

Taming of the **SPROUE**

July, 2008

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

August 2008 Annual Picnic

Date: Saturday, August 2, 2008

Time: 11:30am – 1:30pm

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

Directions: Please refer to the map below.

Event: We will provide a barbeque entree. Please bring a side dish or a dessert to share. We will also provide table coverings, paper goods, plastic silverware and soft drinks. Please bring volley ball, frisbees, croquet, and whatever other games you like to play in the park. A face painter will be on hand for the kids. Remember to bring lots of copies of detailed recipes of things you plan to share. 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 won't want to miss!

Vendors: If you want to provide samples contact Mary Anderies at Mary@AnderiesConsulting.com by July 29th. Note: no sales are allowed within the park.



FOUND AT FOOD FAIR: An envelope containing cash and other items. If you lost an envelope, please contact Donna DeVisser at 303-973-4613.

SAVE THE DATE: The Ultimate Celiac Challenge

Thursday October 2nd 7:00 pm – 9:00 pm

First Plymouth Congregational Church
3501 S. Colorado Blvd, Englewood, CO

A panel will discuss how to eat safely during your hospital stay, living in assisted living and while attending a University!

Don't miss this informative Presentation

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

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



With the Denver CSA Chapter growing and getting involved in more and more events, we need your help more and more. Success for our future events depends on having enough volunteer help and we have positions that are now open that we desperately need to fill. Positions open include:

Vice President Programs—Term starts Jan/09

Secretary – Term starts Jan/09

President—Term starts Jan/09

Let's keep the momentum going! It's important to all pitch in. Call Gina Meagher at 303-279-9382 or email her at gmeagher@q.com

Newsletter Deadline September 1, 2008 is the deadline to submit articles or information for the September newsletter. Please send submissions to margo.scharer@yahoo.com

Second Annual Gluten Free Fair!!!



There were plenty of smiles and full stomachs on hand at the second annual Gluten Free Fair. Over 500 people from all over Colorado attended. There were many local companies, old and new, with their goods and services like **Deby's Gluten Free, Smart Cookie, Rheinlander's, J.E.N and High Country Mixes. King Sooper's** was at the event, along with several of their GF suppliers, many of which will be available at participating King Sooper's around July 9th. Cel-Kids provided face painting. This event was not to be missed and we're looking forward to next year! Thank you to all the Denver CSA committee members who organized and delivered this great event. Thank you to participating vendors.

FOR A FULL LIST OF VENDORS SEE CSA DENVER WEBSITE:

<http://www.geocities.com/csadenver17/>

A note from a celiac princess (Mary Anderies):
FAIR MAIDEN SEEKS BREAD FIT FOR A PRINCE
A fair maiden set forth to find bread worthy of a royal crown at the Incredible, Edible Gluten-Free Food Fair. This maiden has certainly kissed a number of frogs and encountered many an oaf in her quest for the perfect loaf. Deby's mock-rye has been a loyal and long time suitor. Other princely contenders for her fair hand were spotted at the Fair. The Rheinlander's Graham bread flaunted his chivalrous old world charm. Udi's Bakery will soon be hailed a conquering hero at King Soopers castle. Outside the Bread Box has introduced its new line of Imagine breads- a fairy tale come true!



Celiac Friendly Restaurants

From Renita Anzinger - **Ted's Montana Grill** at Southland's shopping center, 6105 South Main Street, Suite 101, Aurora, CO 80015 in Aurora does an excellent job. Angelo is the proprietor and he has done a very good job of training his staff. You can request a gluten free menu at Ted's or you can go online to

http://www.tedsmontanagrill.com/nutrition_gluten_free.html. From Margo Scharer - There are several Ted's in Colorado. Upon calling several, it appears that many Ted's train and understand the GF needs.

From Gina Meagher - **Restaurant 4580**, a family restaurant at 4580 Broadway, Boulder 80304 has a Gluten Free menu. Gina talked with their owner, Martin Hammer. She tried their Bacon Wrapped Dates (chorizo stuffed medjool dates wrapped with apple wood smoked bacon in a paquillo pepper sauce), which were quite delicious.

Garlic Jim's Pizza at 3982 Red Cedar Dr., Suite A, in Highlands Ranch (303- 346-5467) is now serving 12" GF pizzas for take out and delivery. There are a variety of GF toppings and sauces. Check with their managers for ingredient info. GF cheesy garlic bread is also available.

From Lynette Davis- **Kona Grill** in the Cherry Creek mall has a GF menu and GF soy sauce. The sweet chili sauce, not glaze, is also GF. Remind them to use a clean grill surface for your entrée. Ask for Hunter, the chef, if you have any questions.

