

TAMING OF THE SPRUE

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

July 2013

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not the opinions of the Denver Metro CSA Chapter 17.

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The Gluten Free Gallop

Washington Park

October 13, 2013

9:30 am

The Denver-Metro Chapter of the Celiac Sprue Association is excited to announce our second gluten-free walk to raise awareness of Celiac Disease and gluten intolerance. All proceeds will go to help those that cannot afford or do not have access to gluten free foods.

Please see page 11 or visit www.denverceliacs.org for more information about participation and sponsorship.

We're going **GREEN!**

Please email
database@denverceliacs.org to
receive your newsletter via email.
Thanks!

NO OATS AT MEETINGS, PLEASE.



THE SOUTH DENVER BEER FEST & CSA

The 2013 beer fest was held May 4th and 5th at Clement Park in Littleton, Colorado. CSA volunteers that manned out booth at the festival had an absolute blast talking with the festival attendees, tasting some new GF brews and dining on some pretty scrumptious food.

We hope you were also able to make it out to the South Denver Beer Fest this year, and if not... Be sure to put it on your calendars for next year!

“I think it was wonderful that the Chapter was asked to participate. One of these days, living the GF lifestyle will be mainstream!” CSA President, Gina Meagher





Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age group who are also living with celiac disease and/or dermatitis herpetiformis.

UPDATES:

The Annual Gluten Free Family Potluck & Picnic was a huge success! The children had a blast jumping in the Hummer Bouncy House and having their faces painted.



Big thanks to Debra Higley for doing such a wonderful job as a face painter.

NEW CEL-TWEENS GROUP:

Thank you to Tracy Opp and Carrie Kollar who have volunteered to coordinate a new Cel-Tweens group.

This group is for children ages 10-12. At the annual potluck and picnic we had 11 children sign up. If you are interested in signing up your tween or want more information please contact us at celtweens@denverceliacs.org.

UPCOMING EVENTS:

7th Annual Incredible Edible Gluten-Free Food Fair®

Sunday August 18th 2013 - 10 am to 4pm
The Denver Merchandise Mart

Gluten Free Gallop

October 13th 2013 - 9:30 am
Washington Park

PREMIUM GF CANDIES ON THE WAY

The Lovely Candy Company has launched its first line of premium gluten-free candies, including licorice, caramels and fruit chews, at the National Confectioners Association Sweets & Snacks Expo May 21-23 in Chicago.

The company was founded in 2013 in Chicago when Mike Nakamura set off on a quest for his wife Jackie's favorite candy, licorice. The problem? Jackie required gluten-free candies, and Mike soon learned that traditional U.S. licorice brands are not gluten-free. A successful entrepreneur, he decided to create a line of top-quality candies himself, and The Lovely Candy Company was born.

"We started this company to make life more lovely for people like my wife who want delicious candies that also happen to be gluten- and GMO-free, as well as certified kosher," said Lovely Candy Company CEO Mike Nakamura. "We are committed to using the highest quality ingredients to create a consciously crafted candy that everyone can enjoy, not just those with dietary restrictions."

Once Mike started looking at the specialty candy market, he noticed that there were few offerings, other than chocolate bars, for ingredient-conscious consumers. In response, he developed a line of flavorful and unique offerings including Lovely Candy Original Chewy Caramels, Lovely Candy Chocolate Swirl Caramels, Lovely Candy Super Fruit Chews (in Cranberry, Raspberry and Blueberry), Lovely Candy Fruit Chews (in Apple, Cherry and Blackberry) and Lovely Candy Organic Cherry Licorice Drops.

The company is currently working to have the whole line, which contains no high fructose corn syrup, certified non-GMO .

About The Lovely Candy Company:

Founded in Chicago in 2013 by Mike Nakamura, makes delicious candies for consumers who have food sensitivities or celiac disease and must maintain a gluten-free diet. The line also serves health-conscious consumers looking for treats that offer the best ingredients available.

