

Taming of the **SPROUE**

March, 2007

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

www.geocities.com/csadenver17

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

April Meeting

Date: Thursday, April 5, 2006

Time: 7:00pm – 9:00pm

Location: Wheatridge Recreation Center
4005 Kipling
Wheatridge, Colorado

Directions: The center is located on the NW corner of the intersection at 40th & Kipling. There is a light at that intersection and easy entry and exit access.

Topic: Those of you who attended the first annual Gluten Free Summit at Copper Mountain had the pleasure of hearing Marc David speak. Due to popular demand, we are pleased to announce that he will be our speaker at the April meeting. He says "It's high time we re-invent and re-imagine the way we nourish ourselves. No longer can we rely on the old paradigm of eating to set us free. Nutrition is so much more than just chemicals and calories."

Vendors: Vendors who want to provide samples and items for sale need to contact Gina Meagher at gmeagher@mines.edu.

Hosting:

Newly Diagnosed? For those who are newly diagnosed with celiac or a caregiver of celiac family members, feel free to come at 6:30 to talk with an experienced member of the chapter.

February Meeting

After being snowed out of our original meeting, we were lucky to reschedule Dr. Charles Miranda. His talk was very informative and questions could have gone into the afternoon! He did a great job explaining exactly what gluten and celiac disease is. He also talked about CD factors and how breastfeeding tends to help protect against celiac. Research also shows gluten introduced before 4 months of age can be a triggering factor as well as having repeated GI infections in infancy. Of course, having the DQ2 or DQ8 genes is the biggest factor of all.

Dr. Miranda talked about new treatments including genetically modifying wheat because ancient wheat



Dr. Charles Miranda, who has celiac disease himself, speaks with audience members following his talk.

lacked the toxic gliadin fragment. He says genes in wheat evolve regularly. He explained how celiacs having increased zonulin levels which allows gliadin to enter the intestinal wall. (Continued on Page 11)

NEXT MEETING

Would you like to see a lot of gluten free vendors in one place? Well, you're in luck! Our June meeting will be a vendor's fair. Come sample the food, products and services and see how this arena has grown in the past few years. We've gone from underserved to recognized! Join us June 7, 2007.

MEMBERSHIP RENEWAL

Have you renewed your membership yet? Look at the mailing label on this newsletter. If it says "Last Issue" or "Trial Issue", you need to pay your dues. Dues are just \$15 and include 6 newsletters a year plus 6 support meetings a year. The membership form can be found on the last page of the newsletter. If you have any questions, call Donna DeVisser at 303-973-4613.

Announcements

Newsletter Deadline

May 10, 2007 is the deadline to submit articles or information for the May newsletter. Please send submissions to crankaren@aol.com.

Oats issue

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

Celiac Friendly Restaurants

The **Blue Bonnet Café & Lounge** at 457 S. Broadway in Denver is going to the extreme for us celiacs! They've worked with Rebekah at On-The-Menu (aka The Gluten Detectives, www.gluten-detectives.net) and hope to have all of their training done by April 1st. They've installed a new ordering system that includes the gf menu on their touch pads. GF plates are color coded and they have a new grill and fryer just for gf items. There shouldn't be any cross contamination issues, even with the silverware! Look for guacamole salad, enchiladas with green chili, fish tacos, flautas, & tamales just to name a few items. Rebekah says it's the most extensive gf menu she's ever seen. You can still visit them before they're ready and they will help you select gf items like green chili (gf), not the red. Ask for white corn tortillas for tacos and the chips are not gf yet.

Berry Best Smoothies at 2525 Arapahoe in Boulder has GF Smoothies. Owners are Joan & Dave Segal. Phone is 303-442-0044. They also carry Deby's GF muffins, cookies and cinnamon rolls. You can place an order & Deby's will then deliver it to their store.

From Lynette Davis:

The Charhouse and **Chicos** in Arvada are two restaurants that can accomodate the GF diet.

Update on **Brothers BBQ**: Along with all meats, sauces, potato salad, cole slaw, and beans being gf, their mashed potatoes are gf (the gravy is not) and their fries are also gf...nothing else is fried in the oil. Feel free to ask questions and look at ingredients.

Update on **Red Robin**: No longer need to ask for no seasoning on the fries; do ask about dedicated fryer.

From Karen Cranford: The **Texas Roadhouse** has a gluten free menu and really good food. From 4-6pm they have a great deal...2 meals from their special menu is only \$15.99. There is a Texas Roadhouse in Arvada, Parker, Thornton, Aurora, and Littleton.

California Cafe in Park Meadows has two menus all GF. Call Heidi McMillen at 303-649-1111 or email her at ParkMeadowsEvents@California.com.

Neighborhood Huddles

A complete listing of current neighborhood resource contacts is included with this newsletter.

Note: Please feel free to join another area's event by contacting their resource person. There is no requirement to attend only your area's happenings. The more, the merrier and we all gain valuable info!

Southwest/Littleton & Ken Caryl

A new Bonefish Grill has recently opened its doors in Littleton on 8100 W. Crestline Avenue (behind Bear's Car Wash). So, please join the Southwest Neighborhood Group for a gluten-free dining experience on Thursday, April 19th, at 6:30pm, at Bonefish Grill. To join them, please contact Nancy Lindsey at 303-973-1279 or email her at n-lindsey@comcast.net by Monday, April 16th. Please give your name and the number in your party so that we can inform the restaurant. Dinner prices range from \$12 to \$20. The regular and gluten free menu are online at www.bonefishgrill.com. Hope to see you there!

