



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



FOURTH ISSUE

DECEMBER 2009

PRESIDENTS NOTES:

Wow!

Here we are at the end of 2009 already. I am not sure where the year went but whether I am ready or not 2010 here we come! Looking back at 2009 I have to say our group had a great year.

We had a great turn out for our Holiday party this year. We had over 65 attendees'. We had a great dinner thanks to everyone who help make the meal. Thanks also to Tim and Cindy Asche , Lu Schuler and Judy Poyzer for making the room very festive and bright.

Make sure you put our February 7th meeting on your calendars. This will be one you don't want to miss. The local Hy-Vee Dietitians will be there to educate us on label reading. They will also teach us how to get the nutrients that we may be missing while following a Gluten Free diet.

Please make plans to join us for our 9th Annual Celiac Walk on Saturday June 5 2010. More details will be coming your way. Start thinking about what kind of basket you would like to put together for the walk.

I hope everyone has a blessed Christmas and a great New Year!

Kristi



MARK YOUR CALENDARS!

UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings. Please call Kristi Simmerman at 234-2104 if you are unable to attend

- Date:** Sunday Feb. 07, 2009
Regular Meeting
- Time:** 2:00 p.m.
- Place:** Covenant Medical Center - -
Meeting Rooms 1 & 2
- Theme:** Getting the most nutrition out of
your Gluten Free Diet
- Agenda:** Hy-Vee Dietitians- Reading labels,
NuVal - Nutritional Scoring
System. (see below)

If you have anyone has information for the newsletter please send it me. I would be more than happy to include it in the next edition. My e-mail is dlaunderville@hotmail.com

About the NuVal™ Nutritional Scoring System

You know that making better food choices is essential to good health, but it can be confusing and time-consuming. Now the NuVal™ Nutritional Scoring System is here to help. Developed by a recognized team of nutrition and medical experts from leading health organizations and universities, the NuVal™ System is a food-scoring system that helps consumers see – at a glance – the nutritional value of the food they buy.

<http://www.glutenfreeregistry.com/>

This web site lists gluten free restaurants and bakeries in every state. Just click on the state you want and it pulls the info up for you. I has quite a lot listed if you're traveling check it out.

Old Chicago

Response to Deb Miller:

Unlike most of our competitors, we serve pizza and cookies... both of which we make from scratch... This means that we carry 2 kinds of flour and our mixer is constantly mixing 3 kinds of pizza dough and cookies. Those prep areas are not separated from other production areas and as a result, there is flour in the air and potential cross-contamination is almost assured. Also, we do not have training programs in place that teach the nuances of gluten free requirements and affects.

All that being said... there are menu selections that could be considered free of gluten ingredients... all of our Ken's dressings, our Ranch & Bleu Cheese dressings are gluten free (except Dorothy Lynch Dressing), as are many of our meats... Steaks, Ham, Turkey, Canadian Bacon, chicken wings, chicken breasts, pepperoni, sausage & salami. Vegetables and salad mixes are also appropriate selections. As an individual who is sensitive to the details of gluten-free living... Guests can certainly come in and tailor meals, based on ingredients known to be gluten-free... bun-less burgers, corn chip nachos, steak, salad, veggies, and dressings (except Dorothy Lynch Dressing). We are very good at providing special orders upon request, but at this time it would be inappropriate, given our homemade pizza position, to encourage Gluten Intolerant folks to make us a gluten free destination through special menuing.

I hope this helps explain our place in the industry, please contact me back if you have additional questions or requests... We would love to provide a special menu but, as long as our kitchens are focused on homemade pizza

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



dough... flour/gluten cross contamination is certainly more possible than in establishments without pizza.