GOT MILK? HOW ABOUT D, K, and Mg?

“Ask the Nutritionist” Submitted by Patty Nachazel, CNE

How many of us remember our mother’s advice about drinking milk for healthy bones? I remember my own experience with my first born who did not want to give up his bottle of milk for a sippy cup of milk. My pediatrician recommended giving him 1-2 flavored Tums a day until he got used to drinking milk out of cup. Today, we still see the familiar milk mustache on smiling celebrities along with the “Got Milk?” slogan in many magazines and billboards. Web sites and pamphlets that discuss osteoporosis warn about bone health and the need for calcium as well.

The truth is that bone health does not rely solely on calcium. Bone loss and osteoporosis are not caused by low calcium intake, but instead, by the poor metabolism and utilization of calcium.

We do not see any billboards with a smiling model holding a bottle of Vitamin K, Magnesium, or Vitamin D when promoting milk, and yet, we should. These vitamins, along with 19 other key nutrients, play a vital role in maintaining the structural integrity and overall health of our bones.

The “sunshine vitamin” we have been hearing so much about lately, Vitamin D, helps in the prevention of many chronic diseases, including cancer, heart disease, diabetes, autoimmune disease, and osteoporosis. We know now that without vitamin D, the body can only absorb 10-15% of dietary calcium. When vitamin D is added, the absorption rate rises to 30-40%. Additionally, because it is a fat-soluble vitamin, vitamin D deficiencies also occur in people with fat mal-absorption syndromes including celiac disease. (1)

Vitamin K plays a critical key role in calcium utilization and regulation. Vitamin K helps proteins bind to calcium and transports them to where they are needed in bones, organs and tissues. There is a higher bone turnover and fracture risk in people with low vitamin K, as well as a higher risk of hip fractures. Those most affected appear to be younger adults and postmenopausal women. (2)

Magnesium is an essential cofactor in 80% of all cellular enzymes, which includes the thyroid hormone calcitonin, which regulates bone turnover. Magnesium is also used by the liver enzymes that convert Vitamin D to its active form, thus making it useful for proper calcium absorption. Magnesium aids enzymes that solidify calcium and other soluble fibers into bone. Magnesium deficiency contributes to the development of osteopenia bone fragility. (3)

Calcium citrate is highly absorbable and does not require hydrochloric acid (HCl) in the stomach to be absorbed. Therefore, it is a good choice for those with low stomach acid. Calcium ascorbate and calcium carbonate are usually not absorbed as well if HCl is low, but can be absorbed better when taken with food. As a rule, taking any form of calcium with food increases absorption. The important question here is, how good is your body at absorbing the calcium? Seek medical advice on the ratio of magnesium, vitamin D, and vitamin K to calcium to achieve optimal absorption. Additionally, do not neglect calcium-rich foods such as: broccoli, kale, cabbage, dark leafy greens, rhubarb, sardines, pink salmon, shrimp, beans/legumes, okra, nuts and seeds, mineral water, and herbal teas such as oat straw, nettle, red clover, and comfrey.

(1), (2), (3), (References from <http://www.womentowomen.com/bonehealth/calciummyth.aspx>, The Calcium Myth, Dr. Susan E. Brown, PhD, 2009)

CROCK POT CHOCOLATE PRETZELS

16 oz GF Chocolate Candiquik or Chocolate Bark
1 Large package of GF Pretzels

Melt in crock-pot on low. Stir until melted. Add Pretzels and stir gently until they are completely coated. Spoon out onto wax paper and separate into individual pretzels. Let chocolate set and ENJOY!

Dribble melted Nestle White Chocolate Chips over the pretzels for a festive look!

2013 GLUTEN FREE FAMILY PICNIC

We could not have asked for a better day at our annual Gluten Free Family Picnic this year. The weather was perfect at Clement Park and it was only made better with loads of gluten free potluck goodies and smoked BBQ meats. We had a couple of sponsors this year, which also aided in making the picnic such a success. New Planet beer generously donated an exclusive keg of their new Belgium Ale - this was the first time that New Planet had ever publicly released a keg to anyone in the world. WorldLife water also donated all of the bottled water for the event to help everyone hydrated in the day's hot sun.