Denver Central

Snow showers did not dampen this area's pizza outing to Beau Jo's Restaurant in late January. Mark your calendar for their next brunch event.

Date: Saturday, May 5, 2007

Time: 10:00 a.m.

Place: Deby's Gluten-Free Bakery & Cafe
2369 S. Trenton Way, Suite M
Denver, CO
303-283-4060

Space is limited, so the group is limited to 20. Please reserve your seat before Sat., April 21. Contact: Andrea Loughry, 303-722-6284 or oppermanda@netzero.net, or Laura Determan, 303-757-3982 or lddet@msn.com.

Cel-Kids

The Denver Area Cel-Kids Network operates through an online Yahoo group account -please contact Karin Parker at 303-797-4808 or karinparker@juno.com if you would like to join. Ask questions, share food ideas and medical info, or just chat about dealing with celiac and kids. Please let me know if you would like to become involved.

REGISTER YOUR COMMENTS

The FDA has issued its proposed definition of "Gluten-Free" as required by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA). Give your comments. The proposed FDA definition is not simple. Comments will be accepted for 90 days beginning January 30, 2007. Go to www.csaceliacs.org.

The Art & Science of Gluten-Free Gastronomy™



Denver CSA Chapter President Gina Meagher (left) joins Suzanne Bowland (center) for the February session of The Art & Science of Gluten Free Gastronomy. Chapter members Karin Parker (middle right) and Jennifer Parker (far right) help the guest chefs with their presentations.

The first two sessions of the Art & Science of Gluten-Free Gastronomy™, presented by GF Culinary Productions, Inc. of Denver, is history. Attendance for this series is growing and with it taking place in the historical elegance of The Phipps Mansion in Denver, it's very special. Each monthly lecture focuses on a specific topic of gf cuisine and nutrition lead by a local expert, followed by a gf cooking demo presented by a featured chef of Denver. Great chef recipe tastings tops off each presentation. The event's sponsors include Bête Noire Chocolates, Bob's Red Mill Natural Foods, Celia's Gourmet and P.F. Chang's China Bistro.

Lectures are on one Tuesday evening a month running through November 13, 2007 which run from 6:30pm to 8:30pm. Arrive at 5:30 p.m. for pre-lecture gluten-free comestibles, visiting and to tour the mansion. Advanced registration is required. A portion of proceeds benefit the Celiac Sprue Association Denver Metro Chapter #17.

Still to come: Casaglutentfree with Cindy Gawel of Bête Noire Chocolates and The School of Natural Cookery (**April 10**); The Bread Also Rises with Carol Fenster, Ph.D. (**May 15**); Great Expectations and GF Fiction with Laurie Scanlin, Ph.D. of Keen Ingredients, Inc. and Executive Chef Adrian Heuer of The Denver Museum of Nature and Science (**June 12**); Brave New Snacks (**July 17**); Around The World in One Hour (**August 7**); The World According to Rice (**September 18**); Some Like It Decadent (**October 9**); and It's A Wonderful GF Life featuring a special holiday-themed, season finale (**November 13**).

Register at www.theglutenfreelifestyle.com. A La Carte lectures are \$30 per person. Price includes lecture, materials, refreshments and tastings.

----- PUBLICITY -----

In February, **Carol Fenster** taped 4 TV shows. They will be aired next fall/winter on "Creative Living with Sheryl Borden," a magazine-formatted "how-to" show carried in 40 states and 118 markets on the Public Broadcasting Service (PBS). Check with your local PBS station to see the specific date and time the show airs in your area each week. If you don't have it, ask your local PBS station to carry it.

CNN News carried three stories anchored by Heidi Collins, who has celiac disease. Access these interviews, one with Dr. Peter Green, at http://www.celiaccentral.org/News/CNN_Celiac_Stories/304/.

Dr. Peter Green was interviewed on *The View* on Wed. March 14th by host Elizabeth Hasselbeck, who has celiac disease. View the segment by going to http://www.celiaccentral.org/Other/The_View/377/.

Denverpost.com carried an article by Douglas Brown on Feb. 13, 2007 titled, "Cutting Gluten: A Cereal Killer". Brown did a 5-week-fast series featuring him cutting out a different food category each week. The third week was gluten and his attempt was challenging and humorous.

The *Denver Post* also featured a full 3 ½ page article on March 7, 2007, in the *Food* section titled, "No Wheat No Way". The spread gave information on celiac disease along with recipes, resources and restaurants that cater to the gf diet. Very nice!

The *Business* section of the *Rocky Mountain News* on March 9, 2007 featured a story on Alternative Cook LLC, a Gluten-free, Dairy-free and low-cholesterol cooking instruction on DVD by Denver CSA chapter board member Jean Duane. More info at www.alternativecook.com.

Denver's Channel 9 featured Kim Christiansen doing a story on celiac disease on February 14th, 2007. Denver's Channel 2 did a story on celiac disease March 5, 2007.

And you know we're coming into our own when the Quality Paperback Book Club includes and highlights The Gluten Connection by Shari Lieberman in their most recent mailing!

VACATION NEWS

Chef Chris Justesen has put together a 3 page document listing all of the gluten-free foods available at **Disneyland Resort** in California – including hamburgers and hot dogs with Kinnikinnick buns! The list is available at any food outlet by request.