From Jon Baluha - **Moose Hill Cantina** at 11911 W Colfax Ave, Lakewood and 955 S Kipling Pkwy, Lakewood has a gluten free menu. For those who like Mexican, this is another alternative. We enjoyed our meal. Also, the liquor store next to King Soopers on the corner of Kipling and Florida has gluten free beer. One is Anheuser Busch's "Redbridge"

From Jon Baluha - **Los Dos Potrillos**. 10065 West San Juan Way. Littleton, CO, 303.948.1552 provides excellent GF options. The food is very good and most of it is gluten-free. They do not have a gluten-free menu, but can make most items on their very extensive menu gluten-free. One can call ahead for gluten-free chips; otherwise, the chips are fried in oil which is cross-contaminated from gluten containing products fried in the same oil.

Gluten Free Bakery Space for Rent Lauren A. Sternberg, owner of GF company, Smart Cookie, has a large, GF bakery in Central Denver that she would like to rent out part time. This includes about 500 square feet of storage space that could be used for GF storage. If interested contact Lauren: lsternberg@qwest.net or 303.589.6041 (phone)



Speaking Gluten Freely

From Seth Mendelsohn: **Simply Boulder**, a Boulder company, has GF dressings – Coconut Peanut & Honey Mustard & marinades - Lemon Pesto, Truly Teriyaki & Zesty Pineapple. These are sold at the Boulder Farmers Market and will soon be in several stores. They are made in a shared facility with wheat products, but, as the owner of the company, I am confident there is no cross contamination.

From Deby's GF: A prize wheel will now be at **Deby's on Mondays through Wednesdays**. Here's how it works: each time you spend \$25 or more on a single visit, you get to spin the prize wheel. On it are free appetizers, \$5 gift cards, free drinks, free bread and more – even a \$25 gift card. Prizes are redeemable on your next visit. Our Monday through Wednesday hours are 10 – 6 for groceries and pizza; open for lunch until 2 pm. Thursday hours are 8 – 8 and Friday and Saturday 8 – 9. Also, we are again offering an extra \$5 on gift card purchases of \$25 or more. Use the gift card on your next visit to Deby's. Thank you for your support!



Udi's Bakery is now producing a Gluten Free line of foods which will be distributed at participating King Sooper's. They are moving their traditional bakery to Louisville and will make their current bakery at 101

E. 70th Ave. their dedicated Gluten Free bakery. Product line will include a line of breads and pastries created to satisfy the needs of the increasing number of our customers who require gluten-free foods. Ask for them at your bakery of your King Sooper's store.

Canino's Sausage Co., a sausage company owned and operated by Denver gluten intolerant, Diana Payne, supplies many retail stores in the Denver Metro and surrounding areas, including Safeway, Albertsons, Super K-Mart, and Sam's Club. They produce many different varieties of sausage; Mild, Hot and Sweet Italian, Bratwurst, Breakfast, German, Chorizo, Polish, and Cajun. The pork is all natural, in addition, products are free of Gluten, Wheat, Soy, Nitrates, Preservatives, MSG, Dairy, and have no Artificial Colors. Canino's is approved by the Celiac Sprue Association and will be changing our label to include the Celiac Sprue Association Seal. Please ask for our product at King Soopers, and Costco to help us get back into these stores.

Abrusci's is now carrying **Sweet Escape Pastries** pizza crusts. It's a GF bakery located in Longmont and provides delicious breads, pizza crusts and pastries. 1111 Kimbark St, 720-204-2062 www.sweetescpastries.com

HORMEL FOODS has **ADDED** the following items to their GF list, at www.hormelfoods.com

Please add these to your 2007 Product List:

- Microwave Chicken with Vegetables & Rice Soup
- House of Tsang Hot Chili Sesame Oil (no longer called Hot Chili)
- Valley Fresh Family of Products: Chicken, Turkey and Broth
- Hormel Crumbled Sausage
- Hormel Natural Choice Pre-packaged Refrigerated Lunch Meats (3): Grilled and Oven Roasted Chicken Strips, Roast Beef
- Jennie-O Turkey Store So Easy Glazed Breast Filets: BBQ, Honey Glazed

PLEASE DELETE the HORMEL FOOD items: DiLusso Olive Oil, Hormel Chicken Tamales, Hormel Pre-packaged Refrigerated Spiced Ham Luncheon Meat, Jennie-O Blue Ribbon Turkey Breast

From Tori Roosevelt - **goodEbars** are now available at the following Vitamin Cottage Natural Grocers:

Boulder - 2355 30th St

Lafayette - 100 W. South Boulder Rd

Lakewood South - 3333 S. Wadsworth Blvd

Tech Center - 9670 E. Arapahoe Rd.

