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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

## DECEMBER MEETING: ANNUAL COOKIE EXCHANGE



**Date:** Thursday, December 4, 2008  
**Time:** 7:00 p.m. – 9:00 p.m.  
**Location:** St. Andrew United Methodist Church  
3350 White Bay Drive  
Highlands Ranch

**Directions:** From C-470 and University Blvd., go south on University Blvd. for about 1 mile. Pass the light at Venneford Ranch Rd. and watch for the first church on your right. Turn right at White Bay Dr. to enter the parking lot. There is plenty of parking available. The event is downstairs.

**Event: Annual Cookie Exchange!** Please bring a few dozen GF cookies, your recipes, an allergen alert card (on newsletter) and ingredient lists. You'll go home with a variety of holiday treats to share (or to hoard for your very own!) Carole Fenster, Colorado's own premier gluten free author and baker, will be demonstrating a Christmas recipe.

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

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

## 2009 Events

The Program Committee is looking for ideas for meetings and events for 2009. If you have an idea for an event, a speaker or meeting topics please contact:

[Mary@AnderiesConsulting.com](mailto:Mary@AnderiesConsulting.com)

## \*\*\*\* SPECIAL NOVEMBER MEETING \*\*\*\*

**Date:** November 17, 2008  
**Time:** 7:00 p.m.- 9:00 p.m.  
**Location:** Wheat Ridge Recreation Center  
4005 Kipling Street  
Wheat Ridge, CO

**Event:** Denver Metro CSA is hosting a special lecture featuring Dr. Thomas O'Bryan, nationally recognized speaker and workshop leader specializing in celiac disease & gluten intolerance. Dr. O'Bryan is a clinician treating chronic disease and metabolic disorders from a Functional Medicine perspective. He holds Adjunct Faculty positions with the Institute for Functional Medicine and the National University of Life Sciences. His passion is in teaching about the outside-of-the-intestines manifestations, the testing and the treatment of Gluten Sensitivity and Celiac Disease. The emphasis on this presentation will be the Brain manifestations of Gluten Sensitivity- finding health with a Gluten-Free diet and additional nutritional support.

**Huddle Leaders Needed:** CSA Denver is looking for volunteers to act as huddle leaders. If you are interested please contact Mike Brook at [mikebrook@aol.com](mailto:mikebrook@aol.com) or at 303-858-0822

**Newsletter Deadline** January 1, 2009 is the deadline to submit articles or information for the January newsletter. Please send submissions to [margo.scharer@yahoo.com](mailto:margo.scharer@yahoo.com)

**Denver October Meeting**  
**PANEL DISCUSSION**

**Bonnie Atherton -- GF College Living**



When a family begins looking for colleges, many factors are considered: location, curriculum, price and size, among others. With a celiac child and most colleges requiring freshman to live in a dorm, the GF diet should come first, for if they are ill, it will be difficult to learn and participate in campus activities. Begin researching housing and GF dining options at all interested schools spring semester of junior year. Use their websites for contact info through housing and dining services. Your contact will most likely be their dietician. They will appreciate your contacting them early for the info. Find out if freshman are required to live in the dorm or off campus in an apartment. Most students want to live in the dorm for that experience, rather than off campus. Also contact the school Office of Disability Services, as celiac is covered under ADA. Schools that receive federal funding are required to make REASONABLE ACCOMODATIONS to provide GF meals. If you are not satisfied it will be accommodated, pick another school. It is not worth the hassles you both will go through, if they fail to follow through with a GF diet.

Once you have selected a college, attend the summer orientation. At the orientation, schedule an appointment with the dietician, the disability office and staff at your dorm to confirm how GF meals will be handled for you. While on campus, see what GF restaurants are available and research the local health food, grocery stores and non-campus restaurants to learn about their GF selections. In larger cities, there may be several chains you are already familiar with that are GF friendly. Finally, check with the campus health center pharmacy to see if they are knowledgeable about GF medications. If not, ask how your student will be assured their prescription will be GF should they need one. They may not call companies for you to find out about a drug. Be aware that parents cannot be involved in any medical decisions without a signed medical authorization from their child. Give your child a list of drugs they have taken in the past and call the companies again to verify they are still GF. This list will serve as a starting point for the doctor, should medicine be necessary.