Retail Stores

Deby's GF Bakery Update: First, it was Nancy Lou's in Erie. Now it's **Gluten Freedom** in Highlands Ranch. A place to buy all of your favorite Deby's products that may be closer for some of you and it's now open. **Gluten Freedom** is located at 394 Neptune Court, Littleton, CO, 80124. It is near Quebec and C-470. The contact person is Michael Brook. You can call 303-725-6439 or e-mail him at mike@glutenfreedomllc.com. Hours are Tuesday 6:00 p.m. -8:00 p.m., Thursday, 3:00 p.m. - 7:00 p.m. and Saturday from 9:00 a.m. -12:00 Noon. Mike also says you can place phone and e-mail orders to be picked up at other times throughout the week. And the **Organic Orbit Energy Food Café** in Boulder, at 1200 Yarmouth, 303 440-8348 is carrying Deby's pizza crusts, wraps and cookies. Deby's now has a new menu with appetizers, wraps and additional dinner entrees. Rumor has it they are working on a "Blooming Onion"!

Ceres' Kitchen in Colorado Springs is a gluten-free meal prep company. Sharon Bivins started this business because one of her granddaughters is a Celiac and one has multiple food allergies. All of their meals are gluten-free and they work with other dietary restrictions as well. They have 16 entrees and 4 side dishes that change every month. More info, go to www.cereskitchenco.com.

Speaking Gluten Freely

Larabars have 2 new flavors, Key Lime Pie and Pistachio which brings the Denver-based firm's nationally distributed offerings to 12 flavors, all of which have no dairy, gluten, soy or added sugar.

There are two new flavors of gluten free granola from **Bakery On Main**. They are Cranberry Orange Cashew and Rainforest (dried bananas and roasted sliced brazil nuts with coconut flavor). Water To Go in Castle Rock carries their granola or order online at www.bakeryonmain.com.

From Debbie Knapp at **Vitamin Cottage**:
Arico Cookie Bars in single serve and tubs come in Almond Cranberry, Chocolate Chip, Double Chocolate and Peanut Butter.
Goody2Chews has a candy-like square with fruit and nuts in Caramel, Chocolate and Yogurt flavors.
GoMacro is a direct order company so not all stores will carry these GF bars in Cashew Butter, Peanut Protein, and Tahini Date.
JoJo Nutrition Bars are GF and are made with mainly nut ingredients.
Think Bars are GF with four lines: Energy, Greens, Organic and Thin.

Good Karma Rice Devine Rice Milk ice cream is GF, rich and creamy and presently comes in two flavors - Carrot Cake and Very Vanilla. The stores do not stock products with artificial flavor, so they cannot carry the **Kinnikinnick** chocolate iced donuts because they contain this ingredient. Coming in April: **Applegate Farms** has GF sliced Honey Ham and Organic Peppered Turkey Slices.
A Raw Dough frozen pizza dough, which can also be used for other things, will come in a 28 oz box, enough for 2 crusts.
Authentic Foods has a Chocolate Chunk Cookie Mix. Our distributor, Rainbow Foods, is adding the following from **Ener-G Foods**: Brown Rice Loaf Light, Corn Loaf Light, Hi Fiber Rice Loaf, Poppysseed Pretzels, Tapioca Loaf Light, Tapioca HB and Hot Dog Buns and a White Rice Flax Loaf.
Gluten Free Pantry now has Garlic Croutons.
Glutino has new pretzel sticks, a Cranberry Breakfast Bar, and new filled chocolate or vanilla Cookie Dream Bites.
Lifestream has added GF to the packaging for the Buckwheat Berry and Mesa Sunrise frozen waffles.
Masuya Rice Sembei has a new Ranch flavor.
Mix One whey protein drinks are GF, LF and soy-free, similar to a grab 'n go nutritional drink.

From Bonnie Atherton:
Some Easter candy that is GF: Jelly Beans from **Mike and Ike**, **Just Born**, **Starburst** and **Lifesavers**, and all **Marshmallow Peeps** EXCEPT the Chick inside a Crispy Milk Chocolate Egg. Chocolate Eggs include **Cadbury** mini, **Dove** milk and dark chocolate, **Hershey**, **Nestle** Butterfinger, caramel and milk chocolate nesteggs and **Reeses** peanut butter eggs. **Nestle** also makes a Baby Ruth, Butterfinger and Turtles creme egg. Check labels closely as occasionally you will see wheat flour as an ingredient.

An ingredient called Isomalt, seen on some labels, is a synthetic sugar alcohol that is produced from sugar and contains no gluten.

Godiva has four new GF ice cream flavors: Belgian Dark Chocolate Mint, Vanilla Black Raspberry, Cappuccino with Chocolate Hearts and Milk Chocolate Hazelnut Praline.

Fast Fixin Restaurant Style frozen foods has a list of gf products they will mail to you if you request it at www.fastfixin.com. Their website also gives the closest stores in your zip code for each item. Some products are carried at King Soopers & Albertsons or you might have to special order if you want something specific. Get \$5 in coupons by going to their website and joining their Fast Fixin' Fanatics club. Or join by mailing your name, address & phone # to Fast Fixin', P.O. Box 21804, Oklahoma City, OK 73156.

Tastes good, no gluten

If Anheuser-Busch is taking the time to brew a gluten-free beer, then something's going on here. Gluten-free is going mainstream.