When shopping, please thank the store manager for carrying this product - In most stores you'll find goodEbars in the refrigerated section. If your favorite Vitamin Cottage is not yet offering goodEbars, talk to the store manager and/or fill out a green comment card. visit www.goodebar.com for additional product information."

Beware of Gluten

BROTHERS BARBEQUE - GLUTEN ALERT

Brothers Barbeque has confirmed that all its sauces contain Worcestershire Sauce, which contains soy sauce, which contains undisclosed wheat. Many of its sauces also contain beer. At this time none of its sauces should be considered gluten free. They may reformulate their sauces in the future and will let CSA know if they switch to a Gluten Free brand of soy sauce.

June 10, 2008 **Leiner Health Products Inc.**, is recalling "Liquimax Complete Nutrition Multivitamin Formula" due to undeclared fish, wheat, almond, pecan, and/or walnut. The product was distributed nationwide in retail stores. The product was in 32-oz. plastic bottles with the UPC 7497052290, 7497023607, or 7497023696. Consumers may call (800) 533-8482 for a full refund.



Classes and Events !!
Boulder County Celiacs' Picnic

The Boulder County Celiacs (Newest CSA Chapter # 138)

will hold their annual summer picnic. Hamburgers, Grilled Chicken, and GF French Fries are being donated by Red Robin, along with several other dishes from other event sponsors. Please bring your favorite hamburger bun and folding chair.

Date: July 27th, 2008 3:00 pm – 7:00 pm

Location: Willow Creek Farm Park in Longmont
www.BoulderCountyCeliacs.com

West Area Celiac Group Social (Golden, Evergreen, Morrison, Conifer) met at Beau Jo's pizza in Evergreen for delicious pizza and lots of interaction and information sharing on May 17/08. The next outing will be Sat. Sept 20th at a location yet to be determined. Please call Bev Haney at 303 670-0063 for suggestions for GF dining in the foothills area. Call her in early September for information on the chosen location.

Alternative Cook, Jean Duane's Presentations

Vitamin Cottage / Natural Grocers

Topic: Living Deliciously without Gluten and/or Dairy: How to substitute ingredients to make outstanding dishes that are free from gluten and/or dairy.

July 19 10:00 AM Fort Collins

July 26 10:00 AM Parker

August 2 10:00 AM Pueblo

August 13 7:00 PM Colorado Springs

Whole Foods / Highlands Ranch

Topic: Making GF Summer Treats

How to make some delicious summer GF treats including crunchy chocolate peanut butter clusters, a no-bake brownie 'to die for' and pumpkin seed butter for your favorite crackers.

July 26 2:30 PM Highlands Ranch



Little Green Steps Preschool & Moms Day Out Program



Little Green Steps has a nurturing, in-home, **gluten free** setting, and is located in Parker Colorado. It is the joint venture of two mothers of gluten intolerant/ceeliac kids who are devoted

to raising and educating holistic children, to protecting the environment, and to serving the community. The Program is M/W/F. Moms Day Out is ages 1-3 years; Preschool is ages 3-5 years.

For more information, please visit www.LittleGreenStepsKids.com or contact the teachers, Marissa Johnson and Shawnette Erdos at littlegreensteps@yahoo.com.

2008 CSA Annual Conference: Harvesting Knowledge of Celiac Disease

October 17-19, 2008 LaVista, Nebraska



Come learn about Celiac Disease with Peter H. R. Green, MD and Blake Paterson, MD, former CEO of Alba Therapeutics and more. Researchers, healthcare professionals, dietitians, authors, chefs, restaurant owners, and gluten-free food vendors from across the US participate in this annual educational event. Hotel stay includes complimentary GF breakfast and GF happy hour. For more information and registration see:

<http://www.csaceliacs.org/Conferences/2008AnnualCSAConference.php>

Chef, Maria Cooper, formerly at Café Zesta, a prominently GF, dairy-free restaurant in Boulder is now offering gluten-free and dairy-free affordable meals-to-go, catering, and personal chef work. She also will do cakes, and other allergen-free sweets. For more information see www.chefmariacooper.com or call Chef Maria Cooper 303-549-1517

Introduction To The GF Diet and Celiac Disease

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

This 3 hour class offers an introduction to the gluten-free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*). Call 720-560-3734 for more information