It was not all beer and BBQ, however, as the Cel-Kids organized fun activities for the whole family. Kids were lined up for hours at the face-painting table, while others rummaged through our twelve-foot long desert table and then burned off that extra energy in our huge monster truck inflatable bouncy castle. When all was said and done, we had well over 150 people come and join us that fine afternoon. We hope to see all of you again at the other upcoming events!



VITAMIN COTTAGE GF LIVING AND TASTING FAIR

On May 11th, 2013 the Vitamin Cottage on East Leetsdale Drive in Denver held a gluten free living lecture and tasting fair. Ned McCrum, Nutritional Life Coach spoke about shopping for gluten free food, meal planning and beneficial supplements, especially good information for newly diagnosed celiacs. He emphasized the importance of reading labels and understanding the various types of hidden glutes. Because of the many individuals who now may be gluten sensitive, he stressed having the testing for celiac done before going on the GF diet to rule that out first.

Our chapter had a display there with numerous handouts. The volunteers, Bonnie Atherton, Gina Meagher and Angie Roz spoke with several people about symptoms, testing and the GF diet. Multiple vendors featured GF food samples, skin care products and supplements.

Vitamin Cottage offers similar GF lectures at other locations throughout the year.

LAST CHANCE TO PURCHASE THE 2011 GLUTEN FREE PRODUCT & RESTAURANT GUIDE

The Gluten Free Product Guide will make your grocery shopping, cooking, snacking and eating out much easier. It should also help eliminate some of the risks to your health caused by "mystery" ingredients. The 2011 issue will be the last for Denver CSA; we will not be publishing a 2013 issue.

To order your copy please visit
<http://denverceliacs.org/include/Gluten-Free%20Product%20List%20Order%20Form.pdf> to download the order form.

RESTUARANTS & EATERIES:

Unfortunately, **Abrusci's Italian** restaurant in Cherry Creek closed in May of 2013. The Wheat Ridge location remains open and is located at 3244 Youngfield, Wheat Ridge, Colorado.

Saturday Night BBQ'S from 5-8pm.



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WELCOME BOULDER CHAPTER

Please join us in welcoming back the Boulder Chapter to the Denver Metro Chapter. We look forward to their participation, assistance and insight in Chapter activities.

WARNING

The Kraft Good Seasons salad dressing packets (they come in a box and you add the liquid ingredients) are no longer gluten free. Wheat has been added to the product.

THANKS FOR THE GREAT RESOURCES

Hello, My name is Jamie Brown and I wanted to email you on behalf of my class. The other students and I really enjoyed your page, <http://www.denverceliacs.org/whatis.html> ... it helped us on our Health Final Project. You have some great resources on there! Ms. Elden (our class tutor) suggested we write to you to thank you, and tell you how helpful we found it.

We wanted to thank you, and share with you another resource that we found to be useful, "Gluten Allergies and a Healthy Diet to Follow", <http://www.thecandidadiet.com/gluten-allergies-healthy-diet.htm>. It has great information on gluten allergy symptoms and foods to stay away from. It would fit perfectly with your other resources and could also help your other visitors!

I would love to check it out if you do include it so I can show my classmates! And share it with Ms. Elden so she could show it to her classes' next school year.

Anyways, thanks again for the great resources, and I hope you have a wonderful summer!

Have a good day,
Jamie Brown and Ms. Elden's
3rd period Health Class
Bear Mountain School

PEANUT BUTTER COOKIES

Submitted by Bev Haney

1 cup Peanut Butter
1 cup Sugar
1 egg

Mix together and form balls. Flatten slightly with fork. Place on parchment paper covered cookie sheet. Bake 10 to 12 minutes. Take out while slightly soft. Will harden as they cool.

