

# Taming of the **SPROUE**

July, 2007

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

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

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

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## August Picnic

**Date: Saturday, August 4, 2007**

**Time: 11:30am – 1:30pm**

**Location:** Addenbrooke Park  
600 S. Kipling Parkway  
Lakewood, CO 80226

**Directions:** Turn east off of Kipling where the sign is, just south of Alameda.

**PICNIC:** The Denver CSA Chapter will provide three kinds of meats from Brother's BBQ. Please bring a side dish or a dessert to share...no oats, please! We'll provide table coverings, paper goods, plastic silverware and soft drinks. Please bring volley ball, Frisbees, bocce balls, croquet, and whatever other games you like to play in the park. A face painter will be there to paint faces. Remember to bring lots of copies of detailed recipes of things you plan to share. We'd really appreciate it if you made sure one of those copies got to Karen Cranford, newsletter editor, for future use! If you're newly diagnosed and unsure about coming to something like this, bring a fruit or vegetable tray, or make one of the great muffin, cake or cookie mixes you can find at Vitamin Cottage; or ready-made items from Whole Foods. This is one picnic you want to be at. Hope to see you there! Vendors: If you would like to provide samples and product for sale at the picnic, contact Jean Duane by August 1<sup>st</sup> at [info@alternativecook.com](mailto:info@alternativecook.com).

## June Meeting – Vendor Fair



Nearly 400 people attended the June vendor fair sponsored by the Denver CSA chapter. There were samples to eat, products to buy and lots of information made

available for everyone in attendance. The vendors all ran out of samples...it was that good!



Carol Fenster was one of about 35 vendors who gave out sample tastes.

### Vendors included:

Alternative Cook, LLC,  
Bakery on Main, Bete Noire  
Chocolates, Bob's Red Mill,  
Breads By Anna/Gluten  
Evolution, Brothers BBQ,

Cherry Brook Kitchens, Chipotle, Covenant Foods, Crazy Q Farms, Deby's Gluten Free Bakery & Café, Diane Moyer, Enjoy Life Natural Foods, Fiona's Natural Foods, Inc., Gluten Free Essentials, Good-E-Bar, Heartland's Finest, Kinnikinnick Foods, Mary Kay Cosmetics, Namaste Foods, On The Menu, Organic Bistro, Whole Life Meals, Outside the Breadbox, Pamela's Products, Pure Fit, Rheinlander Bakery, Savory Palate Inc., Tom Sawyer Gluten Free Products, Vitamin Cottage, Whole Foods, & Whole Nourishment.



Organic Bistro



Sam Kimbrell (right side of the table) with Covenant Foods talks about his great Flourish Gluten Free Breads that will be available August 1<sup>st</sup> in local Vitamin Cottage stores. He, too, ran out of all the tasty

bread he brought! Find out more about the products they have and what the ingredients are at [www.covenantfoods.com](http://www.covenantfoods.com).

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**Sneak Peak for the October Meeting...** We're trying to secure an acclaimed speaker but we can't say too much until it's booked! We hope it will be our best meeting yet. More details will follow.

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## Announcements

### Newsletter Deadline

September 5, 2007 is the deadline to submit articles or information for the September newsletter. Please send submissions to [crankaren@aol.com](mailto: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!

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### Celiac Friendly Restaurants

The following was posted on the ICORS Celiac Listserve. If we let our local **Outback** locations know that some of their restaurants back East now serve GF rolls, maybe they'll do the same here. "Exciting news at the **OUTBACK Steakhouse** here in CT! As of Friday, June 8th, Enfield, CT **OUTBACK STEAKHOUSE** will begin carrying "Walk On Water" bread and hamburger rolls for gluten free customers. See [www.walkonwaterbread.com](http://www.walkonwaterbread.com). **OUTBACK** in W. Springfield, MA and Clifton Park, NY, are already on board. Yonkers, NY, begins offering bread next week on the 13<sup>th</sup> (June). So summer traveling for Celiacs has just gotten a bit easier-at least in one end of New England!" **HERE LOCALLY:** Outback is serving a GF crab dip that is fantastic! Hold the bread when you order; take your own crackers, chips or bread.

From Sue Russell:

**The Stone Church** in Castle Rock has a GF menu, food is fantastic. Eating out is fun again. This place really does accommodate celiacs. Not the usual story of simply omitting offending items. There is even a dessert choice which is not fruit or ice cream.