Have your student contact their roommate to explain the diet and find out if he/she is willing to bring her own snacks and respect your GF food. If ultimately it

does not work out, request a new roommate. Finally, gather information and prepare a celiac basic guide for the dining hall and the RA (resident assistant) in charge of the dorm floor. The more education the better! Your student may feel overwhelmed about being different or being left out of activities because of the diet. Your support and encouragement will help them through this freshman year.

Upon arriving at college and moving in, touch base with the dietician and dining hall staff again to clear up any additional questions you may have. DO NOT feel like you are a burden – they are there to service you! Let them know if there is a problem, so it can be corrected immediately. Go over the basics with your roommate and show him/her what GF foods you will have for snacks, etc. As classes begin, be proactive and take snacks with you on campus and to get together. As you meet others you can decide how much info to tell them about your diet. Most people now know someone with either celiac or gluten sensitivity or other allergies and will be understanding.

In Colorado, GF accommodations have been established at CU and CSU. If you would like further information about eating GF at CU and CSU and a contact person, email Bonnie at [rjath@earthlink.net](mailto:rjath@earthlink.net). Smaller universities utilize catering services such as Aramark and Sodexo. Contact the food service director on campus for information.

**Dr. Charles Miranda – GF Meds**

Dr. Charles Miranda gave tips on avoiding gluten while in the hospital for planned surgery procedures. He mentioned that anesthesia is usually not a problem, as IV drugs are not ingested so any pathological response is avoided. In most cases gluten is not present, but even if inhaled or in an IV solution, he said that it is rarely a problem.

Medications, especially generic drugs, pose more of a risk to the patient. The FDA requires that generic drugs have the same absorption and active ingredients as the name brands. Fillers can be different, however, and ingredients are often not listed. Dr. Miranda stresses the importance of talking to your surgeon prior to the hospital visit about the necessity of having gluten free drugs. We have not reached the point where medications carry the label “gluten free” so much of the homework is up to the patient. Call drug manufacturers when in doubt, but be aware that they may not know the sources of the fillers in a medication. Little oversight is done in regards to generic drugs and many are produced abroad.

Possible concerns include any of the sugar molecule prefixed by “dex...” These are starch based and ok if the source is specified. Maltodextrin and modified

food starch are usually from corn, but they can be from wheat. Starch fillers should be checked out. Some manufacturers are helpful and others not. Alcohols, cellulose, gelatin and glycerin are normally safe. Do not assume generics or brand name drugs are safe without checking into them.

Nutrition supplements are now required to identify if wheat or gluten are present. Wal-Mart and Walgreens now publish the names of their drugs that are gluten free. Talk to your pharmacist about your concerns and realize that smaller pharmacies are often a better choice, as the pharmacist has more time to talk to you.

Dr. Miranda also suggested asking your surgeon if you can bring your own medications to the hospital and leave them by your bedside. If dealing with the hospital pharmacy, tell them of your needs. There are several websites that give information on gluten free medications. Please see the Resource List provided. Those with Dermatitis Herpetiformis should avoid medications with iodine (listed as Thimerisol) as it can be a trigger.

#### **Judy Smith, RD, GF at hospitals**

Judy Smith spoke about insuring safe meals during hospitalization. Room service meals are offered at North Suburban Medical Center, and Ms. Smith and her staff work to give the patient one less thing to worry about. Gluten free menus are provided and patients are encouraged to order food the way they want it prepared. Many efforts are made to lower the risk of cross contamination as much as possible, including dedicated toasters, utensils and grills. It is wise to question food service before you enter the hospital. Many hospitals have refrigerators where you may be able to store food brought from home. Be sure to communicate all allergies and concerns with your doctor and the admissions nurse. Ms. Smith stressed the necessity of communicating your dietary needs with the staff prior to your hospitalization, as the person who brings your food may know little about food sensitivities and intolerances. She also mentioned that surgery can affect the absorption of medications. Again coordinate this discussion with your doctor.

#### **Sally Yeager, GF and your Colorado Civil Rights**

Ms. Yeager represents those who have experienced any type of housing discrimination. She prefaced that an individual's complaint must be reasonable and consistent with their disability. Your doctor or health care provider must say what your disability is and how it relates to an accommodation prior to involvement of the Civil Rights Commission. Interviews are followed by other action if necessary.

#### **CSA 2008 Annual Conference**



Presidents – present and past

The CSA Annual conference was a well-attended, well-organized conference. The hotel was superb and the gluten-free foods were great, although plentiful!

