
QUAD CITIES CELIAC NEWS

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CSA/USA Chapter 79

QC Celiac Website: www.qcceliacs.org

Becky Wentworth, Editor

**Next Meeting Saturday May 19th, 9:30 am*

APRIL 2007

Spring is finally here and let's hope the warm weather stays. There are many exciting events coming up for the Quad City Celiac Group. On April 30 we will dine at Atlante in Rock Island. Then in May the new Bettendorf Hy-Vee is offering a dinner for celiacs. Also, the regular meeting of the Quad City Celiac Group will be on Saturday, May 16 at 9:30am. And the QC Celiac Group Annual Picnic will be on Saturday, July 21 at the Bettendorf Middle Park Lagoon Shelter (Information about the picnic will be mailed out late June). Mark your calendars for all these events and always check our group's Web site for the latest information. www.qcceliacs.org

May 16th, Bettendorf HY-VEE

All customers with celiac disease are welcome (family members too)! Join us for a gluten-free dinner in our brand new clubroom kitchen. We would like to make this an enjoyable night for you to get out for a gluten-free dinner and ease your worries about questionable ingredients in the menu. Your Hy-Vee dietitian, Stacy Mitchell, will have an enticing menu planned for you with some new gluten-free items you may not have tried before.

Please note: If registering before May 14th please call the old store at 332-8496. Registration calls made after May 14th please call 332-4918.

Cooking Naturally Gluten-free

Article taken from www.glutenfreeda.com

Let's face it most of the results of our first gluten-free bread baking experiences were truly Wonder Bread. We looked at it and wondered, what in the heck is that? We tasted it and wondered, what in the heck is that?

We, Americans are obsessed with bread. And we, Celiac's have taken this obsession to a new level. We will eat ghastly tasting bread-like objects to trick our minds into believing we are enjoying a good slice of bread. Why do we do it? Because we always have; habit; and because we are inundated with advertising messages that tell us that bread is good for us. If we look back to the beginnings of mankind, human beings originally consumed a diet of vegetation and meat.

The so-called "Agricultural Revolution" (primarily the domestication of animals, cereal grains, and legumes) occurred first in the Near East about 10,000 years ago and spread to northern Europe about 5,000 years ago. What this shows us is that historically human beings lived off a diet void of domesticated cereal grains (wheat, rye, oats, barley, corn, rice, sorghum and millet).

The primate gut is not equipped with the enzyme systems required to derive energy from specific types of fiber. Consequently, unless cereal grains are milled to break down the cell walls and cooked to crystallize the starch granules (and hence make them more digestible), the proteins and carbohydrates are largely unavailable for absorption. So, until the onset of regular fire use and processing, it would have been almost impossible for our species to consume cereal grains to supply the bulk of our daily caloric requirements.

Bi-gastric herbivores (those having second

stomachs) have evolved an efficient second gut with bacteria that can ferment the fiber found in leaves, shrubs, and grasses and thereby extract nutrients in an efficient manner. Humans can clearly put grasses and grass seeds into our mouths; but we do not have a GI tract which can efficiently extract the energy and nutrients.

This would serve to dispel the notion that bread or even grains are necessary for a healthy diet. And certainly not the staff of life.

One of the reasons people get depressed about eating gluten-free is that they focus on what they can't eat. They mourn bread, pasta, pizza and the like. They are disappointed when the bread they make looks and tastes funny and falls apart in their hands when they try to eat it.

They struggle to find any edible item at their favorite fast food restaurants. They are caught in a spiral of desperation about what they can't eat by surrounding themselves with foods containing gluten.

People diagnosed with Celiac disease, especially the newly diagnosed, get caught up in the quest for great tasting gluten-free bagels or pizza or for anything that they can eat at McDonalds. This line of thinking is a set up for failure and disappointment. A bagel is a bagel because of gluten. A bagel's chewy texture is chewy because of gluten. A croissant is a croissant because of gluten. Remove the gluten and it's not a croissant.

There are hundreds of bread and bread-type recipes in the archives of Glutenfreeda.com, but our philosophy is not to focus on bread. Instead, we focus our attention on foods other than bread, foods that are naturally gluten-free.

Instead of being disappointed or settling for less, we concentrate on naturally gluten-free foods that will turn out great every time. There are thousands of healthy, wholesome, authentic gluten-free foods that you can enjoy without shopping by mail order, without adjusting recipes, without purchasing a battery of strange ingredients or equipment.

The good news is you can change your eating habits to a naturally gluten-free lifestyle with healthy, whole foods and organic foods. If you read the labels on organic foods you will find minimal processing, most are gluten-free, no artificial ingredients and no preservatives.