Karen Cranford got this response from **The Old Spaghetti Factory**: "Since our specialty is pasta and all of our regular pasta items have gluten in them, our Gluten-Free options are slightly limited. However, we now have a GF Corn Rotelli in our restaurants, including our Denver location. We also have the following GF options available at all of our locations...  
Main Courses: \* Baked Chicken. This is a chicken breast with the wing bone attached. It is marinated in oil and spices and baked in the oven. You can order this meal with the broccoli and or a side of Gluten Free pasta if it is available. \* Caesar Salad (with or without chicken) - ask for it without the croutons and without Caesar Dressing (substitute the Caesar Dressing for our Famous Creamy Pesto Dressing or our Balsamic Vinaigrette Dressing). Sauces: Tomato Sauce & Mushroom Sauce. Side Dishes: \* Chicken strips. These are grilled chicken strips and have no breading. They are a great addition to the Caesar Salad or a pasta Dish! \*Broccoli covered with Mizithra cheese, Brown butter and Olive oil. Salad Dressings: Balsamic Vinaigrette Dressing & Creamy

Pesto Dressing. We also suggest that you make sure to alert your server to your food allergies so they can better help you with your special order. We hope this information helps and we look forward to serving you! **NOTE:** The Gluten Free pasta is cooked separately, stored separately and reheated separately. Sincerely, The Old Spaghetti Factory"

From Sue Mizuno:

Her daughter was absolutely giddy after a friend took her to **WaterCourse Foods**, a restaurant near downtown that caters to food allergies. She had a GF potato taco and a GF chocolate/raspberry cake. WaterCourse Foods serves breakfast, lunch and dinner at 837 E. 17<sup>th</sup> Ave. in Denver. Their baked goods come from their bakery located at 206 E. 13<sup>th</sup> Ave. They also feature cakes and wedding cakes. Order your baked goods from the bakery and pick them up at the restaurant. And at their City, O' City Coffeehouse and Bar at the E. 13<sup>th</sup> location, they also serve a vegan/vegetarian pizza which can be made GF with a GF crust. If you have questions for the bakery, ask for Head Chef Jessica, who is also celiac! The restaurant is 303-832-7313; the bakery is 303-318-9843; the coffeehouse is 303-831-6443. More info at [www.watercoursefoods.com](http://www.watercoursefoods.com).

From Heather S. of the No. Colo. Celiacs: The **Laughing Goat Coffee Shop** in Boulder carries Aunt Kay's Coffee Cake. She says it's great! It's also at **Pekoe Tea House, Brewing Market, Vics, Wonderland Cafe, Amante, and Cafe Sole**. It's also in **Vics** in Longmont and **Vics** in Louisville. Pamela Fletcher is the baker and she also makes a chocolate chip and lemon poppy seed cake which she sells in slices or by the loaf at the Longmont Farmer's Market until 8/1. She can be reached at [pfletch67@hotmail.com](mailto:pfletch67@hotmail.com).

From Rebekah with the **Gluten Free Detectives**: The owners of **Masalaa** restaurant in Aurora have opened a new restaurant with a GF menu in Westminster - **India's Corner** at 6350 W 92nd Ave, Westminster, CO 80031.

From Gina Meagher: **Mad Greens** has a list of GF salads and dressings on their website. Go to [www.madgreens.com](http://www.madgreens.com) and click on menu, scroll down to Nutritional Notes and then click on Mad Greens Salad Diet Identification.

From Monica Poole: **The Melting Pot** restaurants in Littleton - 2707 W. Main St., 303-794-5666, manager Jon Hood and in Louisville - 732 Main, 303-666-7777 will be carrying Deby's bread, angel food cake and brownies for dipping in their GF fondues. The salad dressings are also GF and they will have GF flour on hand. Call ahead to verify they are ready to offer a great GF dining experience.

## GIG CONFERENCE HIGHLIGHTS



**Dr. Alessio Fasano** addressed this year's Gluten Intolerance Group Conference held in Richmond, Virginia. He said the future of research into celiac disease is 3 areas: 1) Detoxification of gluten-

containing grains. Results should be seen in the next 2 to 3 years. 2) Vaccine – would inoculate against the damage caused by gluten. This is the most difficult research project undertaken and will take 15 to 20 years. 3) The anti-zonulin pill (AT-1001) would be taken 15-20 min. before the meal and would be good for 2 hours. Phase II of the clinical trial phase is completed with 3 more years' process to go (5-8 years total) with failure still possible at any stage. But so far, so good! Fasano can be found at [www.celiaccenter.org](http://www.celiaccenter.org). Alba Therapeutics is still accepting up to 6-month-old infants for their ongoing study of when to introduce gluten. Find them at [www.albatherapeutics.com](http://www.albatherapeutics.com).



**The Gluten-Free Girl, Shauna James Ahern**, presented on Easy GF Gourmet Cooking. Shauna is considered one of the best food bloggers in the world. Her website, GlutenFreeGirl.com won Best Food Blog with a Theme in the World in

2006. She's also on one of "The Power of Food" vignettes about gluten free cooking on the **Food Network**. She's a hilarious speaker and her funny experiences becoming gluten free will be published in October entitled, "*Gluten-Free Girl, How I Found the Food that Loves Me Back...and How You Can, Too*".



**Chef Darlene DiMeglio** spoke on "How to Dine in Restaurants as a Confident GF Patron". She is Exec. Chef of The Nook restaurant in Charlottesville, Va, and CEO and Founder of Bite LLC., a food allergen consulting company

for the hospitality industry. She's also celiac! She says the importance of informing staff in restaurants of food allergens is crucial for the industry to grow and become knowledgeable as well as to help GF patrons become more confident when dining out. Other important points are to know what you need, how to convey it, what questions to ask and even though errors happen, nothing can take away your confidence as a patron. She can be contacted at [BiteLLC@gmail.com](mailto:BiteLLC@gmail.com).