CANCELLATIONS

- Phipps Mansion GF Lecture Series are cancelled for 2008. For more information, please see www.theglutenfreelifestyle.com.
- CrazyQFarms Bakery GF Country Picnic

**** IN THE NEWS ****

On 5/23/08 President Bush signed the Genetic Information Nondiscrimination Act (GINA). This legislation is vital to all individuals who have, or whose family member may have, a genetic condition like CD. This legislation stops all health insurers from *requiring* individuals to get genetic tests. However, the new law does not prevent insurers from declining to offer coverage, based on an individual's current health status. Therefore, if you already are diagnosed with celiac disease, an insurance company can refuse to offer you insurance. It does not require an insurance plan to pay for genetic tests. For more information see <http://www.dnapolicy.org/resources/WhatGINAdoesanddoesnotdochart.pdf>.





CELIACS ONLINE

Celiac Help

<http://glutenfreeforum.com/> This web site offers help, support and advice for people living with CD. There are many groups that focus on pre-diagnosis, healing and recovery, food etc.

Back to School: <http://www.dallasrock.org/pdf/schoolGFList.Pdf> provides a great list of GF foods and a note for teachers who need to understand what CD is and what candy/foods are safe to consume.

Gluten Free Frugal: A website and blog about a family who needs to keep GF frugally offers advice and ideas. One article discusses their 5 Basic Rules for Eating Gluten Free On a Budget. Their website goes into more detail on each of these areas. For more information see <http://glutenfreefrugal.blogspot.com/2007/10/my-5-basic-rules-for-eating-gluten-free.html>
5 Basic Rules for Eating Gluten Free On a Budget:

1. Make the best possible use of naturally gluten-free foods.
2. Use prepared gluten-free products judiciously.
3. Save money in other areas.
4. Never stop learning.
5. Maintain your sense of humor, if you can.

RESEARCH UPDATES:

<http://www.medpagetoday.com/MeetingCoverage/DW/tb/9445> provides an excellent 45 minute summary of the current celiac research. Dr. Green hosts this summary. He emphasizes that although the safest way of treating celiac disease is through a GF diet, 10-30 % have a failure to respond to the diet or symptoms return at some point and 30-50 % of people lapse in diet due to cross-contamination. Only 5 % of individuals are diagnosed in US.

For a full list of celiac disease clinical trials see <http://clinicaltrials.gov/ct2/results?term=celiac+>

Washington State University researcher Diter von Wettstein has been awarded a four-year, \$837,000 grant from the National Institutes of Health to further work on development of wheat varieties safe to eat for those suffering from Celiac disease. He has discovered a fully-viable, lysine-rich mutant which lacks gliadin-type proteins in barley, showing the way to make Celiac-safe wheat.



GLUTEN FREE RECIPES

From the GIG Conference



Celiacs Bake It Better!

GREAT GRANOLA BARS

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by Jennifer Cinquepalmi

- 1 C. brown sugar
- 2/3 C. peanut or almond butter
- 1/2 C. honey
- 1/2 C. GF margarine, melted
- 2 tsp. GF vanilla
- 3 C. GF oats
- 1/2 C. shredded coconut
- 1/2 C. salted sunflower seeds
- 1/2 C. dried fruit (optional)
- 1 1/2 C. GF crisp rice cereal

Preheat oven to 350 degrees. Combine all ingredients; mix well. Press evenly into a sprayed jellyroll pan. Bake 15-20 minutes.

PERFECT PUMPKIN MUFFINS

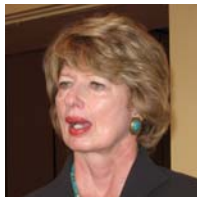
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by Jennifer Cinquepalmi

- 1 3/4 C. GF Sorghum Flour Mix*
 - 1 C. brown sugar
 - 2 tsp. baking powder
 - 1 tsp. baking soda
 - 1 tsp. xanthan gum
 - 1/2 tsp. salt
 - 2 eggs (or 1/4 C. flaxseed meal in 1/3 C. water)
 - 1/2 C. canola oil
 - 3 Tbsp. water
 - 1 can (15 oz) pumpkin puree
 - 1 tsp. cinnamon
 - 1/2 tsp. allspice
 - 1/4 tsp. nutmeg
 - 1/4 tsp. cloves
- Preheat oven to 350 degrees. Combine all ingredients, mixing well. Divide into sprayed muffin tins. Bake 20-25 minutes or until done.
*Sorghum Flour Mix: 7 C. Sorghum Flour, 2 C. Potato Starch and 1 C. Tapioca Flour.