THE BEER WAS delivered recently in a package, each bottle sealed in bubble wrap, courtesy of Anheuser-Busch. This was not graft; it was research. I had to drink these four beers for a story. But not right away. I wanted to savor these treasures. This wasn't just any beer. This was beer I could actually drink. This beer was gluten-free.

That distinction might not mean much to most people. But to me, and an estimated 3 million other Americans who suffer from celiac disease, gluten-free is a magical term. It means a product is free of wheat, rye, or any other grains that contain the protein gluten. Most people eat these grains all the time -- in bread, pasta, and cereal, to name just a few staples. But for those who suffer from celiac disease, an autoimmune disorder often handed down from parent to child, gluten causes a host of problems, eating away the lining of the small intestine, a process that can lead to severe digestive problems, malnutrition, and fatigue.

A decade ago most food manufacturers cared little about this market. And who could blame them? Celiac disease was unknown, misunderstood, foreign. Celiacs like me wandered from health food store to health food store, reading the ingredients on packages, searching for food we could actually eat.

That's why this bubble-wrapped beer was so important. It was an indication that things were changing. If Anheuser-Busch is taking the time to brew, bottle, and distribute a gluten-free beer, called Redbridge, then something's going on here. Gluten-free is going mainstream. . . .

"I think it is the tipping point for people suffering from celiac disease, diagnosed and undiagnosed," said Alice Bast, executive director of the National Foundation for Celiac Awareness. "The fact that Anheuser-Busch has taken such an interest, a lot of food companies -- major food companies -- are going to get into the marketplace. And maybe even some beer companies will get into the marketplace to compete against them."

The reason Anheuser-Busch is entering the market, simply put, is money. The gluten-free food and beverage market -- almost nonexistent when I was diagnosed with celiac disease in 1999 -- has exploded in recent years as awareness of the disease has increased. Doctors once considered it extremely rare in North America, if they considered it at all. Celiac was well below the radar, its symptoms often disregarded. Fatigued? Maybe you're not eating right. Having digestive problems? Maybe you're just "sensitive" to certain foods. This serious condition often went undiagnosed by doctors who found other ways to explain why patients weren't feeling well.

Just a decade ago, celiac was considered "extraordinarily rare," said Dr. Ciaran Kelly, the medical director of the Celiac Center at Beth Israel Deaconess Medical Center, with only an estimated one in 5,000 people in North America suffering from the disease. Now that number has been set at one in 133 and, accordingly, the market has grown.

Sales of gluten-free products were predicted to reach almost \$700 million in 2006, more than three times the 2001 total, according to a study released last summer by market research publisher Packaged Facts. The report went on to predict that the market will continue to grow 25 percent annually over the next four years, reaching roughly \$1.7 billion in annual sales by the end of 2010.

The result is already obvious on the shelves of some local grocery stores. There are gluten-free waffles, gluten-free pizzas, and, though hard to find, even a couple of gluten-free beers, including Dragon's Gold, first brewed by Bard's Tale Beer in 2004.

But despite all this growth, Bast, who was diagnosed with celiac disease in 1994, was still shocked when the folks from Anheuser-Busch called her more than a year ago asking if anyone would be interested in a gluten-free beer. She realized, she said, that this was about more than just having a beer that she could find at her neighborhood grocer. "To think that somebody like Anheuser-Busch was taking an interest in the gluten-free market," she said, "was going to take it to a whole new level."

Anheuser-Busch had some questions, including: "Do celiacs even miss beer?" Told the answer was yes, yes, definitely yes, the company decided this was a "viable commercial opportunity," said vice president of innovation Pat McGauley, and proceeded to tinker with its recipe, replacing barley with sorghum, a cereal grass native to Africa.

"We wanted it to taste like beer," said Anheuser-Busch brewmaster Kristin Zantop, who played with the recipe for months at the company's research pilot brewery in St. Louis. Some batches came out tart, acidic. "Not exactly the flavor we wanted," said Zantop.

But by last fall, McGauley said, the brewers had finally found the right balance and made a gluten-free beer that tasted pretty much like beer. "That was one of the positives as we got feedback," said McGauley. "'Wow, it tastes like beer and it's good.' The next question was: 'When can I get it?'"

That was pretty much my question, too. That's why, when FedEx finally delivered the four bottles of Redbridge to my house, I stared at it for a while, stunned. When told that you can no longer have something anymore, you go to great lengths to convince yourself and others that you don't want it anyway.

Beer? Nah. Don't miss it. I'll have a glass a wine as we watch the football game. I'm fine.

That night, this particular charade ended for me. I cooked a gluten-free pizza, grabbed a cold one from the fridge, and then sat down on the couch with my wife to watch a football game.

The beer was no Guinness. The sorghum makes it just a tad sweet on the finish. But it was most definitely a beer. Smelled like it. Looked like it. And -- to me, anyway -- tasted like it.

I leaned back on the couch, beer in one hand and pizza in another. I was back, baby. A man in full, gluten free.

Keith O'Brien is a freelance writer based in Boston ■

RESEARCH UPDATE **DEFINING A TOXIC GLUTEN LEVEL**

Exactly how much gluten can someone with Celiac Disease tolerate? Or, to ask the question in a different way, exactly how much gluten does it take to cause microscopic damage to someone with Celiac Disease?