“Ask the Dietitian”

Submitted by Diane Moyer, M.S., R.D.N.

“The incidence of celiac disease is increasing because of all the additives they are putting into our food.”

“Celiac disease can be cured by colon cleansing.”

“Asian people don’t get celiac disease because they eat a lot of rice.”

“There are pills that one can take that can allow people to eat gluten without getting sick.”

“Yes, this product has wheat, but it’s OK to eat because we’ve modified it.”

“Everyone with celiac disease can eat oats without problems.”

All of the above statements are false. But, how often have we heard these statements, or some similar to them? And how many people end up believing them? Actually, many of them do have some truth behind them. Or, some are areas of research currently being studied. Today, especially with the internet, we are bombarded with tons of information, much of it seemingly contradictory. It seems that one research study today conflicts with another from yesterday. No wonder people end up so confused. And it is in this atmosphere that unscrupulous people can come in and market an ineffective (at best) product, or disseminate ideas that sound good, but are lacking in scientific validity. Many times people look at two things that have occurred together and assume one must have caused the other. As we try to teach in science classes, association does not mean causation. Many people have ended up being harmed by following some unproven advice. On the other hand, there may be emerging therapies that have not undergone a lot of rigorous testing yet, but seem to be showing a lot of promise. So, how do we sort all this out?

Over the past several years, I have written over two dozen articles for this newsletter, trying to bring you the latest and soundest scientific advice, also with information learned from my private practice. This month I would like to summarize those previous articles. If you are interested in reading any, go to the denverceliacs.org website and search the newsletter archives, or e-mail me and I will send you a copy of that article. In September I will be attending the International Celiac Disease Symposium in Chicago, where the latest research will be presented. I will share this knowledge with you in a future article.

As always, if you have questions or suggestions for future columns, e-mail me at dietitian@denverceliacs.org.

Topics covered in past newsletters include: 2005 NIH Celiac Consensus Conference, infant feeding & development of CD, oats, zonulin, “safe” level of gluten, CD symptoms, diagnosing, detoxification, 2008 GIG conference, healthy bones, understanding scientific research, anti-inflammatory diets, DH, flare-ups, weight, personal care products, eating out, gluten-related disorders, and more.

GLUTEN FREE CARROT CAKE

Mix the following in a bowl.

1 ½ cup Sugar
4 Eggs
2 tsp Vanilla
¾ cup Applesauce
¼ cup Vegetable Oil

Combine dry ingredients in another bowl.

2 cups GF flour
1 tsp Xanthan Gum
2 tsp Baking Powder
2 tsp Cinnamon
1 tsp Salt

Slowly add wet ingredients to dry ingredients. Mix well.

Add 3 cups grated carrots and mix.

Bake at 350 F until done. (About 40 minutes for a 9x13 pan, 30 minutes for muffins.)

Mix 1 package of softened cream cheese and 1 tub of GF vanilla frosting.

Spread over cooled cake.

Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come and share a meal and your restaurant experiences with someone who understands you! Reservations are required as space is limited. Each person is responsible for his or her own tab.

July 24th from 5-8pm
BeauJo's Restaurant in Arvada
53rd just East of Wadsworth
www.beaujos.com

Join us from 5pm to 6pm to take advantage of some of their **Happy Hour Prices**. Their GF Honey Cheese Bread and GF Garlic Bread with Cheese are on the Happy Hour Menu!

Gluten Free beer is also available.

Can't make it by 6pm?
Come anyway to enjoy fellowship and great gluten free food.

Wednesday is also Wheat Free Wednesday at Beaujo's! A trip to the salad bar is included with a gluten-free pizza purchase. (Please see the last page of this month's newsletter for more information on Wheat Free Wednesday.)

Be sure to RSVP as we are limiting the size of our group to ensure better interaction. Be sure to tell us if you'll be there at 5 pm or if you will be coming a bit later.