**Janet Starkey, RD, CDE**, and Nutrition Clinic Director for VCU Med Center, spoke on "Better Nutrition/Being Your Best Weight". To understand the GF diet, she went on the "Forty Days & Forty Nights Gluten-Free Diet".



Her emphasis was on weight control. Weight is the 2<sup>nd</sup> most important factor (after smoking) in long term health. For celiacs, following the GF diet would be the #1 thing in our lives. She said a recent study showed at diagnosis, only 5% were under-weight, 57% were normal and 38% were overweight. Of those that stayed compliant with the GF diet, 81% gained weight. Contributors to this are increased intestinal absorption, and the calorie dense, low-fiber quality of many GF foods which also causes spikes in blood insulin levels, which can also result in easier weight gain. Also contributing is the increase in portion sizes, less activity (more computers!), smoking cessation, sleep deprivation and medications. She says people who successfully lose weight & keep it off don't go overboard in any direction. Her tips included: 1) keep fat intake at 29.4% while decreasing carbs to 49.3% of your diet, 2) exercise, 3) eat the most at breakfast and have a total of 5-6 small meals through the day, 4) weigh only once a week. She also suggests spicing up foods without adding calories by using more spices that also are healthy for you. For example, cinnamon helps control blood sugar, and turmeric, rosemary or other Italian herbs have anti-inflammatory properties.

**Dr. Stephen Wangen** spoke on 'Probiotics and the Ecosystem in the Digestive Tract'. Wangen has a practice in Seattle and is also celiac. He says IBS should be very rare in the celiac patient faithfully following the GF diet. Wangen believes there is a logical reason and the secret is keeping the bad bacteria, yeast and good bacteria in balance. If you can't get to Seattle, he has written "The Irritable Bowel Syndrome Solution". Or find out more about him and his clinic at [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com). More on his book on page 6.

**Lee Tobin** worked the Whole Foods booth with his new products, GF Pie Crusts and hamburger buns. And don't forget those great Nutmeal Raisin Cookies. He says Denver now has a warehouse for the Whole Food GF products and there's no reason why the local stores shouldn't stock the items you're interested in. So speak up...if they don't carry it, ask for it. For a complete listing of these products, go to [http://www.wholefoods.com/products/bakery/gf\\_bakehouse.html](http://www.wholefoods.com/products/bakery/gf_bakehouse.html).

Get free a **GF Product of the Day** email by signing up at [www.ceceliasmarketplace.com](http://www.ceceliasmarketplace.com). Cecelias Market Place (name creatively derived from the word celiac) has a GF Grocery Shopping Guide featuring national products. More on this on page 6 under "Books".

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## 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!

### Boulder/Longmont

The 2007 Annual Picnic will held Sunday, July 29<sup>th</sup> at Willo Creek Farm Park, 901 S. Fordham in Longmont from 11:30am to 2pm (11:30 AM setup time in the red barn to begin eating at noon). Please bring a covered dish to share along with the recipe or allergen information. We kindly ask that you do not bring gf oats as many Celiacs still cannot handle them. If cooking does not excite you, then please call or email the events coordinator as there are many other items which we could greatly use at the picnic! For more information contact Laurie Kolb at 720-352-8687 or [laurie\\_w\\_kolb@hotmail.com](mailto:laurie_w_kolb@hotmail.com) or Melissa Degen at [melissa@gfpastrychef.com](mailto:melissa@gfpastrychef.com) or phone 303-684-9772. Look forward to seeing you there!

**AND** the Boulder/Longmont group is also announcing the 2007 Holiday Cookie Exchange, sponsored by GF Pastry Chef!

Time: Sunday, December 2, 2007, 2-4 PM

Location: Niwot Grange (in Downtown Niwot, on corner of 2<sup>nd</sup> and Franklin). Mark your calendars and more information will follow!

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## DID YOU KNOW?

You can now subscribe to **Glutenfreeda.com** absolutely free! Gain access to over 4,000 recipes, articles, menus and product test reviews. Go to [www.glutenfreeda.com](http://www.glutenfreeda.com) and click on the subscription button at the top.



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## CHAPTER MEMBERSHIP

Have you ever wondered about the membership of our chapter? As of June, we have 784 active members. Our membership hails from all over the nation, from Virginia to Washington, and North Dakota to Texas. We even have some members in Alaska. Do you wonder if any of your neighbors share your dietary restrictions? Become involved in your neighborhood huddles. This is a great way to meet new people who share a common challenge.

**Trial Membership**--If your mailing label reads Trial Membership, you will need to join the membership to continue to receive the newsletter. Dues are just \$15 and a membership form can be found on the last

page. If you have questions about your membership, please call Donna DeVisser at 303-973-4613 or email to [sdevisser@msn.com](mailto:sdevisser@msn.com).