Of course, all major celiac groups and celiac researchers advocate consuming no gluten. But, what exactly does “NO” gluten mean? This is an important question when we consider the high likelihood that most foods are contaminated with gluten –whether from contact in the fields, in the mills, during transportation, in processing facilities, in someone’s own kitchen or in a restaurant. It is also important as the US government attempts to come up with a definition of “Gluten-free” that will satisfy both people with CD and food manufacturers. Realistically, the lower the standard, the more difficult it will be for food companies to meet. And this will likely translate into fewer foods being labeled “gluten-free”, and higher costs for those that are.

A study done in Sweden a few years ago (Laurin, 1) on very young children with CD showed that an average of less than 2 grams of gluten per day produced clinical symptoms, decreased weight gain, deterioration of the villi and increased antibodies, typically in a relatively short time (about 1 month). The goal of the researchers was to have the children consume 10 grams of gluten per day; however, on average, they were only able to tolerate 1.7 grams/day (some much less). The researchers noted a lot of variability in the time it took to relapse: some children showed clinical symptoms almost immediately; 4/5 did so by 1 month. They also noted that most children exhibited symptoms before any change in their antibody levels, and that higher gluten intake resulted in more severe damage to the villi. It is obvious from this study that 1 gram of gluten per day is way too high.

Another study, done in Finland (Collin, 2) analyzed the gluten content of various gluten-free flours available in Finland, estimated their average consumption by people with CD, and, from this, calculated what a “safe” amount of gluten would be. They did this based on the assumptions that over 90% of Finnish CD patients consume these products, that long-term compliance with a gluten-free diet has been good, and that, for people with CD in Finland, quality of life has been good and incidence of intestinal lymphoma has been low. Their calculations suggest that 30 mg of gluten per day is safe and suggest that setting a limit of 100 ppm (parts per million) in gluten-free products would be acceptable.

A more recent study on this issue was done in Italy (Catassi, 3) on 39 adults with CD (average age 39 ½), who had followed a gluten-free diet at least 2 years (on average 10 years). The subjects randomly received pills containing either 10 mg of gluten, 50 mg, or a placebo, which they then took for 3 months. Results showed overall a deterioration of the villi of the people taking the 50 mg dose; no change on 10 mg; and an improvement of the villi while on the placebo. There was much individual variability, including some individuals who showed deterioration of the villi on 10mg and a couple who showed improvement on 50 mg.

Based on their results, they conclude that a level of 100ppm of gluten in gluten-free foods is not appropriate, considering the amount of these products that are consumed. Rather they suggest a limit of 20ppm, which should keep total gluten consumption well below 50mg per day and provide a safety margin for those more sensitive.

There were some other interesting findings that came out of this study. Although the researchers screened the subjects to find those in good health and who had been strictly following a gluten-free diet for at least 2 years, all subjects, on an initial biopsy, showed damage to the villi when compared to a control group of people without CD. There were a few people who were rejected for this study because their villi showed so much damage. The authors state that these results confirm that in a significant number of people with CD, intestinal damage will persist, even when all the symptoms resolve on a gluten-free diet.

Another interesting finding is that the blood antibodies did not show any change, even when changes were seen in the villi. They conclude that the blood antibody tests are not sensitive enough to detect the low levels of damage in apparently healthy people with CD.

Another interesting finding was that the subjects receiving the placebo actually showed improvement of their villi over the three month trial. This suggests that, although they claimed to have been strictly gluten-free, they probably were consuming more gluten than they realized. During the trial, their diets were very closely monitored and certain foods, along with eating in restaurants, were not allowed. This probably resulted in a decreased intake of gluten when compared to their typical diet, thus explaining the improvement of the villi. This may also explain the improvement of the villi of two subjects who got 50mg doses: even with the 50 mg of gluten, on the strict test diet, their total gluten intake may have actually decreased.

Another important finding was the variability of responses – from those apparently healthy on 50 mg doses, to one person on a 10mg dose unable to complete the study due to developing very severe symptoms.

The last question is: how much exactly is 10mg or 30mg or 50mg of gluten? ¼ cup of bread flour weighs 34.25 grams or 34,250mg. This works out to a weight of 2854mg per teaspoon. According to Celiac.com, 8 – 12% of wheat flour is gluten. Using an average value of 10%, approximately 3/16 tsp. of flour would provide 50mg of gluten, 1/10 tsp. would provide 30mg and 1/32 tsp. would provide 10mg of gluten.

I have several thoughts on these studies that I would like to share. Studies like these use volunteers who know in advance there is a possibility they will be given gluten. People who know they become incredibly ill when exposed to minute amounts of gluten are not likely to volunteer for these studies. So, it is possible that the data coming out of these studies may be skewed, if the people being studied are perhaps less sensitive to gluten. This leaves the question: do these results apply to all people with CD – and is it possible they are overestimating the safe dose? All of the researchers acknowledge the variability of people with CD, and Catassi, et. al. did try to build in a safety margin when suggesting a safe limit for GF foods.

Another concern is the criteria they used for damage – microscopic changes in the villi. As discussed in the article on zonulin (in the Sept. newsletter), “increased intestinal permeability seems to occur even before there is visible damage to the intestine”. This raises the question: would changes in permeability be seen at lower doses of gluten?

Results of these studies also underscore the need for more sensitive tests, as the blood antibody tests do not reflect these minute changes.

Even though it is still difficult to come up with an exact number for a “safe” gluten level, what all these studies (and many like them) point to is the lower the amount consumed the better. Damage can and does occur on the micro-

scopic level, even without symptoms and in apparently healthy people, with very low level gluten consumption.