Eating naturally gluten-free is eating healthy.

The elimination of gluten means the elimination of a lot of other things your body doesn't need like fast food, preservatives, etc. We also know that breads and wheat and other cereal grains do supply nutrients — so how do we make sure we get these nutrients without eating wheat? By choosing foods that are high in the nutrients usually supplied by gluten breads and other cereal grains. By selecting foods that are high in B vitamins & iron and fiber. Foods that are high in B Vitamins and iron are fish, dairy products (for those that can eat dairy), meats, legumes, nuts, seeds and just about all fruits and vegetables.

There are so many wonderful foods that are naturally gluten-free.

Think about it — rice, potatoes, vegetables, beans, meats, poultry, fresh fruit and list goes on and on and on.

Naturally gluten-free food tastes like it should! It is not hard to make things come out right because they turn out the way they are supposed to taste — authentic.

So now you know why eating naturally gluten-free is a positive way to approach Celiac Disease — but is doable? Very.

The first step is to develop a gluten-free pantry and this way you'll have everything on hand when you want to make just about anything. Think ahead — to eat well on a gluten-free diet you must think ahead. Even if cooking is not your first love — there are ways to cook infrequently in bulk and freeze it. Schedule some time on the weekend to make a few staples like broths and sausage. One of the items I always have on hand is homemade stocks. I know there are gluten-free stocks or broths on the market — but homemade stocks are so much better. You can completely control the ingredients, and it couldn't be easier to make. I always buy whole chickens for whatever chicken dish I plan to make. It is more economical and I can custom cut it. When cutting up a chicken, I put the back and neck into a larger pot, fill it with water, bring it to a boil, add carrots, celery and onion, a few herbs — reduce it to a simmer and forget about it for 6 hours. I then strain off the broth and pour it into 1 and 2 cup plastic containers and freeze them.

Let's face it, when you cut up a chicken you have to do something with the back and neck. It's just as easy to throw it in a pot as the trash.

Homemade sausage is even easier. Have the butcher at any grocer store grind pork with a fair amount of fat in it. If it's too lean, sausage will dry out. I usually have the butcher grind 4-5 pounds and package them in 1 pound packages. Bulk sausage is nothing more than spices added to ground pork. Make different flavors like chorizo, breakfast sausage, Italian sausage, etc. and freeze then for later use.

And then the obvious — fresh fruits (lemons, limes), vegetables (red & green peppers, green onions, carrots, celery, tomatoes, lettuce) eggs, meats, seafood, beans, nuts, etc.

Add variety to your diet by increasing your fish consumption (get those great omega-3's). A lot of people we found in our classes profess not to like fish — but part of the problem is that they haven't eaten fish that is cooked well...or fresh fish. Contrary to popular belief fresh fish is not fishy. If you buy fish and it smells fishy — it is old — do not eat it. But fish is a great way to add nutrients to your diet.

A gluten-free diet can be anything but restrictive. Celiac disease can be the vehicle that will lead you to a better and healthier way of eating and you may find, as I have that it can truly be a blessing in disguise.

Glutenfreeda.com

McDonalds Ingredients

In order to provide information in a format more consistent with the familiar packaged food industry approach, McDonald's has updated the ingredient information on its Web site. Consumer groups advised McDonald's that their members regularly read ingredients statements from packaged food, making this a convenient place to locate relevant information. Consequently, McDonald's will no longer provide a chart of gluten-free items on their website, but rather encourage customers to look at the reformatted ingredient statements for information about wheat and other ingredients that might contain gluten, such as barley, rye and oats. Ingredients in menu items may change, so these statements will be regularly updated. Ingredients statements can be found at www.mcdonalds.com or by calling (877) McD-FOOD.

QC Celiac Children's Group - has formed and is holding meetings for families with children who have celiac disease or gluten-intolerances. Lesley Lamphier is the leader and she can be contacted at 309-736-1507 or email : celiackids@mchsi.com If you have a celiac child or know how someone who does, please contact Lesley.

Donation to University of Chicago Celiac Disease Program. It was approved at the January meeting that the Quad City Celiac Support group would make a donation to the Univ. of Chicago Celiac Disease program as a way to remember 5 members of our support group that sadly passed away in the last year. A donation of \$125.00 was made in memory of:

Eva Evans
Stan Neibuhr
Don Johnson
Susann Clark
Melnotte Lindstrom

Below is the thank you letter we received from Univ. of Chicago.