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## 30<sup>th</sup> ANNUAL CSA CONFERENCE TUCSON, ARIZONA SEPTEMBER 28-30, 2007

This year's CSA Conference is in Tucson! Find out all of the details of this year's conference at [www.csaceliacs.org](http://www.csaceliacs.org). The Westward Look Resort, [www.westwardlook.com](http://www.westwardlook.com), is where it will be held with a special rate for CSA attendees. There are continuing education credits available for physicians, nurses and dietitians. For those arriving before Thursday, a "Spirit of Tucson" conference guided bus tour will be offered Thursday and a Fiesta! Gluten Free Buffet will be offered Thursday evening. There are also activities for kids, teens and young adults. For schedules and fees, go to [www.csaceliacs.org](http://www.csaceliacs.org).

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## Speaking Gluten Freely

From Nonuttin' Foods, comes a new nut-free, gf and vegan trail mix called **Nonuttin Trail Mix**. They also have several other trail mixes and granola products. In late April, Nonuttin' (founded in 2002) developed new gluten-free formulas, and became the first company to begin using pure, gluten-tested oats and oat bran in granola products. The Nonuttin' facility is now completely wheat and gluten-free. Visit them at [www.nonuttin.com](http://www.nonuttin.com).

**Afterglow Cosmetics:** Gluten-Free, All Natural, Organic, Mineral Makeup. More info at [www.afterglowcosmetics.com](http://www.afterglowcosmetics.com).

**Gluten Free Savonnerie** is a new GF bath and skin care product line. Info at [www.gfsoap.com](http://www.gfsoap.com) or call toll free 888-643-7627 or email [service@gfsoap.com](mailto:service@gfsoap.com).

From Bonnie Atherton: **Boulder Canyon Potato Chips** are GF except for the following flavors: Hickory Barbeque, Malt Vinegar and Sea Salt and Sea Salt and Cracked Pepper. Please add this information to the 2007 product list.

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## Retail Stores

The team at **XDC Confections Inc.** have announced they will be offering a deli menu. Due to this change they will no longer be completely gluten free. They will continue to have some items on hand at all times for their celiac friends, such as brownies, sandwiches, and various bars. However, if you wish to purchase a cake, pie, cookies, or cinnamon rolls you will need to special order these items. They are located at 4328 W 35th Ave, Denver CO 80212 or go to [www.xdc-confections.com](http://www.xdc-confections.com) or call 303 -477-3574.



## The Art & Science of Gluten-Free Gastronomy™

**Executive Chef  
Adrian Heuer of the  
Denver Museum of  
Nature & Science  
was the featured chef  
for June's GF Lecture  
Series. He says the  
salad bar at the  
museum has some  
offerings for a GF  
diet, but their entire dining facility will be revamped  
over the next year and he's hoping to offer more GF  
dining options by then.**



The Gluten-Free Lecture Series at the Phipps Mansion is a special event that takes place each month and 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 top 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 from 6:30pm to 8:30pm. Arrive at 5:30p.m. for prelecture gf foods, visiting and to tour the mansion. Registration is required. A portion of proceeds benefit the Celiac Sprue Association Denver Metro Chapter #17.

Still to come: Brave New Snacks (**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](http://www.theglutenfreelifestyle.com). A La Carte lectures are \$30 per person. Price includes lecture, materials, refreshments and tastings.

**ALSO** The 2<sup>nd</sup> Annual Gluten-Free Culinary Summit™ will be held August 17 - 19, 2007 at The DoubleTree Hotel in Denver, Colorado. New to this year's schedule, a Gluten-Free Culinary Arts Dining Night in Downtown Denver will take attendees into the heart of the city to experience spectacular gluten-free menus prepared by selected restaurants on Friday, August 17. A Gluten-Free Culinary Gala with the Summit Chefs follows the culinary demos Sat., August 18 and a special Summit Speakers Series will top off the conference on Sunday, August 19. For complete event information and online registration, visit [www.theglutenfreelifestyle.com](http://www.theglutenfreelifestyle.com) or call 303-368-9990. Seating is limited. Early-bird registration deadline is July 20. A portion of Summit proceeds will be donated to celiac disease research efforts and local community support group efforts. The DoubleTree Hotel-Denver is located at 3203 Quebec Street, Denver, CO 80207.

\*\*\*\*\* PUBLICITY \*\*\*\*\*

The June 11, 2007 issue of **People** magazine featured an article on Danna Korn, the founder of Raising our Celiac Kids (R.O.C.K.). The "No Wheat, No Worries" article explained celiac disease and followed Danna as she showed a newly diagnosed family what their gluten free choices are at the store.

There's a great article from Dr. Alessio Fasano after the recent National Digestive Disease Week conference. Join the **MedScape** website free, view at <http://www.medscape.com/viewarticle/556299>.

**The Tribune**, a Greeley, Colorado, newspaper, on June 13, 2007 had an article titled, "Do It Up For Dad: Suit Your Fathers Tastes and Needs on Sunday by Cooking Up A Meal Catered To Him". Reporter Theresa Myers writes about her dad who would much rather spend the day cooking himself. He also has celiac disease so he'll be going to the kitchen to make GF Lasagna. The article includes that recipe and one for Stuffed Pork Chops.