**** MEMBERSHIP RENEWALS ****

If you see "LAST ISSUE" on your newsletter it means that it is time to renew your subscription to CSA Denver. Dues are \$15.00/year For more information, or if you have any questions, please call Donna DeVisser at 303-973-4613. Make check payable to "Denver Metro Chapter #17, CSA/USA". **Please see membership form at the end of the newsletter.**

2008 GIG CONFERENCE HIGHLIGHTS



Denver's Carol Fenster opened this year's Gluten Intolerance Group meeting in Dallas, Texas, with "Getting Into the Whole Grain Habit." Higher intake of grains can 1) lower rates of heart disease 2) reduce risk of gastrointestinal cancer 3) help overall gastrointestinal health 4) reduce diabetes risk and maintain glucose levels 5) help with better weight management and 6) reduce belly fat. The USDA recommends 3-5 daily servings, each a ½ cup cooked brown rice or other grain, cooked hot cereal or 1 ounce uncooked brown rice or other grain. She recommends cooking whole grains in a rice cooker or pressure cooker (they cook faster than stovetop) or even cooking them overnight in a slow cooker. For that, use a general ratio of 1½ cups grains to 3 or 4 cups of water or broth. Set the slow cooker at the low or warm setting and cook the grains for 8 hours or overnight. Carol is teaming up with GFree, an online weekly menu planning service beginning Sept. 1st. GFree does all the legwork. For \$10/month, they offer weekly dinner recipes all using approved GF ingredients and the shopping list. Choose your weekly menu from 10 selections each week. Print out the grocery list and shop once for the entire week. Go to www.GFreeCuisine.com.

Cathy Breedon, PhD, RD, CSP, FADA presented "Super Foods for Super Nutrition." Her top tip was to "eat all the brightly colored vegetables and fruits that you can get your hands on!" She says aim for 9 servings a day, which seems like a lot since many people eat very few. Cathy really hit on new info coming out about Vitamins K & D.



Vitamin K, found in dark leafy greens, is now recognized as critical to reduce osteoporosis, cardio disease, kidney stones and liver cancer risks. It is low in the American diet. This info is so new that K is not included in most multivitamins currently on the market. Find a "Vitamin K" handout on her website.

In the northern third of the country, vitamin D deficiency is considered to be "an unrecognized epidemic." Inadequate vitamin D is associated with increased risk of diabetes, MS, cancer of the breast, colon, prostate, endometrium and pancreas, heart disease, muscle weakness/falls, muscle pain, osteoporosis, rheumatoid arthritis and osteoarthritis.

Normal blood work doesn't include levels for K & D. You have to ask for them and she suggests everyone get them checked. And keep in mind, the RDA for K & D are not taking any malabsorption into account. If your celiac disease is in good control, the RDA should be fine. If your CD is NOT in good control, you could easily have a seriously inadequate intake. For more info, go to www.meritcare.com and type "Cathy Breedon's Handouts" in the "search box."

Shelley Case, RD presented "Managing Weight on a GF Diet." Weight gain while eating gluten free can be caused by 1) villi healing 2) increased absorption of nutrients and calories 3) and eating no longer makes us sick. ALSO, gluten free products are often 1) higher in fat, sugar and calories and 2) lower in B vitamins, iron and fiber. For losing weight, she recommends eating lower-energy-dense foods with 0-1.5 calories/gram, like most fresh fruits and vegetables, fat-free yogurt, broth-based soups, etc. She says a recent study showed participants felt full on the low-energy-dense diet after eating just over half the calories they consumed as compared to feeling full on the high-energy diet at twice as many calories. Medium-energy-dense foods with 1.5-4 calories/gram include bagels, dried fruits, hummus, part-skim mozzarella, etc. High-energy-dense foods with 4-9 calories/gram include cookies, crackers, butter, margarine, bacon, etc. She says ready-made GF foods are not always a healthy alternative due to the higher fat content to make the item tastier.



Dr. Alessio Fasano was GIG's featured banquet speaker. He said the future of research into celiac disease is in 3 areas:

1) detoxification of gluten-containing grains. Results should be seen in the next couple years. 2) Vaccine – would inoculate against the damage caused by gluten. Results are not expected for many years yet. 3) The anti-zonulin pill (AT-1001) taken 15-20 min. before the meal would be good for 2 hours. Phase III of the clinical trial phase is currently underway with failure still possible. It will take perhaps 3-5 more years. Find Fasano at www.celiaccenter.org.

Breakfast with Dr. Fasano was an item on GIG's live fundraising auction following Saturday night's banquet. He 'sold' for a very nice \$850.00!!