Thank you for taking the time to write to us,

Mike Thom
Director of Culinary Research & Development
Old Chicago Restaurants Inc.
Division of Rock Bottom Restaurants Inc.
18 Year Team Member
mthom@rockbottom.com

Tasteslikerealfood.com - Toro Products

Sent: Tuesday, November 17, 2009 11:05 PM
Subject: Toro Products

Dear Toro Customers:

It is with great regret that we announce the end of our distribution of Toro Gluten Free Baking Mixes in the United States. Toro recently changed their formulation of their mixes and we no longer feel the quality of the product is up to our standards. And as you as a celiac know, working with gluten-free flours can be difficult and frustrating. The new formulation has now completely changed the quality of our developed recipes that have been used to complement the different flours.

We have limited amounts of the "original" formula left and we would like to offer it to you at a deeply discounted price. All mixes on our website will now be \$3.25 per bag with no limit. We encourage you to stock up on your favorites as they will no longer be available in the U.S. The flour's expiration date is at the end of January 2010, but the mixes can be kept in the freezer to extend the shelf life and can be a great help to you during your holiday baking this year.

I thank you so much for your support of our products. I am heart-broken at the change of situation and will miss these mixes greatly. (I plan to fill a freezer myself. J) I consider so many of you my found friends during this business venture and I will miss my regular contact with you. Thanks for your business this last year and a half.

Go to www.tasteslikerealfood.com to place your

order.

Sincerely,
Jenny Bosking
President, Tasteslikerealfood.com

Please read your labels-

[Diamond of California Chopped Walnuts](#)

Diamond of California Chopped Walnuts now have an allergy information paragraph which states they may contain wheat.

Remember to check ingredient list for your holiday nuts and nut meats you will be using.

Many will be from fundraisers, this time of year, and may contain WHEAT.

Submitted by Diane Ebert from the Listserv...

I have used WalMart (Great Value brand) boxed potatoes for a long time with no problems. They now have new packaging which still has "A Gluten Free Food" printed on the box. Last night after dinner as I was throwing the box away I noticed that the allergy labeling on the back has "traces of wheat" on the list. I guess WalMart does not understand the meaning of gluten free.

Therefore I suggest that anyone who uses their products not depend on the gluten free label (as I unfortunately did last night). This has been a standby for me and I will sure miss it. Olivia in VA

ChapStick.
Pfizer previously Wyeth

From Diane Ebert - Listserv--
Pfizer, which was Wyeth, which makes ChapStick. The answer I got was they "do not add wheat, oats, barley, triticum, rye...." to any of the Chap Stick line. It would say wheat, if it was in it. 20. But they will not say their product is gluten-free, because they do not test the end



product and cannot control their vendors.

So, despite the probable safety, I think I'm going to return the ChapStick to the store, on principle.

I don't think companies should be obligated to make everything gluten-free. No-one owes us anything. But, I'm a firm believer in buying those products of companies that do go the extra mile. It's a way of driving the market with our pocketbooks.

Wal-Mart New Labeling
Submitted by Diane Ebert

Greetings all,

I want to remind you to double and maybe triple check the labels on foods we may buy, particularly at Wal-Mart. They have new labels, and just heard that some packaging does NOT say Gluten Free any more. The problem was with some 'steam in package' vegetables.

The location of the 'this is a naturally Gluten free item' or Gluten Free is not necessarily at the end of the ingredient listing. I.E. the shredded cheeses, I had to hunt and hunt for it.

Waterloo's Sam's Club is participating in the first testing's of Isabelle's Best Gluten Free Pizza. Please pass this information along and support gluten free in your local Sam's Club. If all goes as expected, Isabelle's Best will go nationwide and you will be able to purchase this great gluten free pizza wherever you go. This pizza is made with the Domata flour crusts

"IN THE NEWS"

From The National Foundation for Celiac Awareness website..

11/3/2009

Pregnancy and Celiac Disease
by Amy Burkhart, MD, RD

Pregnancy is an amazing and wonderful experience for most people. For those with Celiac Disease (CD), that can and should be no different.

The two most important issues to consider when addressing celiac disease and pregnancy are...