The food was wonderful. The hotel offered all the guests (not just the conference attendees) a gluten free breakfast buffet of cereal, granola, donuts, cinnamon bread, waffles, scones, fruit, bacon, sausage and omelets. The conference lunch buffets consisted of a salad bar with assorted meats and cheeses, a pasta bar with sausage, cheese ravioli and pierogies and of course, dessert. Dinners were a four course sit-down meal that would rival any top restaurant fare. But the best part of all was eating everything without question or doubt.

The speakers covered many subjects and provided us with information for us to share with our families and medical professionals. Here is a summary of some interesting talks.



**Thomas Herald, PhD**, with Grain Marketing & Production Research Center (Manhattan, KS), discussed expanding the use of sorghum in gluten-free products in the United States. Sorghum is much more popular and acceptable outside of the United States. Although from an economic perspective, sorghum is in the same category as corn and rice, the 'elasticity,' or lack of, is the challenge. He discussed how the type of sorghum and particle size can impact the taste and texture of the product.

Dr. Herald's work centers on understanding the 'genetic' make-up of sorghum to mimic the consistency and texture of gluten-based products that Americans have come to enjoy and expect. Once we



determine the building blocks of sorghum, we will have the knowledge as to what foods can be formulated with sorghum in order to expand the market and acceptance of sorghum within the United States. Research is being carried out to look at various hybrids along with particle size to determine the best combination for various products.

Dr. Joseph Murray, with the Mayo Clinic (Rochester, MN), explained that the wide spectrum with which celiac disease presents also leads to varied outcomes and challenges. Once diagnosed, both the patient and physician should be partners in managing celiac disease. His management plan outlines what his colleagues should do and what you, as the patient, should ask for and expect:

- Explain the disease;
- Strongly advocate a gluten-free diet. Most symptoms are reversible by following a GF diet.
- Refer to a dietitian who is an expert in CD (one size does not fit all);
- Check bone density;
- Identify and treat vitamin deficiencies, especially calcium and vitamin D;
- Recommend a local support group.

Dr. Murray stated that about 5% of those with celiac disease may also have an allergy to wheat or to another allergen. When diagnosed as an adult with CD, it may take longer to heal than it does for children.

Dr. Peter Green, with the Department of Medicine at Columbia University (New York, NY), covered the methods of diagnosing CD interpretations of celiac disease along with the prognosis of those living with celiac disease.



One of Dr. Green's key points was that 100% of those living with CD present with DQ2 and DQ8; whereas DQ2/DQ8 presents in 40% of the general population. However, he stressed that having DQ2/DQ8 indicates susceptibility to celiac disease, not that you have or will be diagnosed with celiac disease. Those individuals that do not have DQ2/DQ8 will not get CD.

In many aspects, Dr Green echoed Dr. Murray's discussion with respect to taking an active role in managing one's disease. Be proactive! Ask questions! Get answers! Don't hesitate to request a second opinion in the interpretation of the biopsy. The samples must be oriented properly; four to six biopsies should be taken; and the diagnosis depends on the skill of the pathologist reading the slides.

There are some medical concerns that need to be monitored for those following a GF diet. Because most gluten-free flours are not fortified, deficiencies of B vitamin and calcium can occur. Also many gluten-free foods are high in fat and sugar which can lead to obesity and elevated cholesterol. Dr. Green stated that it may be advisable to be followed by a nutritionist as well as a physician.

Both doctors commented on a new blood test. The Deaminated Gliadin Peptide blood test (DGP) has a high sensitivity and specificity in detecting celiac disease. They mentioned the value of the EMA and tTG, but classified the IgA and IgG antigliadin antibody tests as not sensitive or specific for diagnosis.



Jean Guest, CSA Dietitian Advisor (Lincoln, NE) discussed results from a 'Survey of Registered Dietitians Practice in Celiac Disease' and the importance of promoting partnerships with registered dietitians and those living with celiac disease. She presented a list of vitamins, especially A, D and E and

minerals, noting that Zinc, Selenium and Fluoride are important in building bone. She recommended that we get at least 1000 IU of Vitamin D a day.

She suggested that newly diagnosed celiacs check with a local support group and interview potential Registered Dietician (RD) partners for their experience with celiac and ask how many celiacs they treat and how does the RD keep up with the latest on CD. Critical thinking is important – if something doesn't sound right, don't hesitate to ask questions.