Andrea Levario, Director of the American Celiac Disease Alliance (ACDA) says a major goal of theirs is to improve the availability and access to gluten-free



meals in schools for students with celiac disease. Recently, the ACDA was approached to work on a collaborative project which will help move them closer to achieving that goal. One of the first steps of the project is to determine the level of interest for gluten-free school

lunches, which they did by opening an online survey (closed July 2nd) about where lunches come from for kids with CD. Find out more at:

www.americanceliac.org/news.

Dr. Joseph Murray of the Mayo Clinic spoke about what happens when people do not improve on the gluten-free diet. There are many possible reasons for this, (besides gluten contamination), including parasites, bacterial



overgrowth and other medical conditions. Other people may initially get better and then at some future point get worse again, while remaining gluten-free. Reasons for this may be more serious than reasons why people fail to improve in the first place. At the Mayo Clinic, they treat a lot of people in both categories. He emphasized the importance of having a complete diagnostic work-up at the time of the initial diagnosis. In the case of someone failing to improve, they can then go back and look at all the initial tests, including the actual biopsy slides. This would be much better than to request someone to undergo a gluten challenge to repeat all the tests. He stated he does not give a specific time frame for a gluten challenge, but tells people they have to eat the gluten long enough to be very sick for at least two weeks. Obviously he does not like to do that, and, for that reason, he emphasizes the need for a full work-up at the time of the original diagnosis.

Dr. Murray also talked about the NIH Celiac Consensus conference in 2004 identifying several research areas needed. One of these is: what is the natural course of celiac disease in people who are not treated? Dr. Murray reported a study conducted at the Mayo Clinic looking at this question. They were able to obtain 50 year old blood samples. The samples were from about 7000 military recruits, mostly men, and had been frozen since they were originally drawn. They tested this blood for tTg and EMA antibodies and considered the person to have had celiac disease if both were positive. This is quite strict criteria. They found only about .2% (14 people). They then looked at what had happened to these men in the intervening years. The men would now be about 70 years old. Of those testing negative, 76% were still alive. Of those testing positive, 36% were dead and, in that group, they had started to die before age 40; very few of the men who tested negative died that early. Their conclusion supports the generally accepted idea that untreated CD greatly increases the likelihood of early death.

They also obtained blood samples from a group of men currently about 20 and also a group currently about 70 years old, and did the same tests on them. In both the 20 year olds and the 70 year olds, the incidence of positive tests was about 1%. This agrees with other studies estimating the incidence of CD in the general population at about 1%. What is interesting is that this is much greater than the incidence they found in the blood samples from 50 years ago; and they conclude that over the last 50 years, at least in this country, the incidence of CD has risen about 4 – 5 fold. There are no answers as

to why, just speculations pointing to the need for further studies.

Another fact presented is that, although it is known that the incidence of CD is about twice as high in northern Europe (Scandinavia) as in most other places around the world, it is also twice as high in Mexico and the Western Sahara.



Dr. Megan Tichy, Ph.D., Texas A&M University, presented a talk on “Making Sense of Science”. One area she discussed was the proposed standard for gluten free labeling. It appears that products containing less than 20 parts per million (ppm) will be allowed to be

labeled “gluten-free”. She pointed out a couple of things about this: first, what really matters is not how many parts per million in a product, but rather the total amount of gluten someone ingests. Studies have show that people with CD need to keep total gluten intake below 50 mg per day, and many people will react at much lower levels. If someone were ingesting many products over the course of a day, each containing 20ppm, they could easily approach this amount. 4 slices of “gluten-free” bread, each containing 20ppm would add up to 4 mg. Add in some gluten-free crackers, cookies, pasta, cereal, etc. and this could add up to quite a bit for the entire day. The second point she makes has to do with upper limits. With other substances (toxins, poisons, pesticides, etc.) for which the government has established upper limit standards, generally people don’t want to consume anywhere near the amount that will cause damage; rather ingest way below that amount. Usually the government includes a large “safety factor” in setting tolerable standards. If 50 mg per day of gluten appears to be the amount that will cause damage in most people with CD, her question is: do we really want to be eating close to that amount?

Dr. Stephen Wangen spoke on ‘Diagnosing Non-celiac Gluten Intolerance’. Dr. Wangen feels this segment of the gluten intolerant world is often neglected. If you don’t actually have celiac disease, sometimes the medical community sees your problem as less significant or



labels it as IBS. Those problems can be just as difficult to live with. Wangen has the IBS Treatment Center 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 for continuing problems and the secret is keeping the bad bacteria, yeast and good bacteria in balance or it can be food allergies. If you can’t get to Seattle, he has written “The Irritable Bowel Syndrome Solution”. Find out more about him and his clinic at www.IBSTreatmentCenter.com.