The April, 2007, issue of **Midwest Living** had an article under their "Healthy Living" section about Chicago's Bistro 110 restaurant where Chef Dominique Tougne champions safe dining for people with potentially fatal food allergies. "Good Reaction to Great Food" tells how Tougne's 6-year-old son almost died 5 years ago after eating peanut butter. His attention now is for people with all kinds of allergies. He even has GF rolls for celiacs!

The July, 2007, issue of **Better Nutrition** featured an article by Melissa Diane Smith under their *News flash* heading titled "Celiacs: Not So Slender?" about celiacs being more overweight than underweight.

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### **Birthday Cake Alternatives**

- \*\*\* Order one of those jumbo Hershey Bars that can be personalized....
- \*\*\* Order a whole ton of personalized M&M's, pour them in a glass trifle bowl and insert some candles...
- \*\*\* Put some mini candy bars that are GF in a glass trifle bowl and do the same. Tie a big huge bow around the bowl.
- \*\*\* What about a chocolate fountain? (You can rent them or buy one.)
- \*\*\* What about an ice cream cake? Made of ice cream and whipped cream and crushed GF cookies?
- \*\*\* What about an ice cream sundae "bar?"
- \*\*\* What about a crustless pie?
- \*\*\* What about a fancy fruit display (like from [www.ediblecreations.com](http://www.ediblecreations.com))

From Melonie Katz, Owner, SillyYaks.com

## RESEARCH

Sat. 5/19/2007 (JAMA)

Researchers at the University of Colorado at Denver said a recent study backs current recommendations which call for the introduction of cereal between 4 and 6 months, although more research is needed to determine if there is any value in delaying such foods beyond 6 months. In a report in this week's Journal of the American Medical Association, they reported infants fed cereal made from wheat, rye or barley at four to six months had a lower risk of developing a gluten intolerance later in life than those who were fed grains before 4 or after 6 months.



### UNPRECEDENTED GLOBAL RESEARCH ASSESSES EATING OUT WITH FOOD ALLERGIES AND CELIAC/COELIAC

Chicago (PRWEB) May 23, 2007—The ground breaking three-dimensional research study - Understanding Gluten and Allergen-Free Experiences of Guests & Hospitality Worldwide - was just released at The National Restaurant Association's Restaurant and Hotel/Motel Show. Focused on eating out and travel experiences, this innovative study surveys guests managing food allergies, customers living with celiac / coeliac and gluten-free diets, as well as the food service and hospitality professionals who cater to these individuals.

The primary purpose of this benchmarking study, sponsored by AllergyFree Passport®, is for guests and hospitality professionals to begin to understand each others' experiences and improve the dialogue between both sides of the table...To be a part of this study, individuals and businesses can share their experiences by visiting the following websites and participate in the respective surveys:

<http://www.glutenfreeexperiences.com> for celiacs / coeliacs and the gluten/wheat intolerant;

<http://www.allergenfreeexperiences.com> for those managing food allergies; and

<http://www.allergenfreeguests.com> or

<http://glutenfreeguests.com> for hospitality and food service professionals. Responses for all surveys must be submitted by August 31, 2007 and all feedback is confidential. If requested, in the fall of 2007, survey respondents will receive an Executive Summary of key findings.

(WebMD) Gene studies link celiac disease to a defective immune signal...University of London researcher David van Heel and colleagues used recently developed genetic techniques to compare more than 300,000 gene regions in 778 patients with celiac disease and in 1,422 people without it.

The result: People with celiac disease tend to lack a protective DNA sequence that influences two

immune-signaling proteins. The proteins are interleukin-2 (IL-2) and interleukin-21 (IL-21).

The genes affect an immune response called inflammation. Inflamed tissues send out signals that stir up the body's immune cells like a swarm of bees.

It's very difficult to diagnose and treat celiac disease. The new findings, and more findings yet to come from the study, are expected to lead to new discoveries in these areas.

Van Heel and colleagues report their findings in the June 10 online edition of Nature Genetics.

### KAMALA HAYMAN - The Press | Monday, 28 May 2007—Forbidden pastries, pasta and bread may soon be back on the menu for those suffering celiac disease as a vaccine nears human trials.

New Zealand-born gastroenterologist Dr. Robert Anderson is heading a research team in Melbourne developing a vaccine for the condition which affects 1 percent of the population.

Anderson, in Christchurch at the weekend to speak at a Coeliac Society meeting, said the vaccine contained a fragment of the gluten protein which was toxic to those with coeliac disease.

It was hoped that repeated exposure to the toxin through a vaccine would desensitize a sufferer.

"Your body learns to become tolerant. The goal is to allow people to return to a normal life."

The vaccine was expected to go into human trials early next year.

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## BOOKS

From Dr. Stephen Wangen, founder of the IBS Treatment Center, is The Irritable Bowel Syndrome Solution. It addresses the causes and treatments for IBS and where to go for help. \$14.95, 186 pages. Can be ordered at [www.ibstreatmentcenter.com](http://www.ibstreatmentcenter.com).