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

1. Laurin, P., Wolving, M. & K. Faith-Magnusson. J. Ped. Gastroent. 34(1):p 26 – 30, Jan. 2002. "Even small amounts of gluten cause relapse in children with celiac Disease".
2. Collin, P., Thorell, L., Kaukinen, K. & M. Maki. Aliment Pharmacol. Ther. 19: p 1277 – 1283, 2004. "The safe threshold for gluten contamination in gluten-free products. Can trace amounts be accepted in the treatment of celiac disease?"
3. Catassi, C., et. al. Am. J. Clin. Nut. 85: p. 160 – 166, 2007. "A prospective, double-blind, placebo-controlled trial to establish a safe gluten threshold for patients with celiac disease".

ALBA TRIALS UPDATE

BALTIMORE, March 8 /PRNewswire/ -- Alba Therapeutics Corporation today announced it has completed enrollment and dosing of patients in its Phase IIa dose ranging clinical trial of AT-1001, the Company's lead orally administered zonulin receptor antagonist drug candidate for the treatment of Celiac Disease ("CD"). The randomized, double-blind, placebo-controlled clinical trial is designed to evaluate the safety, tolerability and efficacy of AT-1001 in 86 CD subjects during gluten challenge.

"We are pleased with the rapid enrollment of this study and look forward to reporting its results later this year," said Dr. Blake Paterson, CEO of Alba. "Previously reported AT-1001 clinical trial data has been promising and we expect that the results of our ongoing clinical evaluation will support our Phase IIb trial design." The 86 patients enrolled in the Phase IIa study were confirmed biopsy positive for CD and in compliance with a gluten-free diet for at least six months prior to enrollment. Patients were randomized into seven drug-treated and placebo groups and challenged 3 times a day with gluten for 14 days.

PRODUCT BOOK SELLS OUT

There are no product books left for purchase. Please notice the order form is not available at the end of this newsletter. The good news is that work is going on at this time on a new updated edition which should be ready for purchase in June. We will keep you informed.

Confidentiality

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

RECIPES

On January 20th, Heather Hein, Owner of Silly Yak Solutions, a service to the community to support Gluten Free Healthy Living taught a class at Whole Foods in Ft. Collins for preparing a terrific Super Bowl Party (or any party) menu. Enjoy her recipes. Email questions to her at sillyyakchick@yahoo.com.

OVEN CARAMEL CORN

15 C. Popped Popcorn (not microwave)
1 C. Brown Sugar
¼ C. Light Karo Syrup
½ C. Butter
½ tsp Baking Soda
Place Popcorn in large roasting pan. Combine Sugar, Butter, and Syrup in a small saucepan. Simmer until bubbles form around the edge. Remove from heat. Stir in Baking Soda until mixture becomes foamy. Pour over popcorn and mix well. Bake at 200 degrees for 1 hour, stirring every 15 minutes.

SPRING ROLLS

1 Pkg Rice Wraps
1 Pkg Bean Threads
2-3 Lg Carrots, Peeled and sliced into long thin strips
2 Green Peppers, Sliced into long thin strips
1 Can Bamboo Shoots, Drained
Snow Peas, with ends cut off
Crushed Peanuts
Boil Bean Threads for 3 minutes and rinse immediately with ice cold water. Fill a dutch oven with water and bring to a boil. Meanwhile, prepare vegetables and work area. When water boils, remove from stove. To prepare spring rolls, take 2 Rice wraps and dip into hot water. Lay flat on a hard surface. Lay some Bean Threads in the center, then top with several of each vegetable and sprinkle peanuts on top. Roll up, tucking the ends in as you go.

Continue this until all ingredients are exhausted, or the Cook is. Refrigerate for up to 5 hours prior to serving. At serving time, slice each in half diagonally. Serve with Peanut Sauce or Sweet and Pungent Sauce.

THAI PEANUT SAUCE

¼ C. Smooth Peanut Butter
½ C. Coconut Milk
¼ C. Finely Chopped Peanuts
2 T. Thai Fish Sauce or 1 T. Gluten Free Soy Sauce or Wheat free Tamari
3 T. Rice Vinegar
2 Cloves Garlic, Minced
Hot Curry Paste (to taste)

Using a whisk, combine ingredients thoroughly in a large bowl. This is a great accompaniment to spring rolls, pan seared tofu or chicken, and naked sushi rolls.

FROZEN STRAWBERRY DESSERT

8 oz Cream Cheese 1 lg. can pineapple tidbits
¾ C. Sugar 2 sliced bananas
1 C. Walnuts
1 10 oz pkg frozen strawberries, thawed
1 8 oz container cool whip or 2 cups whipped cream
Combine softened cream cheese, ¾ C. sugar, and 1 C. Walnuts in a food processor. Pulse until smooth. In a separate bowl, combine strawberries, pineapple, bananas and whip cream. Mix all together and spread in an 8 X 11 dish. Freeze for approximately 30 minutes prior to serving.

PEANUT BUTTER BALLS

2 C. Chunky Peanut Butter
1 Cup Gluten Free Oatmeal or 1 C. Gluten Free Rice Cereal ¼ C. Powdered Milk
¼ C. Chopped Walnuts 1/8 tsp. Cinnamon
2 C. Mini Chocolate Chips 1/8 tsp. Nutmeg
1 C. Raisins
½ C. Honey
1 Pkg. Gluten Free Animal Cookies (Mi Del) OR 1 Pkg. Pamelas Shortbread Cookies, pulverized into crumbs.
Mix all ingredients in a bowl except for the cookies. Roll into balls and roll in cookie crumbs.