RSVP to Donna or Maryann at
nosh@denverceliacs.org

August 18th 10am – 4pm
The 7th Annual Incredible Edible Gluten Free Food Fair will be in lieu of a Neighborhood Nosh.
Please join us at the food fair!

Note: Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

Gluten Free Things is the exclusive provider of Gluten Free Products to the LePeep® Restaurant Chain.

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Le Peep® is a clever and original culinary concept with a menu that reads like a cookbook. You'll find line after line of intriguing selections all made on the spot with the freshest ingredients... and even a few gluten free things like French Toast, Belgium Waffles, English Muffins and even GFT's Flat breads and French Breads made into sandwiches.

LePeep® restaurants that serve gluten free do it on dedicated grills, utensils, and gloves.

HOW TO REACH THE GLUTEN FREE COLORADO MARKET

The Denver CSA Chapter 17 has a number of events in which you/your business can participate as a vendor or sponsor... or both! Coming soon are the 7th Annual Incredible Edible Gluten Free Food Fair and the Gluten Free Gallop 5K Walk.

Contacts: gffoodfair@denverceliacs.org
glutenfreegallop@denverceliacs.org

Advertising is always available in our monthly newsletter, which is mailed and emailed to our members six times a year.

Contact: newsletter@denverceliacs.org

For more information about the Denver CSA Chapter 17 please visit our website at www.denverceliacs.org.



Date:

Sunday, August 18th, 2013

Time:

10:00am- 4:00pm

Place:

**Denver Mart
Expo Hall II
451 E. 58th Ave
Denver, CO 80216**

Come Hungry!!

The Seventh Annual Incredible, Edible Gluten-Free Food Fair™ will be Sunday August 18th at the Denver Mart. The event will be open to the public from 10am-4pm. Over 100 Local and national vendors will be on hand to tempt you with delicious gluten free dishes, cakes, cookies, breads, gluten-free flour mixes and product samples. The event is free to the public so don't miss this opportunity to test out these great products!

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For more information please visit www.DenverCeliacs.org

AN EDITORIAL ON THE HISTORY OF THE INCREDIBLE EDIBLE GF FOOD FAIR

Submitted by Gina Meagher, President, Denver Metro CSA Chapter 17

I always try to foster a positive can-do atmosphere in our chapter meetings, to make it a place where people are optimistic and encouraging. Collectively, we looked for solutions to problems and ways in which to make gluten free life a lot easier. This philosophy provided me with the confidence to propose to the Board to hold our very own gluten-free food fair - inviting restaurants and food vendors to bring samples of their products. It was a way for them to introduce their gluten-free foods to a receptive audience. It's this kind of creative thinking that a good support group ought to foster.... to look for solutions.

On June 9th, 2007, 35 vendors participated and about 400 people attended the inaugural year. Now, six years later, the "Incredible, Edible Gluten-Free Food Fair™" — a phrase coined by Mary Anderies in 2009 - brings in close to a hundred vendors and over 3,000 attendees.

As we get ready to hold our 7th Annual Gluten-Free Food Fair, I realize what an amazing group of volunteers we have. There is no doubt that their enthusiasm and passion certainly helped pull this off.

Each year our fair was leg by the Vice President of Programs. As of 2013 the Food Fair Coordinator leads it.

2007: Mary Anderies & Jean Duane; 35 vendors, 400 participants
2008: Mary Anderies & Jean Duane; 40 vendors, 500 participants
2009: Mary Anderies & Abbie Keyes; 57 vendors, 700 participants
2010: Abbie Keyes & Katie Uhlenbrock; 87 vendors, 1800 participants
2011: Katie Uhlenbrock; 93 vendors, 2600 participants and 13 sponsors
2012: Katie Uhlenbrock; 98 vendors, 3000 participants, and 13 sponsors

In developing this event we've been able to bring consumers to vendors and vendors to consumers in a fun and safe atmosphere in which everyone can continue their education in the gluten free lifestyle, increase awareness of celiac disease and build a stronger community.