Dr. Edward Hoffenberg from Denver discussed



controversies about screening people for celiac disease if they have another condition known to be highly associated with CD. Currently, people with thyroid disease are not screened, even though they typically have a higher incidence of CD compared to the general public, unless they have other symptoms. However, it is

different with Type 1 Diabetes (Insulin-Dependent Diabetes, which most often develops in childhood). Most studies have found that 4 – 10% of people with Type 1 Diabetes have CD, and a couple of studies found a much higher incidence. Should we screen at diagnosis? Reasons in favor include improved blood glucose control, prevention of other problems (low bone density, poor growth, anemia, liver problems, etc.) Reasons against include overwhelming the family with all the changes in dealing with a gluten-free diet, a diet to control the blood sugar and all the other issues involved in managing diabetes, not to mention normal childhood issues, and the likelihood of poor adherence to any necessary treatments. Should we wait? There are studies showing it does not harm the child to wait to start the GF diet (in terms of growth, bone density, blood glucose control and other nutritional parameters); yet there are other studies showing that some children will suffer in these areas if not started immediately on a GF diet. Type 1 Diabetes must be dealt with but it's Dr. Hoffenberg's opinion to wait to start the GF diet. He says the course of Celiac Disease is still unclear – from when blood antibodies elevate to when there is actual damage to when serious symptoms become apparent, and he feels it is still unclear at what point in this process the GF diet should be initiated. There obviously needs to be much more research.

Dr. Mara Matison and her husband, Dainis, co-wrote Cecelias Marketplace Grocery Shopping Guide after she was diagnosed with CD. They struggled on every trip to the grocery store with the incessant phone calls to the food manufacturers, and this guide is the result. Check them out at www.ceceliasmarketplace.com and sign up to get a free **GF Product of the Day** email.



Author and mom, **Jennifer Cinquepalmi**, gave great tips in her talk on "Cooking and Baking for Celiac Kids." She talked about GF food items she keeps on hand. Her book includes Cold Lunch Ideas, Thermos Lunch Ideas, and Foil Lunch Ideas. Find

her book, **The Complete Book of Gluten-Free Cooking**, at www.aidantbooks.com. She brought samples. Her Chocolate Mint Bars were great. She shared two recipes with us (see recipe section pg 5).

Extra GIG Tips

- 1. Kinnikinnick** has toaster bags you can order online under "Xtra Products." They come 2 per package for \$9.88 and can be used up to 100 times each. They're perfect for travel, protecting your toast in a common-use toaster. Go to www.kinnikinnick.com or call toll free 1-877-503-4466. **CSA** has "Toast It" bags that also come 2 to a package for \$5.00. Info says "reusable." Go to www.csaceliacs.org or call them at 877-CSA4CSA, toll free.
- 2. Breads from Anna** mixes are all natural with no refined sugars used. They're high in protein and fiber, have outstanding taste and texture and almost all of them are not only gluten free but also corn, dairy, soy, rice and yeast free. New products this fall: Three Seed Bread, Rosemary Herb Bread, Cranberry Bread and Pizza Crust. Go to www.glutenevolution.com or call (877)354-3886.
- 3.** Find free access to the world's largest on-line directory of gluten free restaurants at www.glutenfreeonthego.com. There are thousands of listings in North America—over 4500 worldwide.
- 4.** Executive Chef Aaron Flores (the chef responsible for the great meals served at the CSA convention each year) is hosting a "**Gluten Free Cooking Expo**" at his Doubletree Hotel Chicago Oakbrook Sept. 12-13. Great for the novice or experience GF cook. There will be cooking demos with samples, gourmet GF breakfast and lunch, a GF product showcase & GF beer and liquor tasting. For more info, go to www.glutenfreeclasses.com or call 708-763-8255.



Denver Chapter members (left to right) Diane Moyer, Donna DeVisser, Karen Cranford and Melissa Jory attend this year's Gluten Intolerance Group conference held in Dallas.