**James Eckman**, PhD, President, Grace University, Omaha, NE related personally and discussed how problems can be blessings if we allow them to be. Purposeful life is about serving others and once we start embracing that, life gets better. He suggested letting others help and recommended the website [www.stresscenter.com](http://www.stresscenter.com).

**David Sands**, PhD, Montana State University discussed the production of healthier grains through biotechnology. He presented his ideas through his report which supported the statement that, "In the future, the safest, most-nutritious food may well be: organically-grown and ...genetically-modified."



The dilemma for crop breeders is whether to maximize yield or nutrition. The association of yield,

pest resistance and economic benefit to nutrition-related chronic diseases and conditions was discussed. The search for more nutrient dense grains led to the development of Indian Ricegrass (Montina) which many of us use in baking. This grain is high in protein, fiber, iron and lysine (an important amino acid)."

Dr. Sands said that the ratio of omega-6 fatty acids to the anti-inflammatory omega-3 fatty acids is about 25:1 in the Western diet and should be about 2:1. Other nutrients that need attention from agriculturalists include selenium, zinc, folic acid, tryptophan and Lox-5 inhibitors. In conclusion, Dr. Sands pointed out that high nutrition foods, even if yielding less, would pay off due to the decrease in medical costs and better living. Dr. Sands stated that "we need bright people doing things differently." Amazing research is ongoing in these areas which has the potential to make a tremendous difference in our lives. His takeaway points were that "humans need to get back to selecting food for nutritional reasons – other species do."



**Mary Schluckebier**, CSA Executive Director and celiac did a wonderful wrap-up for the conference. She challenges all of us to live with our celiac disease by these four A's:

- 1- Accept the situation
- 2- Adapt to change
- 3- Assimilate into lifestyle
- 4- Advocate for self &

others

We need to keep in mind this simple 3 step process to a Gluten Free Diet. This self management approach can be found on the CSA Web-site and in literature available from our Denver Chapter.

Step 1 Foundation for newly Diagnosed with active Celiac Disease

Step 2 Expansion for those in remission with stable Celiac Disease

Step 3 Maintenance for an experienced Celiac

<http://www.csaceliacs.org/>

Francisco Leon, MD, PhD, Alba Therapeutics Corp. spoke about ongoing Clinical Trials for Celiac Disease. There are 19 trials currently listed at [www.clinicaltrials.gov](http://www.clinicaltrials.gov) according to Dr. Leon. Some trials involve prevention and some intervention. The lengthy time and cost developing drugs was discussed.



Most CD trials include a short gluten challenge; however, the test is designed to minimize discomfort while ensuring safety for participants. Some enzymes for digesting gluten are promising. Dr. Leon

mentioned that the FDA has no experience in evaluating drugs for celiac disease.

Lee Tobin, the brainchild and director of the Whole Foods Gluten-Free Bake house, gave a great cooking demonstration and stayed at the Whole Foods table for two whole days, talking with us and cutting up samples of breads and cakes.

If you have never taken the chance to attend one of the conferences offered each year, consider it. There are informative sessions, vendor fairs with lots of samples and great socializing. Even if you have been living the GF lifestyle for a while, you can always learn something new. And, when you talk to a newly diagnosed person, you realize just how far you have come.

Look for next year's CSA conference to be held in the fall in Erie, Pennsylvania. The next GIG conference will be held in Seattle in the spring.



CSA Denver representatives in Nebraska include: L to R Carol Kendall, Gina Meagher, Melissa McLean Jory, Donna DeVisser, Betty Morris, Joan Van Loozenoord

Thanks to all attendees for summarizing the event.

### Celiac Friendly Restaurants

**Taste of Thailand** at 504 E. Hampden Ave. Englewood, Co. (right across from Swedish Hospital) has a GF menu for lunch and dinner. The owners make most dishes from scratch and are able to avoid undesired ingredients and bottle sauces and keep the award winning flavors. CD diners are delighted with the variety of GF dishes. For more information call 303-762-9112 and ask for Noy. **Note that there is a disclaimer on their GF menu that reads: A note about Noodles: While we use rice and bean thread noodles in our dishes, it is possible that wheat fillers may have been added during processing.**

## Speaking Gluten Freely

From Debbie Knapp:



**Chebe** frozen items are now available through our distributor, Rainbow Foods, along with their dry mixes, so it will be easier for our stores to stock these now.