GLUTEN FREE PARTY MIX

¼ Stick Margarine
6 tsp Worcestershire Sauce (French's is Gluten Free)
1 tsp Garlic Salt 1/8 tsp. Dry Mustard
¼ tsp Onion Salt 1 ½ C. Peanuts
1/8 tsp Pepper OR 2 tsp. seasoned salt
4 C. Gluten free Corn Crunch 'ems Cereal
4 C. Gluten Free Rice Crunch 'ems Cereal
1 ½ C. Gluten Free Pretzels (Glutino, EnerG)
In a sauce pan or Microwave safe bowl, melt the margarine. Add seasonings and Worcestershire Sauce. Toss all together well and place in a roasting pan. Bake at 350 for one hour, stirring every 15 min.

RECIPES FROM LAST MEETING BUTTERSCOTCH BARS

From Karen Cranford

1 Pkg. Kinnikinnick GF White Cake Mix (18 oz)
½ C. butter (or GF margarine)
3 eggs
8 oz. cream cheese
1 box powdered sugar (2 Cups)
½ C. shredded coconut
½ C. chopped pecans
¾ C. GF butterscotch chips (Hershey's)
Combine butter, cake mix and 1 egg. Stir and spread in 10x15 baking pan. Beat eggs, cream cheese & powdered sugar. Stir in coconut, nuts & chips. Spread over cake mixture in pan. Bake at 325 deg. for 45 min. until golden. Cut into bars when cool. Can be made without butterscotch chips too.

PUMPKIN MUFFINS

From Jennifer Parker

1 C. GF flour mix (Wendy Wark's mix)
1 tsp. baking soda
¾ tsp. salt
½ tsp. baking powder
1 ½ tsp. cinnamon
¼ tsp. xanthan gum (less if your flour mix has some)
½ tsp. nutmeg
1/8 tsp. cloves
Optional—1/2 C. walnuts (not used in this batch)
¾ C. sugar
¼ C. oil
1 large egg
¾ C. Libby's pure pumpkin
1 small jar baby food carrots
Preheat oven to 400 degrees. Sift flour, baking soda, baking powder, salt, spices & xanthan gum together. Set aside. In a mixer bowl, beat sugar, egg & oil at high speed for 5 min. Alternately blend flour mixture & pumpkin/carrots. Beat until smooth. Pour batter into muffin tins lined with baking cups. Bake for 20 min. at 400 or until toothpick comes out clean. Let cool before eating.
Variation: use ¾ C. applesauce instead of pumpkin and omit carrots.

ORANGE BUTTERMILK CAKE FROM GLUTENFREEDA From Myrna Bruno

1 ¼ C. gf flour & ¼ tsp. xanthan gum
¾ tsp. baking powder ½ C. sugar
¼ tsp. baking soda 1/3 C. gf brown sugar
¼ tsp. salt 2 tsp. orange zest
¼ tsp. ground ginger 2 TBSP & 2 tsp. orange juice
2 whole eggs 2/3 C. low-fat buttermilk
1 egg white ½ C. powdered sugar
¼ C. vegetable oil
Preheat oven to 350 degrees. Butter an 8" round cake pan and dust with gf flour. Line bottom of pan with parchment or wax paper.

In a small bowl, mix together flour, baking powder, baking soda, salt, ginger and xanthan gum. In a separate small bowl, whisk together eggs and egg white. Set aside.

In a large bowl beat oil, both sugars and orange zest with an electric mixer until creamy. Gradually beat in eggs and continue beating for 2 min. Beat in 2 TBSP. orange juice. Using a rubber spatula, alternately fold in flour mixture and buttermilk until blended.

Pour batter into prepared pan and bake for 25 min. or until an inserted toothpick comes out clean. Transfer cake, in pan, to a wire rack and cool for 10 min, then remove cake from pan onto rack and cool completely.

In a small bowl combine 2 tsp. orange juice and powdered sugar and stir until smooth. Spoon orange glaze over cake, letting it drip down sides. Serve.

More Recipes on Back Page...

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Common issues, concerns and questions expressed by our members:



- Q.** I was diagnosed 5 years ago but only recently started having trouble with distilled vinegar. I've tried different brands, different kinds. Is this common?
- A.** Dr. Miranda addressed vinegars during his talk in our February meeting. He said chemistry proves that there is no gluten remaining in vinegar after the distillation process. However, some people, like himself, just cannot tolerate it. He recommends avoiding it if you react.
- Q.** I am following my diet but still don't feel well. What could be wrong?
- A.** According to Dr. Miranda, you could be:
- *still getting gluten
 - *still having chronic inflammation
 - *lactose intolerant
 - *have pancreatic insufficiency
 - *have microscopic colitis
 - *have bacterial overgrowth
 - *have something else
 - inflammatory bowel
 - lymphoma
 - addisons
 - *have the wrong diagnosis
- Q.** As a celiac patient, what do I and my doctor need to watch for?
- A.** Dr. Miranda says to watch for:
- *Dermatitis Herpetiformis
 - *Neuropathy
 - *Osteoporosis/Osteopenia
 - *Diabetes
 - *Infertility
 - *Autoimmune
 - Thyroid
 - Sjogren's
 - Addison's
 - Liver (PBC or elevated liver enzymes)
 - Theumatoid arthritis
 - Lupus
 - Fibromyalgia
 - MS
 - Apthous ulcers
 - Dental enamel defects

Meet Your Neighborhood Celiac Resource Contact

Updated Nov. 2006

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 Marjie Reece at (303)756-6836 or email: denvermetrocsa@comcast.net.