Special thanks to Kathy Craig, Karen Cranford, Bonnie Atherton and Diane Moyer whom were/are a wealth of information and experience that helped to build this event.



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AN EDITORIAL ON THE RECENT GROWTH OF THE INCREDIBLE EDIBLE GF FOOD FAIR

Submitted by Katie Uhlenbrock, Food Fair Coordinator, Denver Metro CSA Chapter 17

I joined the Denver Celiac Sprue Association in July of 2005 and started as a CO-VP of Programs in January 2010. I had always been interested in event planning and found this would be a good way to get my feet wet. I really became involved in March of 2010 with the planning of The 4th Annual Incredible Edible Gluten-Free Food Fair®. We knew right away that we needed a new location for the event because it was growing so much each year. We chose the Jefferson County Fairgrounds because it would give us a lot more space for a really good price. I had never been to The Incredible, Edible Gluten-Free Food Fair® before so I really didn't know what to expect. When the event came, we ended up having 84 vendors and 1,800 people in attendance. Wow, this event was growing faster than we could have ever expected! We thought we would be able to grow into The Jefferson County Fair Ground but come to find out; we out grew it in the first year!!

I ended up taking over the VP of Programs position myself in January 2011 and knew that the food fair would require even more work this year and a new location. I began to investigate The Convention Center, The National Western Complex, several hotel event rooms in Downtown Denver and the DTC, and finally The Denver Merchandise Mart. The Denver Merchandise Mart seemed perfect except for the price. I knew I needed some way to offset this cost so from this point on we would have to start looking for some sponsorship in order to continue this event. I made many calls to the wonderful gluten free companies that had been so great to us in the past and in this first year of getting sponsors we ended up getting 13. We had 93 vendors and 2,600 attendees for the 5th Annual Incredible, Edible Gluten-Free Food Fair®. The Denver Merchandise Mart proved to be a location we could continue to grow. This food fair was one of the country's largest gluten free food fairs around and I began to receive calls from other CSA chapters asking for help and advice on how to have such a successful event. We are very fortunate to live in the state of Colorado because we have so many amazing local gluten free vendors. These vendors are primary reason for the success of this event!!

The 6th Annual Incredible, Edible Gluten-Free Food Fair® was a huge success as well!! The event was again held at the Denver Merchandise Mart and we had over 3,000 people attend and 98 wonderful gluten free vendors.

This brings us to 2013 with the 7th Annual Incredible, Edible Gluten-Free Food Fair®. This year will prove to be another wonderful year for this event. We already have 85 vendors and 13 sponsors signed up with two months yet to go. We will surely exceed 100 vendors and I can only assume at least 3,600 attendees. I really enjoy this event and building the relationships with the vendors and our members. I can definitely say that over the last several years, I have surely done more than just gotten my feet wet in the world of event planning. I learn so much each year and look forward to what is to come!!



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Empowering our community from survive to thrive



Sunday, October 13

The 2nd Annual Gluten Free Gallop 5K Walk in Washington Park at 9:30 AM

Based on the success of our inaugural Gluten Free Gallop last October, we want to make this an annual tradition. We will meet again on Sunday, October 13th at 9:30 AM at Washington Park in Denver--we'll help raise awareness for Gluten Free living, and raise funds for research as well as gluten free food donations to local organizations. Based on participant feedback, we've made some enhancements to this year's event. For all of our runners, our 5k course will be timed by a professional timing organization. We will also offer a short course of just under 1 mile for those who wanted a shorter experience. We'll be encouraging people to sign up in teams to win great prizes. In year one, we had 275 enthusiastic participants, 6 terrific sponsors, and raised over \$6 thousand dollars. We aim to double that this year--with your participation, we can do it! Registration will start via Blacktie Colorado after the 4th of July holiday. For on-going updates please visit our website at www.denverceliacs.org.