**Edward and Sons** two additional GF bouillon cubes are called Not Beef and Not Chicken. **This is a correction from a prior newsletter.**

**Go Macro**, a small direct order company, has 3 GF vegan nutritional bars made in a dedicated facility: Cashew Butter, Peanut Protein and Tahini Date.

**Ian's Natural Foods** now has a GF version of a pasta meal and pizza kit, designed for kids to make at home. They are made in a facility that processes wheat but nothing is run on shared machinery.

**Imagine Foods** GF Rice Dream Nog, in an aseptic box, will be available for the holidays.

**Larabars** has a new kids line called JamFrakas; 100 calorie bars that are GF and soy-free.

**Mary's Gone Crackers** line has a new cracker called Sticks & Twigs; available soon in different shapes, very dry & crunchy.

**Natural-Nectar Cracklebred** makes two GF light crispbreads in a dedicated plant; Original & Sun-Dried Tomato.

**Purely Decadent** soy ice cream has some new GF flavors – Blueberry Cheesecake, Coconut Cookie Dough, Key Lime Pie and Snickerdoodle.

**Raw Revolution** has two new smaller (1.6 oz) GF bars – Chocolate Chip Cookie Dough and Tropical Mango.

**Think bars** has 4 new fruit bars – GF and dairy-free; Apple Noni Nourish, Cashew Acai Protect, Chocolate Pomegranate Power and Peanut Goji Glow.

**From General Mills** – Progresso 100% Natural Broths: Beef, Chicken and Reduced Sodium Chicken are labeled GF and no MSG.

**Heinz Foods** has a list of GF products at the following website: [www.Heinz.com/health—wellness/focus-foods/dietary-preferences/gluten-free.aspx](http://www.Heinz.com/health—wellness/focus-foods/dietary-preferences/gluten-free.aspx) Additional GF items are Heinz vegetarian beans and all varieties of mustard.



## Classes and Events

### Gluten Intolerance: A Growing Epidemic

**Date:** Sat., December 6<sup>th</sup>, 2008

**Time:** 10:00 A.M.

**Cost:** FREE

**Where:** Green Mountain Natural Grocers by Vitamin Cottage,

12612 W. Alameda Pkwy., Lakewood, CO 80228

### **How did the staff of life become toxic?**

Presented by: Karen Falbo, CN

*Complimentary Gluten-Free Tasting Fair Following the Seminar.* Learn the signs and symptoms of gluten intolerance and their connection with gastrointestinal health, digestive enzymes and leaky gut. Find out why autoimmune disease, skin problems, diabetes, mood disorders and weight problems are also associated with gluten intolerance. Questions about this event can be directed to Pat Fritzier at 303-986-4600 X118.

### CrazyQFarm Bakery: 2<sup>nd</sup> Annual Holiday Food and Gift Fair

**Date:** Saturday Nov. 22nd.

**Time:** 10:00 am – 2:00 pm

**Cost:** FREE

**Location:** Inverness Hotel and Conference Center at 200 Inverness Drive West, Englewood, Co. 80112, just off I-25 and Dry Creek Rd exit.

Local and National Vendors to sell and to provide samples of your favorite GF goodies for the holidays! Baked goods, nuts, mixes, salad dressings, exotic oils and rices, native Colorado honey, GF body care products, baskets, silent auction. Everything you need to put on the best Holiday Dinner ever! Gifts for friends and family.

### Northern Colorado CSA Meeting

**Event:** Celiac Disease Q&A with Dr. Peter Witt

**Date and Time:** 7 p.m., January 8, 2009

**Location:** All Saints Episcopal Church, 3448 N. Taft Ave., Loveland, CO 80538

For info email [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

Website <http://www.northerncoloradoceliacs.org>

### 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.

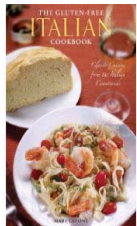


## DEBY'S GF BAKERY & CAFÉ NEW FALL HOURS:

Monday – Friday 9:00 am – 7:00 pm with the café serving breakfast and lunch from 9:00 am – 3:00 pm  
Saturday 8:00 am – 8:00 pm with the café open all day. **To order DEBY'S GF pies for Thanksgiving please place orders by Nov. 20<sup>th</sup>. After the 20<sup>th</sup> a 20% rush charge will apply.** Pies frozen and ready to bake are Apple and Cherry; frozen and– thaw and serve are Banana Cream, Chocolate Cream, Pecan and Pumpkin. Other items available include Stuffing Mix, Dinner Rolls, Apple Bread Pudding, Pie Crust Shells and more. Call 303-283-4060 for additional information.