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

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

Metro Denver Areas	Contact	Phone	E-Mail
BD: Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	barbarasanford@comcast.net elizabethwm@yahoo.com
DEN-C: Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	lddet@msn.com oppermanda@netzero.net
DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	kdarci@yahoo.com
DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	cmc1974@msn.com willou@comcast.net
DEN-W: Lakewood	Betty Morris	303-238-5145	wabe22204@comcast.net
E: Aurora, zips: 80231 & 80247	Nancy Vermeersch	303-337-0667	
NW: Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	lmbmeek@juno.com
S: Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	mapete1130@aol.com pricer15@qwest.net
SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Donna Steelman Gale McGrevey Ann Demaree	303-699-6170 303-766-7096 303-693-5752	donnasteelman@comcast.net gmcgrevey@att.net ann@demaree.com
SW: Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker Nancy Lindsey	303-933-1565 303-933-5992 303-973-1279	jkvanlooz@comcast.net jerparker@comcast.net n-lindsey@comcast.net
W: Golden, Evergreen, Morrison	Marjie Reece	303-756-6836	denvermetrocsa@comcast.net

Other Colorado Area Contacts

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

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

(a non-profit organization)

Your best local resource for celiac information, support and gluten-free socializing.

Please join us.

Dues are \$15.00/year (Renewals due in Jan.)

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: _____

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

NAME	BIRTH DATE	DIAGNOSED BY?	WHEN?	ALSO HAVE DIABETES?	DERMATITIS HERPETIFORMIS?

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 107 *NL*

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

(Dr. Miranda cont. from Page 1)

Research is being conducted on drugs blocking zonulin. He says research is also being done on developing an enzyme that would digest the toxic fraction of gliadin but it would take so much enzyme that it might not be practical. Tissue Transglutaminase (tTg) blockers is a possibility which would prevent tTg from modifying and priming gliadin, but tTg affects wound healing and bone growth, so that may not work. There's research on receptor blockers that would prevent deaminated gliadin from initiating an immune response. There's also work being done on an interleukin-15 blocker that would stop the inflammatory reaction.

Dr. Miranda addressed many issues including why some still feel tired. He says it could be: 1) iron deficiency 2) malabsorption 3) chronic inflammation 4) vitamin deficiencies 5) other autoimmune diseases 6) depression. He also says bone loss can come from: 1) poor calcium absorption 2) low magnesium 3) low vitamin D 4) secondary parathyroid hormone secretion 5) early menopause 6) too tired to exercise 7) inflammatory cytokines 8) tTg antibodies affect bone remodeling.

Dr. Miranda said his first question after being diagnosed with CD was, "Will I get cancer?" His response: 1) Overall risk-2 times more likely 2) Thyroid cancer-22 times more likely 3) Adenocarcinoma of the small bowel shows women more likely to get it than men 4) Non Hodgkins lymphoma- 7-9 times more likely 5) Esophageal squamous cancer 6) Head and Neck squamous cancer 7) Melanoma? 8) Breast cancer-less risk.

Who is at risk for cancer? 1) Long standing celiacs 2) Non adherence to the diet 3) Risk reverts to normal after 3 to 5 years of gf diet for all cancers except non-hodgkins lymphoma. Why does celiac increase my risk of cancer? (Cont. on Page 12)

(Dr. Miranda continued from Page 11)

1) Intestines are 'leaky' and exposed to toxins/carcinogens 2) Chronic inflammation 3) Normal immune surveillance is dysfunctional 4) Genetic predisposition 5) Vitamin A deficiency (squamous cancers).

Dr. Miranda said he can't tolerate oats, but if you want to try them, wait until blood work & small intestine biopsy is normal with no symptoms. Gradually add up to ½ cup rolled oats daily. Follow up with your doctor in 3 to 6 months for blood work.

On vinegar, which Dr. Miranda also doesn't tolerate, he says malt vinegar is not safe. Flavored distilled vinegars may not be safe but vinegar in most forms are safe (distilled, wine, balsamic, cider).

A couple more questions and issues can be found in this issue's Q & A column on page 9. Dr. Charles Miranda is at the Sky Ridge Medical Center, Aspen Bldg., Suite 114, 10103 Ridge Gate Parkway, Lone Tree, CO 80124, 303-799-8890.

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Recipes continued from Page 8

Chocolate Chip Cookies

From Jennifer Parker

1 C. Shortening (Crisco)

1 C. Sugar

½ C. Brown Sugar

2 Eggs

2 Tsp. Vanilla

Add: 2 C. GF Flour (Your favorite or see recipe)

2 Tsp. Salt

1 Tsp. Baking Soda

1-2 C. Chocolate Chips (Hershey's or Nestles)

Stir wet & dry ingredients together. Add chocolate chips. Bake at 350 degrees 10-13 min.

Flour Mix:

1 C. Brown Rice Flour

1 ¼ C. White Rice Flour

¼ C. Potato Starch Flour

2/3 C. Tapioca Starch Flour

¾ C. Sweet Rice Flour

1/3 C. Cornstarch

2 Tsp. Xanthan Gum

This makes about 4 cups.