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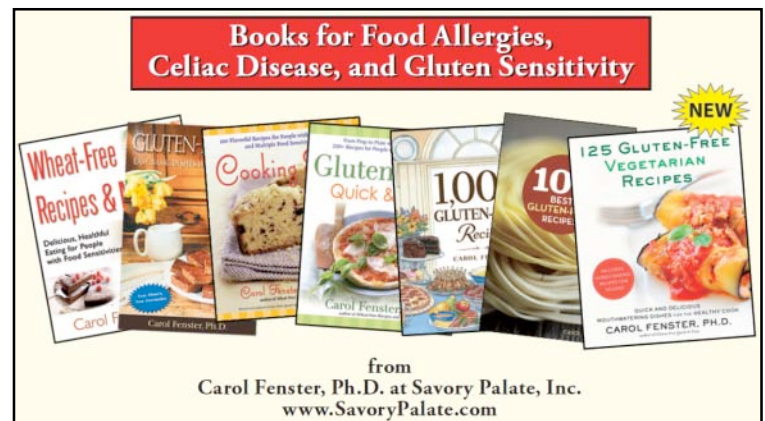
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HARVEST PEPPER RISOTTO

Adapted from *Healthy Recipes from the Heart of Our Homes* by Phyllis Stanley & Shirley Heinmets
(www.breadbakingsupplies.com)

In a 5 liter pressure cooker, sauté in 4 Tbsp butter:

- 1 small onion, chopped
- 1 clove of garlic, chopped
- ½ of a red, green and yellow pepper, chopped

Add:

- 2 Tbsp lemon juice
- ¾ cup Arborio rice
- 1 ½ cup chicken broth
- Salt and pepper to taste

Bring to a boil. Place on pressure lid and bring to the 2nd ring. Lower heat and maintain pressure on the 1st ring for 6 minutes. Remove from heat. Allow pressure to release naturally. Remove lid.

Add 1/3 cup of freshly grated Parmesan cheese.

Serve promptly.

CELIAC IN 1ST CENTURY AD WOMAN?



Celiac.com 06/24/2013 - Researchers don't know much about the genetic history of celiac disease. They know especially little about the age of specific gene sequences that leave people at risk for developing celiac disease.

A recent case study provides a small bit of information about that question. The information was gathered by a team of researchers looking into the case of a young, first century AD woman, found in the archaeological site of Cosa. The woman's skeleton showed clinical signs of malnutrition, such as short height, osteoporosis, dental enamel hypoplasia and cribra orbitalia, indirect sign of Anemia, all strongly suggestive for celiac disease. (The research team included G. Gasbarrini, O. Rickards, C. Martínez-Labarga, E. Pacciani, F. Chilleri, L. Laterza, G. Marangi, F. Scaldaferri, and A. Gasbarrini. They are affiliated with the Ricerca in Medicina Foundation NGO, Falcone and Borsellino Gallery, in Bologna, Italy.) However, initial inspection of the woman's bones did not provide answers about the genetics that might confirm that these traits were, in fact, associated directly with celiac disease.

To do that, the team needed to examine her human leukocyte antigen (HLA) class II polymorphism. That required extracting DNA from a bone sample and a tooth and genotyping HLA using three HLA-tagging single nucleotide polymorphisms for DQ8, DQ2.2 and DQ2.5, specifically associated to celiac disease. The results showed that the woman did in fact carry HLA DQ 2.5, the haplotype associated to the highest risk of celiac disease. This is the first time that researcher have documented the presence of a celiac-associated HLA haplotype in an archaeological specimen. The results show that the genetic markers associated with high risk of celiac disease are at least a couple of thousand years old.