Thank you for your generous gift of \$125 to the University of Chicago Celiac Disease Program. This past year has been a year of tremendous growth for our program. Last July, we sent out our 1,000 care package to one more newly diagnosed patient with Celiac Disease. In October, we hosted Celiac Action Day, comprised of our seventh annual blood screening and our first ever "Ask the Experts" brown bag seminar. Fully five percent of individuals screened were found to have positive bloodwork: that's 19 individuals who are on their way to receiving a proper diagnosis and restoring their health. As we continue to work to fulfill our mission, we are grateful for your past support. We now look toward the future with tremendous enthusiasm and anticipation, knowing how much we have accomplished in the past, yet how much work still lies ahead. Your donation will enable us to continue to raise awareness of celiac disease and to improve the lives of those with this condition in innumerable ways. Thank you again for your dedication to our cause.

QC Celiac Group Contact Information Leader- Becky Wentworth 563-391-2968 Wentworth@netexpress.net
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Information from Clan Thompson Newsletter www.clanthompson.com

Ask the Doctor

Question: Is there documented proof that gluten is not absorbed through the skin? Are there any studies taking place to research this issue? Both my daughter and I have celiac disease and I know that I have been gluten free for at least two years, yet the DH still hangs on. I DEFINITELY get much worse when I unknowingly use a shampoo or lotion containing gluten. Please be assured I do not ingest them. My daughter is on a medication for the DH as well as the gluten free diet, which has made the DH livable, but still cannot find a face cream that doesn't sting. Should we be tested for wheat allergy? I would appreciate any information you could share. Many thanks, Cindy

Dear Cindy, Authorities in percutaneous absorption have shown that there is a limit to the size of a molecule that can be absorbed through the skin. The gliadin molecule, the part of gluten that is believed to cause celiac and dermatitis herpetiformis, is considered too large to be absorbed. To my knowledge there have been no actual studies on absorption of the gliadin molecule and to my knowledge none are planned. Response to gluten free diet in DH can take years and your slow response is not unusual. If you get worse when you use gluten containing topical agents, I suggest that you avoid them. There are rare patients (both with and without celiac disease who have allergies to topical gluten. Skin testing can be done and IgE antibodies to gluten and wheat products can be measured using RAST testing. Allergists, not dermatologists, usually do this testing. Sincerely, Dr. John Zone

Mini Gluten-Free Product List

Manufacturers of the following products reported them to be GLUTEN FREE in the USA when we called them between January and March, 2007. PLEASE NOTE: Not all of these products appear in our drug SmartList yet - but they will all appear in our next update which is due out next month. For more info, or to download a FREE DEMO of our drug SmartList, visit our CeliacSite at www.clanthompson.com

- Dexatrim Natural
- Unisom SleepGels Gelcaps
- Listerine Antiseptic - original
- Tri-vi-sol vitamin drops
- Poly-vi-sol vitamin drops
- Tiger Bites Children's Multi - Chewable
- Maybelline Wetshine Lip Color

- Maybelline Moisture Extreme Lip Color
- Bean-zyme
- Halls Cough Drops - Ice Blue Peppermint
- Pamprin Menstrual Formula
- Premysyn PMS
- Herpecin-L
- Poligrip Extra Care w/PolySeal Formula
- Phazyme Fast Gas Relief Chewable Tablets
- Crest Cavity Protection Toothpastes (cool mint gel - reg. paste - icy mint striped - kids)
- Cepacol Sore Throat Dual Relief Spray (cherry or citrus)
- Vicks Sinex Regular Spray
- Children's Advil Fruit Suspension
- Children's Advil Grape Suspension
- Alluna
- *****

Congratulations

Congratulations to Janet Macon, Hy-Vee dietitian, on the newest addition to her family. Jillian Christine Macon was born on March 2. Best wishes to Janet and her family.

Waterloo Making Tracks for Celiacs Walk

The Waterloo/Cedar Falls Celiac Support Group will host their annual Celiac Awareness Walk on June 2, 2007. The walk will take place at George Wyeth State Park. If you are interested in participating contact Becky. I have copies of the registration form.

Annual Iowa Celiac Meeting

Will be held in Waterloo, IA this year on Saturday, September 8. This day-long event will include gf food fair, vendors, and guest speakers which include: Ann Whalen, Publisher of Gluten-Free Living and Dr. Joseph Murray of the Mayo Clinic. Please plan on attending this informative event. More information to come closer to meeting.

CSA Annual Conference

The 30th annual Celiac Sprue Association Conference will be held September 28-30, 2007 in Tucson, AZ. More information about this conference can be found at www.csaceliacs.org .