If you're looking for Carol Fenster's out-of-print book, Gluten-Free Celebrations (also called Special Diet Celebrations), she no longer sells the book, but she has heard that it is selling for \$75 to \$80 (used) on the Internet. If you want a more reasonably-priced copy, the Gluten Intolerance Group recently found that they have a few copies in stock so contact them at 253-833-6655 or [admin@gluten.net](mailto:admin@gluten.net).

Cecelia's Marketplace GF Grocery Shopping Guide has over 20,000 brand name foods collected by Dr. Mara Matison and her husband, Dainis, after she was diagnosed with celiac disease. Their frustration with food shopping resulted in this pocket-book-sized collection. Find it at [www.ceceliasmarketplace.com](http://www.ceceliasmarketplace.com) for \$24.95 or see it in the Denver CSA library.

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## THINK CELIAC DISEASE

Compiled by Mary Anderies

Ms. Anderies also serves as a member of the Denver Metro Chapter of CSA/USA Medical Education Committee

Ongoing digestive symptoms and other systemic problems for individuals with Celiac Disease who are on a gluten free diet are fairly common. While Celiac Disease itself is becoming more widely recognized, its effects on multiple parts of the body and its ongoing symptoms remain more obscure. While this article is not meant to provide medical advice, it is intended to provide a summary of possible causes that you and your health care provider may want to explore further.

### FOLLOW UP

After a diagnosis of Celiac Disease is made, additional follow up tests are recommended immediately after diagnosis and on an ongoing basis. These include:

- ◆ Blood work for vitamin and mineral deficiencies
- ◆ Thyroid Screen (note: Patients on thyroid replacement and other medications may need frequent monitoring for dosage adjustment as their absorption improves.)
- ◆ Bone density scan
- ◆ Liver enzymes

Research from Stanford University School of Medicine's Celiac Management Clinic is noting continued absorption problems with many individuals who are on a gluten free diet. A 72 hour quantitative fecal fat test and a 25-gram xylose sugar absorption test can help diagnose continued absorption problems.

Healing progress on the gluten-free diet may be monitored by re-testing whichever diagnostic blood test was initially highest, at an interval of 6 - 12 months. Children are likely to heal within a few months; adults may take a few years, and some may never totally heal.

Note: Calcium and Iron status will improve in most individuals even without supplements once the intestine heals. Several doctors recommend NOT prescribing drugs such as Fosamax and Evista until after the intestine heals and more calcium is being absorbed from the diet.

### CONTINUING SYMPTOMS

Most individuals will experience a significant decrease of symptoms within a few weeks or months of starting a gluten free diet. However, some individuals may continue to experience significant digestive problems or may have a relapse of symptoms. Some possible explanations are summarized below:

#### Hidden Gluten Exposure

Look for any possible sources of gluten exposure. Binders in medication, cross contamination, misunderstanding of the strictness required of the diet, etc. should be explored. Repeat blood tests might give an indication of continued gluten exposure; however these may not be sensitive enough to note low level exposure.

#### Lactose Intolerance

Especially during the healing phase of CD, intolerance to lactose, a sugar found in dairy products, may be seen. Enzymes needed to digest lactose are manufactured by the intestinal villi, which have been damaged by exposure to

gluten. Often once the villi have regrown, symptoms of lactose intolerance will subside. Testing includes Lactose H2 breath testing. Suggested treatment includes using an over-the-counter lactase enzyme when ingesting dairy products. Re-colonizing the small intestine with beneficial bacteria (see probiotics, below) is also recommended.

#### Helicobacter Pylori

A study by Villanacci, et. al, published 8/28/2006 in the American Journal of Gastroenterology noted that 44% of individuals diagnosed with CD tested positive for Helicobacter Pylori at the time of, or within 1 year of their CD diagnosis.

#### Small Bowel Bacterial Overgrowth

In a report published in the American Journal of Gastroenterology, Vol. 98, No. 4, 2003 of 15 persons with continuing symptoms, 10 showed evidence of overgrowth of bacteria within the small bowel. Testing include Lactulose H2 breath testing. Suggested treatment includes the non-systemic, prescription antibiotic, Rifaximin (800 mg. per day for one week). Note that the antibiotic used is called Rifaximin in England and Xifaxam in the U. S. Digestive function should also be evaluated as the underlying cause of SBBO.

#### Yeast Overgrowth

Some individuals report continuing symptoms due to overgrowth of yeast. Testing includes blood antibody testing for Candida. Suggested treatment includes ½ tsp Nystatin powder (mix with water) twice a day and 200 mg Ketoconazole once per day for 2-3 months. Monthly liver function testing during treatment is recommended. Nystatin powder may be ordered, by prescription, through Belmar Pharmacy at 303-763-5533. Digestive function should also be evaluated as the underlying cause of yeast overgrowth. Dietary changes may also be considered.

#### Other Food Sensitivities

Additional IgG food sensitivities may be seen. An IgG sensitivity is different from the IgE allergies most allergy doctors check for. Common food sensitivities include dairy casein, corn, soy and eggs. York Labs tests for both IgG and IgE reactions to other foods, by mail, without a prescription. See: [www.yorkallergyusa.com](http://www.yorkallergyusa.com). Treatment includes avoiding the food, and food rotation. There are some reports of a reduction of food sensitivities when digestive function improves.