## Gluten Alert

**Boulder Chips (Boulder Canyon Natural Foods)** has recently changed their ingredient list. At newsletter printing time, we don't have a complete GF list. Make sure you read the ingredient list on the back to ensure it is GF



### The Gluten-Free Italian Cookbook: Classic Cuisine from the Italian Countryside (Paperback)

By Mary Capone (Author)

Love Italian Food? In the Gluten-Free Italian Cookbook, Mary

Capone combines her gluten-free mastery with her love of the kitchen to create an inspiring cookbook that is simply irresistible.

### CELIACS ONLINE Celiac Coupons

<http://befreeforme.com/> provides coupons for foods for those living with allergies including gluten. Also, this web site provides articles and recipes.



**GF Thanksgiving** [http://fall-recipes.suite101.com/article.cfm/how\\_to\\_have\\_a\\_glu\\_tenfree\\_thanksgiving](http://fall-recipes.suite101.com/article.cfm/how_to_have_a_glu_tenfree_thanksgiving) provides tips about how to make a traditional GF thanksgiving.



### Who's your favorite Celiac Physician?

As a part of updating information on CSA Denver's website, we would also like to revisit our list of local doctors. While looking through the yellow pages will yield results, your help may be more beneficial to the people of our organization. Can you recommend a doctor who has been especially helpful in diagnosis and health issues associated with celiac disease or gluten sensitivity? Please help us built an up to date and useful physician list by sending doctors' names and any comments to Carol Kendall at [bealsio@q.com](mailto:bealsio@q.com) or call her at 303-470-3261.

## Eating GF and Being Healthy During the Holidays

The holidays can be a difficult time for those who are newly diagnosed with gluten intolerance. Holiday parties are full of goodies containing gluten. Here are a few tips to keep you healthy during the holidays:

**1) Eat before you go.** When I am invited to holiday open houses, it is easier for me to eat a healthy snack before I go, so I am not hungry and craving food when I arrive. Eat a protein snack to keep your blood sugar balanced.

**2) Call ahead and take your own food.** When you are invited to a dinner party, call the host ahead of time and talk about the menu. Be honest, say you have food allergies and you want to know what is being served so you can bring along something that is similar to what others are eating. Remember that this is an educational process, for you and for your host. Be sure to communicate! If you are going to a hotel or restaurant for a party, call ahead to see what the menu is. If you can talk to the chef, you will usually get a well prepared, lovely meal that is safe to eat. Be your own advocate and take care of yourself.

**3) Stick with what you know is safe.** Great finger foods you can eat: raw veggies, raw nuts, Blue diamond nut thins, sliced cheese (be wary of cheese balls and filler), plain shrimp with lemon (be careful of the sauce), hummus (no soy sauce), certain brands of chocolate, your own goodies that you take with you. Enjoy the wine! Buy a good dark chocolate bar, break it into little squares and treat yourself by taking only a few squares to a party.

**4) Be grateful.** The holiday season is about spending time with friends, and enjoying one another's company. We do this by sharing food and drink. Instead of looking at all the things you can't eat, be grateful for a healthy body. Rejoice in your health, your friends, and the abundance of life all around you.

**5) Be present.** The best way to enjoy the holidays is to be fully present in each activity you do. Be sure to take the time to be present to yourself, especially at a party, so that you don't slip into the, "Oh, I'll just eat this now and pay later" scenario. When in doubt, don't eat it! *The upside to a gluten free diet at the holidays?* Hopefully, you won't gain any holiday weight, because you can't just eat everything in front of you. That means being careful about what GF foods you buy and bake. Don't go without because then you will feel cheated. Have a few GF treats on hand. Savor your food. Focus on all the positives aspects of gluten free living, such as more energy and health.

