and GIG. Advanced Registration is Required. Register at www.glutenfreeclasses.com The Gluten-Free Cooking Expo is an exciting two-day event featuring cooking demonstrations by professional chefs, cookbook authors and nutritionists. This year the Gluten-Free Cooking Expo takes place **August 15-16 at the Wyndham Hotel in Lisle, Illinois, just outside of Chicago.** There is also a large Vendor Fair where you can sample and learn more about new gluten-free products.

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.

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.



OOPS: OUT OF SPACE
GF Recipes:

Will return next issue

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FAQ Common issues, concerns and questions:

Q. I was recently diagnosed with Celiac Disease and am unsure about what drugs I can safely take.

A. http://www.glutenfreedrugs.com/ provides some information about drugs that are GF. As well, the Denver CSA GLUTEN-FREE PRODUCTS LIST includes a updated section on GF drugs. There is an order form in this newsletter if you would like to purchase the products list.

Q. I have celiac disease and am pregnant with my first child. When should I introduce my child to gluten?

A. Dr. Alessio Fasano of the University of Maryland found in a recent study that delaying the introduction of gluten to infants may prevent celiac disease and may offer help for other autoimmune diseases. This finding will lead to a larger clinical trial delaying the introduction of gluten to infants. As a result, you should try to hold off on gluten containing foods as long as possible, if not forever.

Q. I miss my Kit Kat Bars. What do you suggest?

A. Here's a recipe from Kimberly Bouldin, a GF Food Examiner: 3 cups cereal (2 cups Rice Chex (now GF) and 1 cup Corn Chex (now GF)) 2 cups add-ins (seeds, raisins, nuts, chocolate chips, oats); Chocolate chips were used for this recipe

1/2 cup corn syrup
1/4 cup brown sugar
1/4 cup white sugar
3/4 cup peanut butter (or other nut butter)
dash of vanilla

1. Mix cereal & add-ins in a large bowl. Line cookie sheet with foil and spray with Pam.
2. Heat corn syrup and sugars in a pan over medium heat until sugar has dissolved completely. Be careful not to burn.
3. Remove from heat and add peanut butter and vanilla until melted and smooth.
4. Pour peanut butter mixture into cereal & add-ins and mix well.
5. Press into pan/cookie sheet and let cool.
6. Cut into bars/squares.

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.

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
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	303-771-8029	cmc1974@msn.com
DEN-W**: Lakewood**	Betty Morris	303-238-5145	wabe22204@comcast.net
E**: Aurora, zips: 80231 & 80247**	**OPEN CONTACT POSITION**		
NW: **Arvada, WheatRidge, Zips: 80021&80212**	**OPEN CONTACT POSITION**		
S**: Highlands Ranch, Lone Tree, Castle Rock**	**OPEN CONTACT POSITION**		
SE**: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth**	**OPEN CONTACT POSITION**		
SW**: Littleton, Ken Caryl, Roxborough**	Joan Van Loozenoord Nancy Lindsey	303-933-1565 303-973-1279	jkvanlooz@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 Bushnell	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	Kathye Holland	970-255-0511	
Boulder County (CSA Chapter #138)	www.Bouldercountyceliacs.com		
Boulder	Barbara Sanford	303-499-7259	barbarasanford@comcast.net
Berthoud	Bill Eyl	303-772-3155	billeyl@earthlink.net
Longmont	Tiffany Jakubowski	303-834-8685	
Lafayette, Louisville	Beth Macht	303-665-7558	elizabethwm@yahoo.com

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 07/09 NL

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

ORDER FORM

SEND TO DON SMITH, 6834 S FRANKLIN CIRCLE, CENTENNIAL CO 80122
303 794 7258

DENVER METRO CHAPTER CSA/USA

2009 GLUTEN-FREE PRODUCTS LIST (AVAILABLE JULY 2009)

Quantity: ____________ X $10.00 = $ ____________ Total

(price includes postage)

NAME: PHONE:

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

NON PROFIT ORG
US POSTAGE
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DENVER, CO
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Mrs. Littleton Reports on Promoting Celiac-Awareness at Mrs. Colorado By: Jennifer Nackerud

Allow me to offer profound thanks to Denver Metro Chapter #17 of the Celiac Sprue Association for sponsoring me as I represented the Littleton community at the Mrs. Colorado pageant, held the weekend of May 16th. As a sponsor, the chapter was acknowledged in the official Mrs. Colorado program book. This book was sold to over 600 people last year, and we can certainly expect it was seen by a similar number this year. What an awesome opportunity for people to ask, “I wonder what that is all about?” And the wonderful news is, they have already been asking!

As a titleholder, my chosen platform was “Children with Allergies: Education and Support”. However, because it was Chapter #17 that was proudly listed as my sponsor, I received many questions specifically about Celiac. One fellow contestant told me a horror story of her child’s pediatrician, who had refused to test her child for the condition, citing the gluten-free lifestyle as a “fad”.   She was so encouraged to speak with me, and learn there are support groups that exist to help her. Another contestant spoke with me about her daughter’s autism-diagnosis, and her family’s quest to assist the little girl by using proper nutrition as treatment; the gluten-free approach seemed to be helping! And one other contestant sought my counsel with her questions about her “Irritable-Bowel” symptoms. I may not have taken home the crown, but I took home confidence in knowing I had helped to encourage many mothers of children with Celiac questions, as well as women who themselves were dealing with symptoms. Hat’s off to you, Chapter #17, for making a difference!