#### Digestive Function

Multiple problems with digestive function may be found. A complete evaluation should be done. One source for a comprehensive stool analysis may be obtained, by mail and by prescription, at Great Smokies Diagnostic Laboratory ([www.gsdl.com](http://www.gsdl.com)).

#### Intestinal motility

Increased intestinal motility may contribute to continuing diarrhea. Try reducing motility by using a fiber supplement like Benefiber or Citracel. Particularly in individuals who have had their gall bladder removed, consider Cholestid, a prescription drug used for lowering cholesterol, which may also slow motility. It acts by binding to irritating bile salts.

#### Decreased stomach acid

Low stomach acid (hypochlorhydria) may interfere with the effectiveness of one's own digestive enzymes and may create an environment that encourages yeast or bacterial overgrowth. Additional information may be found in the (continued on Page 8)

book "Why Stomach Acid is Good for You" by Wright & Lenard. Testing may be done using the Heidleberg Capsule or Gastrocap tests. Supplemental Betaine HCl, bitters, digestive enzymes and probiotics, available at a health food store, may be helpful.

#### *Beneficial bacteria*

Probiotics are very helpful for regaining the balance of the intestinal flora. Use ones that have multiple kinds of bacteria. The ones found in the refrigerated section of health food stores will have the highest level of bacteria. Kefir, raw kimchee and raw sauerkraut, also found in the refrigerated section, have high levels of active cultures.

#### *Digestive enzymes*

Pancreatic enzymes assist with more complete digestion, discouraging unhealthy bacterial growth. Recommendations have been made for the vegetable based enzymes from Kirkmann (<http://www.kirkmanlabs.com>) and for Enzymedica's ([www.Enzymedica.com](http://www.Enzymedica.com)) V-Gest (formerly "Carbo") and Digest capsules. Animal derived enzymes are available by prescription. Experiment to see what works best. To avoid heartburn, start by sprinkling 1/2 of a capsule on food & increase as needed and tolerated. Be sure to carefully check the Gluten-Free status of all enzymes. It is common for the Maltase to be made from barley.

#### *Carbohydrate intolerance*

Some individuals do not digest carbohydrates and sugars well. The undigested carbohydrates encourage the growth of harmful yeasts and bacteria. More information on a diet low in carbohydrates may be found in the book "Breaking the Vicious Cycle" by Gottschall. She recommends eliminating all complex carbohydrates to kill off the bad bacteria.

#### Other Possibilities

##### *Parasites and other bacterial problems*

Check for parasites and other bacterial problems, including Giardia lamblia and Ascaris lumbricoides. Just because an individual has CD, doesn't mean they can't have the bugs that a normal person with diarrhea may have!

##### *Other autoimmune diseases*

At least 1/3 of the people diagnosed with CD as adults will also have another autoimmune disease. Many report a significant improvement in their other autoimmune disease after beginning a gluten free diet. However, some individuals with CD may develop other autoimmune diseases even after beginning a gluten free diet. Watch for Type 1 diabetes, liver, thyroid, pancreas and adrenal diseases, peripheral and central nervous system damage, connective tissue and other rheumatoid inflammations.

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### PRODUCT LIST SALES

The 2007 Product List is now available. Purchase price is \$7.00 at meetings and \$10.00 if mailed. You will find an order form at the end of this newsletter. Thanks, on behalf of the celiac community, to Bonnie Atherton and the many volunteers who helped her with this massive project. Also to Don Smith for mailing out the orders we get!



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### IN MEMORY

**Marge Campbell**, who was instrumental in helping celiacs in Omaha, NE, and beyond for many years, recently passed away. Marge served the Celiac Sprue Association as both Treasurer and President. Marge was a celiac research patient at the National Institutes of Health in the 1950's and 60's. Condolences may be sent to Bob Campbell at 51 Ginger Cove Rd, Valley, NE 68064. A memorial in her name has been established at CSA to benefit the newly established AA CSA Foundation. Checks may be written directly to the AA CSA Foundation or CSA, both 501(c)(3) designated nonprofits.

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### VEGGIE BOOTY SNACKS RECALLED

Rocky Mountain News – 7/30/07 -- Colorado state health officials recalled all Veggie Booty snack products, which they suspect are contaminated with salmonella. The puffed rice and corn product, marked by Robert's American Gourmet, is linked to 54 cases of gastro illnesses in children in 17 states, including five in Colorado...If children show symptoms, they should be treated by a doctor immediately, and any bags of Veggie Booty should be held for testing. For more information, call the Colorado Department of Public Health and Environment's Communicable Disease section at 303-692-2700.

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### Confidentiality

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

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### RECIPES

#### Lazy Day Salad

From "C" Sprue News, Wichita, KS

1 can fruit cocktail (drained)  
1 lg. can crushed pineapple and juice  
1 pkg. vanilla instant pudding  
2 cans mandarin oranges (drained)  
1 pkg. lemon instant pudding  
1 lg. container Cool Whip  
Mix all ingredients and add the large container of Cool Whip. Serve right away or make the night before.