By Jan Haas, Wellness Coach  
[www.ThePresentPath.com](http://www.ThePresentPath.com)

## RESEARCH UPDATES:

In the October 29<sup>th</sup>, 2008 edition of MarketWatch, Alvine Pharmaceuticals, Inc., announced proof of concept in a Phase 1 Trial of ALV003, an oral protease therapy in development to detoxify gluten, intended for use by patients with celiac disease. The trial results confirmed that single doses of up to 1,800 mg of ALV003 were safe and tolerable in healthy volunteers. Doses at the 300 mg level achieved up to a 96% reduction of gluten in a meal in the stomach at 30 minutes, and were well tolerated by patients with celiac disease. In addition, doses as low as 100 mg were shown to be biologically active in degrading gluten in the stomach. ALV003 is a drug which is to be taken with meals to address unintentional gluten exposure. A second study provides evidence that treatment of gluten with ALV003 may result in a reduction in the immune response to gluten in patients with celiac disease. While a Phase 1 trial is focused on patient safety, Alvine plans to initiate a Phase 1/2a multidose trial in early 2009. These further trials will focus on patient safety and efficacy at different drug doses.



## IN THE NEWS JFK had celiac disease?

The History News Network (HNN online) includes an article by Dr. Peter Green, that discusses the possibility that JFK had celiac disease. Robert Dallek, in the December *Atlantic Monthly*, described in "The Medical Ordeals of JFK" long standing medical problems that started in childhood. In Kennedy's adolescence, GI symptoms, weight and growth problems as well as fatigue were described. Later in life, he suffered from abdominal pain, diarrhea, weight loss, osteoporosis, migraine and Addison's disease. JFK was extensively evaluated in major medical centers including the Mayo Clinic. Among the multiple diagnoses were ulcers, colitis, spastic colitis, irritable bowel syndrome, and food allergies. However it is not clear that his physicians obtained a definitive diagnosis. Review of this medical history raises the possibility that JFK had celiac disease. Celiac disease is recognized as a common disease in those European descent, with greatest prevalence in Ireland. Kennedy's Irish heritage, along with his medical history, lead to a presumptive diagnosis of CD. It could be possible to diagnose celiac disease in JFK now, if biopsies taken during his life, or autopsy material of the small intestine had been archived and was now made available. Frozen blood samples could also provide diagnostic material for there are serologic tests now available that are sensitive and specific for the condition.. For the full article, see <http://hnn.us/articles/1125.html>



## RECIPES

### Rice Stuffing with Apples, Herbs, and Bacon



**Celiacs Bake It Better!**

## INGREDIENTS

◆ 1/3 pound bacon ◆ 1 tablespoon water ◆ 3 1/2 cups water, divided ◆ 1 1/2 cups low fat, low sodium chicken broth ◆ 1 cup uncooked wild rice ◆ 3 cups diced onions ◆ 3 cups diced celery ◆ 1 cup uncooked long-grain white rice ◆ 1 3/4 cups currants ◆ 3/4 cup dried cherries ◆ 3/4 cup dried cranberries ◆ 1/2 ounce dried apricots ◆ 1 cup diced, unpeeled apples ◆ 1/2 cup chopped Italian flat leaf parsley ◆ 6 tablespoons dried mixed herbs

## DIRECTIONS

- ◆ In a medium saucepan over medium heat, bring 1 1/2 cups water and chicken broth to a boil. Stir in wild rice. Cover, reduce heat, and simmer 45 mins.
- ◆ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Reserving drippings, drain bacon, crumble, and set aside.
- ◆ In the skillet with the reserved bacon drippings, sauté onions and celery with 1 tablespoon water. Cook until very soft, about 20 minutes.
- ◆ Stir remaining water, white rice, currants, cherries, cranberries, apricots, and apples into the wild rice. Continue cooking 20 minutes, or until wild rice and white rice are tender.
- ◆ In a large bowl, mix the bacon and the onion mixture into the rice mixture.

### \*\*\* Membership Time \*\*\*

Please remember to renew your membership ASAP. Most memberships renew at December 31<sup>st</sup>. Look above your name on the mailing label of this newsletter. If it states "**Last Issue**", then please renew. By renewing in a timely manner, you save the chapter time and money by eliminating the need for reminder cards. This is an all-volunteer organization and your memberships help to pay for the semi-monthly newsletters and meetings. See membership form on the last page of the newsletter. For questions, call Donna DeVisser at 303-979-8205.