NEW GLUTEN FREE PRODUCTS

- Glutenfreeda instant hot cereal cups are made with GF oats.
- Goldbaum's makes a GF chow main noodle (the dry kind like you use in a salad).
- Hail Merry has added two more macaroon flavors, Caramel Sea Salt and Strawberry, which are also vegan.
- Imagine Foods new Dream Blends non-dairy milks in aseptic boxes are Coconut Almond Chia and Organic Rice Quinoa.
- Jovial organic noodles are egg and no boil lasagna made with brown rice in a dedicated facility. GF cookies include Chocolate Chocolate Cream, Chocolate Vanilla Cream and Fig Fruit Filled.
- Love Grown Foods has instant oatmeal in cups with certified GF oats; just add hot water.
- Nature's Path organic granolas in 4 flavors, also organic granola bars made with GF oats.
- Orgain's new flavor of an organic meal replacement drink is Strawberry. There are kids versions of these drinks now too.
- Udi's soft granola bars come in 3 flavors. Other new products include small and large tortillas and 2 pizzas – Spinach & Feta and 3 Cheese.
- Van's now offers some GF cereals in 2 flavors and crackers and snack bars in 3 flavors.
- Viligant Eats makes instant hot cereal cups with superfoods and GF oats.

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CHAPTER BOARD MEMBERS & NEIGHBORHOOD RESOURCE CONTACTS

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Past President – Karen Cranford

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Vice President, Membership

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Secretary – Jennifer Slack

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EMAIL HER YOUR QUESTIONS

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Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran

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Food Fair Coordinator - Katie Uhlenbrock

gffoodfair@denverceliacs.org

Newsletter – Guinivere Stevenson

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Below are the resource contacts in neighborhood areas in the Denver-Metro area. We've added a new neighborhood this month ~ welcome to our Boulder County members! Thank you, Barbara and Tracy, for serving as the Neighborhood Resource Contacts. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at vpmembership@denverceliacs.org.

Denver City and County	Laura Determan	(303) 757-3982	liddet@msn.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	Open Position ~ If you are interested in this position, please contact Jerrine Hicks at vpmembership@denverceliacs.org		
Centennial, Greenwood Village, Englewood	Janis Dodson Jean Duane	(303) 905-9450 (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan	(303) 989-2050	majordan9@msn.com
Aurora	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 908-8746 (303) 973-1279	jkvanlooz@gmail.com n-lindsey@comcast.net
Golden, Evergreen, Morrison	Donna DeVisser	(303) 973-4613	donnadevisser@msn.com
Boulder County	Tracy Ashmore Barbara Sanford	(720) 244-6249 (303) 499-7259	gfpamperedchef@gmail.com barbarasanford@comcast.net



Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual Gluten-Free Picnic: family friendly with BBQ provided, plus children's activities
- The Annual Incredible Edible Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Bi-monthly newsletter with current news, upcoming activities and members' recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle

MEMBERSHIP ENROLLMENT/RENEWAL FORM

The Denver Metro Chapter is your best local resource for celiac information, support, and gluten-free socializing. You do not have to have been diagnosed with Celiac Disease to join our organization. Only one membership required per household. Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization.

New & Renewing Members: If you are a new member, have you received a celiac info packet? YES NO

Name _____

Phone _____

Street Address _____ City _____ State _____ Zip Code _____

E-mail address _____

I would like to receive my newsletter via (circle one) : EMAIL POSTAL MAIL
Do you have children in the household with Celiac Disease? YES NO

Are you interested in volunteering? YES NO

If yes, what is your interest/availability? _____

How did you learn about us? _____

Gift Membership given by: _____ (provide recipient info in New Member section above)

Annual dues are \$15/year. You may pay for more than one year at a time using the same annual \$15 rate.

To join, send your check made payable to "Denver Metro Chapter #17 CSA/USA" along with this completed form to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401 Or you can go to <http://denverCeliacs.org/membership.html> and pay electronically. Please make sure your PayPal account reflects your current address & phone.

How can the chapter best help you with your gluten-free lifestyle?

You will receive a membership card with your name and the month/year in which your membership expires (only 1 card per family). It should arrive in two to three weeks.

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
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Idaho Springs
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*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.