Thanks to all members for attending and summarizing the talks and Karen Cranford for putting this article together

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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FAQ:

Common issues, concerns and questions:

- Q.** How do I maintain a Gluten Free diet on a very low income? Are there any shortcuts or hints on how I can be healthy and save money?
- A.** It is not an inexpensive diet. However, there is sometimes help through hospitals, or state and local programs. There are more and more GF mixes, foods etc. available at traditional grocery stores such as King Soopers. As well, discounted stores, such as Wal-Mart are starting to carry more GF products. In addition, some mainstream items that are often on sale include corn tortillas, plain brown or white rice, pasta sauces, tuna, and soups. Some Progresso and Campbell's Ready-to-Eat soups are gluten-free and often on special.
- Q.** Are spice blends gluten free, such as spice curry, and Chinese Five Spice?
- A.** The big concern with spice blends such as curry and Chinese Five Spice powder are that they may contain flour as an anti-caking agent. However, flour is rarely added to the pure varieties such as Penzey and McCormick. To be doubly certain that any brand is safe, you should always check with the company before using.
- Q.** I was diagnosed with thyroid disease 10 years ago and was just diagnosed with celiac disease 4 months ago. Is there any chance these diseases are related?
- A.** People with celiac disease tend to have other autoimmune diseases. The connection between celiac disease and these diseases may be genetic. These diseases include:
- thyroid disease
 - systemic lupus erythematosus
 - type 1 diabetes
 - liver disease
 - collagen vascular disease
 - rheumatoid arthritis
 - Sjögren's syndrome

Meet Your Neighborhood Celiac Resource Contact

Updated Jan. 2008

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Mike Brook, at 303-858-0822 or email mikebrook@aol.com.

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

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

| Metro Denver Areas | Contact | Phone | E-Mail |
|---|---|--|--|
| 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 | | | |
| 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 | Gale McGrevey | 303-766-7096 | gmcgrevey@att.net |
| 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 | Beverley Haney | 303-670-0063 | mrsbevins@q.com |

Other Colorado Area Contacts

| | | | |
|------------------------------|-----------------------------------|------------------------------|--|
| Colorado Springs Area | Marie Pizzolatto Ginger Ludwig | 719-572-0548 719-598-6748 | celiacfamily@yahoo.com ginglud@aol.com |
| Northern Colorado | | | |
| Ft. Collins | Judy 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 | Kathy 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: _____

____ This is a renewal ____ There is no change in my address/phone ____ Interested in Volunteering

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

| NAME | Circle one | NAME | Circle one |
|------|-------------|------|-------------|
| | Child/Adult | | Child/Adult |
| | Child/Adult | | Child/Adult |

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!

I authorize Denver CSA to share my contact information for official chapter business. _____

(please initial)

Have you received a Celiac Disease Information Packet? ____ Yes ____ No

07/08 NL

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

ORDER FORM

DENVER METRO CHAPTER CSA/USA

2007 GLUTEN-FREE PRODUCTS LIST

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**

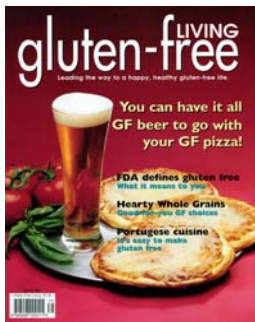
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COOKBOOKS

- Fenster, Carol – *Cooking Gluten-Free: 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities*
- Hagman, Bette – *The Gluten Free Gourmet*, etc. (More titles in this series)
- Korn, Danna – *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children* and *Wheat-Free, Worry-Free: The Art of Happy, Healthy Gluten-Free Living* <http://www.glutenfreedom.net/>
- Maltin, Vanessa – *Beyond Rice Cakes* – www.celiaccentral.org
- Riley, Rebecca – *Gluten-Free Baking*
- Ryberg, Roben – *The Gluten Free Kitchen*
- Sanderson, Sherri – *Incredible Edible Gluten-Free Food for Kids: 150 Family-Tested Recipes*



BOOKS AND MAGAZINES



- Case, Shelley – *Gluten-Free diet: A Comprehensive Resource Guide* – www.glutenfreediet.ca
- Falini, Nancy Patin – *Gluten-Free Friends: an Activity Book for Kids* www.savorypalate.com
- Green, Peter – *Celiac Disease, A Hidden Epidemic* – www.harpercollins.com
- Glutenfreeda.com – On-line monthly cooking magazine
- Kruszka, Bonnie – *Eating Gluten-Free with Emily* – www.woodbinehouse.com
- Libonatti, Cleo – *Recognizing Celiac Disease* – www.recognizingceliacdisease.com
- Lowell, Jax Peters – *Against the Grain; Gluten Free Bible*
- Wagener, Peggy – *Living Without* – (Magazine featuring special diet restrictions) www.livingwithout.com
- Gluten-Free Living – Quarterly celiac magazine – www.glutenfreeliving.com from www.celiaccentral.org