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



## FAQ:

### Common issues, concerns and questions:

- Q.** I recently purchased a smoothie maker and would like to add protein to my drinks. What brands are recommended for a GF diet?
- A.** Gensoy and Genisoy both make protein shakes and they are sold in most natural food stores. In addition, Trader Joe's has a couple of brands that are gluten-free. They have a lengthy list of gluten-free items on their web site
- Q.** I love pickles and it is my understanding that distilled vinegar can be a problem for those on a GF diet. What kind of pickles can I eat?
- A.** Distilled vinegar does not pose a problem for those who must be GF. Pickles and pickle relish, if made with distilled vinegar, should be fine. Some brands to try include Vlasic, Hy-Vee, Giant Brand, Eden, Bubbies, Trader Joes, Kraft and Heinz.
- Q.** Just found out that Bausch & Lomb Preser Vision eye vitamins (topical and over the counter) are not gluten-free. The company indicated there is no wheat in the vitamins, but may have barley, oat, rye, or corn gluten in them.
- A.** Currently, there are no requirements to list gluten in products, so you must contact the manufacturer. If wheat is in the product, it must be listed, **but** that doesn't apply to all vitamins and medications, such as topical and over the counter products. Once the FDA comes out with GF guidelines, more information will be available, but again, vitamins don't fall under that category now.

## Meet Your Neighborhood Celiac Resource Contact

Updated Aug. 2008

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

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

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

<b>Metro Denver Areas</b>	<b>Contact</b>	<b>Phone</b>	<b>E-Mail</b>
<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	303-771-8029	<a href="mailto:cmc1974@msn.com">cmc1974@msn.com</a>
<b>DEN-W:</b> Lakewood	<b>Betty Morris</b>	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, <b>Zips: 80021&amp;80212</b>	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 Nancy Lindsey	303-933-1565 303-973-1279	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:n-lindsey@comcast.net">n-lindsey@comcast.net</a>
<b>W:</b> Golden, Evergreen, Morrison	Beverly Haney	303-670-0063	<a href="mailto:mrsbevins@q.com">mrsbevins@q.com</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:ginglud@aol.com">ginglud@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:mcholz@aol.com">mcholz@aol.com</a>
<b>Western Colorado</b>			
Grand Junction	Kathye Holland	970-255-0511	
<b>Boulder County (CSA Chapter #138)</b>	<a href="http://www.Bouldercountyceliacs.com">www.Bouldercountyceliacs.com</a>		
<b>Boulder</b>	Barbara Sanford	303-499-7259	<a href="mailto:barbarasanford@comcast.net">barbarasanford@comcast.net</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:bill eyl@earthlink.net">bill eyl@earthlink.net</a>
Longmont	Tiffany Jakubowski	303-834-8685	
Lafayette, Louisville	Beth Macht	303-665-7558	<a href="mailto:elizabethwm@yahoo.com">elizabethwm@yahoo.com</a>

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

*(a non-profit organization)*

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

*Please join us.*

Dues are \$15.00/year For more information, call Donna DeVisser at 303-973-4613

Make check payable to "Denver Metro Chapter #17, CSA/USA"

Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood CO 80215-7001

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

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

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

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

E-MAIL: \_\_\_\_\_

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

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

NAME	Circle one	NAME	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

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

*I authorize Denver CSA to share my contact information for official chapter business.* \_\_\_\_\_

Have you received a Celiac Disease Information Packet? \_\_\_\_ Yes \_\_\_\_ No (please initial)  
 11/08 NL

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

**ORDER FORM**

**DENVER METRO CHAPTER CSA/USA**

**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.



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**BRING TO COOKIE EXCHANGE**

**There are many members who are on restricted diets above and beyond a gluten free diet.  
 Please cut this page, fill out this form and include it with your recipe for the cookie exchange.  
 There will also be cards available at the Cookie Exchange.**

**ALLERGEN ALERT**

<b>THE TOP 8 ALLERGENS</b>	<b>Does Not Contain</b>	<b>Contains</b>	<b>May Contain Traces</b>	<b>Don't Know</b>
<i>Gluten</i>	X			
<i>Milk/Dairy</i>				
<i>Eggs</i>				
<i>Tree Nuts</i>				
<i>Peanuts</i>				
<i>Soy</i>				
<i>Fish</i>				
<i>Shell Fish</i>				

**OTHER SENSITIVITIES**

<i>Corn</i>				
<i>Certified GF Oats</i>				