Recipes continue on page 12 --



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[iman.taki@uchsc.edu](mailto:iman.taki@uchsc.edu)

Common issues, concerns and questions expressed by our members:



**Q.** What gums are gluten free?

**A.** All flavors of Trident gum are gluten free as are Wrigley's Chewing Gums. All varieties of Dentyne Ice are gluten free, as well as Adams Black Jack Gum and Hubba Bubba Bubble gum, just to name a few.

**Q.** Is there a way to make GF Playdough?

**A.** The May, 2007 *Gluten Free News* from Michigan had these recipes:

### Playdough #1

1 C. Water 1 tsp. Cream of Tartar  
½ C. Salt 1 Tbsp. Vegetable Oil  
1 C. GF Flour mix (6 C. rice flour, 2 C. potato starch and 1 C. tapioca starch)  
1 ½ tsp. Methylcellulose (Metamucil)  
1 ½ tsp. xanthan gum

In a wide bottom pan, bring water to boil. Add salt and stir 'til dissolved. Remove from heat, add remaining ingredients. Add food coloring as desired. Knead together when cool. Keep in a plastic bag or tightly sealed container.

### Playdough #2

½ C. Rice flour 1 C. Water  
½ C. Corn Starch 1 tsp. Cooking Oil  
½ C. Salt Food Coloring  
2 tsp. Cream of Tartar

Cook and stir on low heat for 3 minutes or until it forms a ball. Knead. It usually is best to add the food coloring after cooking as some food colors change with heat.

### Edible Playdough

2 C. Peanutbutter  
1 C. Honey  
2 ½ C. Powdered Milk  
1 C. Powdered Sugar  
Mix. Form. And Eat!

GF Playdough is also available through [www.discountschoolsupply.com](http://www.discountschoolsupply.com).

## 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](mailto: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.

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

### Other Colorado Area Contacts

<b>Colorado Springs Area</b>	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	<a href="mailto:celiacfamily@yahoo.com">celiacfamily@yahoo.com</a> <a href="mailto:qinglud@aol.com">qinglud@aol.com</a>
<b>Northern Colorado</b>			
Ft. Collins	Judy Siple	970-493-9674	<a href="mailto:jabms@frii.com">jabms@frii.com</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:bill eyl@yahoo.com">bill eyl@yahoo.com</a>
Loveland	Dave Shaw	970-669-4233	<a href="mailto:davshaw49@comcast.net">davshaw49@comcast.net</a>
Greeley	Mary Grauerholz	970-352-6122	<a href="mailto:mholz@aol.com">mholz@aol.com</a>
<b>Western Colorado</b>			
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 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:

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

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

*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 7/07 NL

For information on the national CSA/USA, call 1-888-272-4272  
or go to [www.csaceliacs.org](http://www.csaceliacs.org)

**ORDER FORM**  
**DENVER METRO CHAPTER CSA/USA**

**2007 GLUTEN-FREE PRODUCTS LIST**

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

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

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

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

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

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

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### **WIN A GLUTEN FREE BUFFET**

The CSA chapter that recruits the **most** new CSA members (over and above 25 people) for the year 2007 will win a buffet dinner for a maximum of 150 people. Chef Aaron Flores will work with a local restaurant in the area, adapting a celiac-style menu for the event. Join CSA/USA now and get a substantial discount on the Sept. Conference, help us win a GF dinner, **and** help other celiacs, too! Join online at <http://www.csaceliacs.org/>

### **CSA RECOGNITION SEAL**

Application forms are available for the CSA Recognition Seal. Local food companies that make GF products may want to participate and boost their sales. The CSA seal assures the products have below 3 ppm of WBR or O and any of their derivatives in product, processing and packaging. CSA makes an inspection of dedicated facilities and processes, and tests the products. If you know of a company that might be interested, go to [www.csaceliacs.org](http://www.csaceliacs.org) or phone 877-csa-4-csa.

### **RECIPES – continued**

### **CHICKEN & WILD RICE CASSEROLE**

From "C" Sprue News, Wichita, KS

2 1/3 C. rice mixture (at end of recipe)	2 Tbls. Garlic powder (or to taste)	2 C. parmesan cheese
1 can Health Valley Cream of Mushroom Soup	2 Tbls. Onion salt (or to taste)	
1 can Health Valley Cream of Chicken Soup	1 small can of mushrooms	
1 can health Valley Cream of Celery Soup	Salt & pepper to taste	
1-8 oz. box Kitchen Basics Chicken Stock	3 or 4 chicken breasts, cubed	

In large pan, mix the rice, soup, chicken stock, mushrooms and spices. Cook covered over low heat 1 hour stirring every 2-4 min. to prevent sticking. When 30 min. is left on the rice, brown the chicken and add to rice. When rice is done, spoon into 9x13 baking dish. Cover with parmesan, bake 350 deg. for 20-30 min or until cheese is melted & bubbly. RICE MIXTURE: 1 bag (32 oz. Kroger) long grain brown rice & 2-4 oz. boxes of Kroger Wild Rice. Mix together & store in airtight container.