1. When was the CD diagnosed? Before, during or after the pregnancy?

2. Was the patient on a gluten free diet during the pregnancy?

The outcomes can be very different depending on the answers to these two questions and will be discussed in relationship to:

1. Fertility

2. Pregnancy

3. Postpartum Period/Lactation

Fertility

Fertility encompasses not only one's ability to get pregnant but also the ability to maintain a pregnancy to the point of delivering a viable healthy baby. So, when discussing fertility and Celiac Disease, we will not only address getting pregnant but also the difficult subject of miscarriage or pregnancy loss.

It appears from numerous studies on women suffering from unexplained infertility that the incidence of undiagnosed celiac disease in this population is somewhere between 1-3%. Some studies even have found the prevalence to be as high as 8%. Because of this, some clinicians advocate testing all women suffering from unexplained infertility for CD, but this practice is not universally accepted. At present, it is done at the discretion of the practitioner and patient. It is important to remember that many women who are diagnosed with CD in the process of an infertility evaluation rarely have symptoms, other than the infertility itself. This may make it less likely that a practitioner would consider CD in the initial assessment of infertility. Universally testing all infertility patients would alleviate this problem.

To date, most studies addressing infertility and CD are on women, but there are also several that have looked at infertility in men with CD. These few studies have found that undiagnosed CD in men also lowers fertility rates, probably by altering sperm motility and shape, as well as causing a general state of malnutrition. This fact



needs to be considered when working with infertile couples.

In women, the etiology is probably multifactorial. There are many problems seen in undiagnosed CD that would affect a woman's ability to achieve and maintain a pregnancy. Women with undiagnosed CD, on average, have menarche delayed by a year and enter menopause 3-5 years later than women with CD on a gluten free diet. These factors decrease a woman's total number of "fertile" years and her overall chance to have a child.

Undiagnosed CD can also create irregular menstrual cycles often associated with anovulation, and can cause amenorrhea (no menstruation) in up to 39% of women with undiagnosed CD. All of these factors decrease fertility rates.

A very recent study also looked at infertile women suffering from endometriosis and found 2.5% of them to have undiagnosed CD. This is 2 1/2 times greater than the normal population and another possible reason for infertility. Patients with undiagnosed CD also have been found to have lower levels of the hormone leptin which is involved in reproductive function through several avenues. And, factors affecting a woman's desire to get pregnant, such as chronic pelvic pain, dysmenorrhea (painful periods) and dyspareunia (painful intercourse) are also higher in undiagnosed CD. Thus, there are many reasons for decreased fertility in undiagnosed CD patients and the particular etiology varies from person to person.

Celiac disease also has been found in several studies to be a frequent cause of miscarriage and recurrent miscarriage. Miscarriage occurs 31% more in undiagnosed CD patients than the normal population. The reasons for this are dependent on each patient, but are the same reasons patients have difficulty getting pregnant. In addition, a recent study has shown that the anti-TTG antibody produced in response to gluten exposure in CD actually binds to the placenta. This may compromise placental function putting patients at higher risk for pregnancy loss and problems with the fetus. The good news is that once the diagnosis of celiac disease is

made, and a gluten free diet is initiated, the majority of women have a resolution of their symptoms and their fertility rates return to whatever is normal for their age.

One may ask how long after being diagnosed do you have to wait before trying to get pregnant? The answer to that question is not well studied but most practitioners would recommend waiting 6 months to 2 years depending on the woman's age and pre-diagnosis health status. It is of utmost importance that women are healthy and in good nutritional status prior to attempting to get pregnant. This will optimize her chances for a normal pregnancy and healthy baby. In addition to the diet, I would also recommend getting baseline nutritional labs on patients with CD who are trying to get pregnant. These labs vary from patient to patient but may include, iron and thyroid studies, folate and B-12 levels, vitamin D, zinc, and essential fatty acids. These would be in addition to the standard prenatal labs.

Key Points: Fertility and CD

1. Getting the correct diagnosis of CD is imperative. Clinicians should think about it for any woman suffering from infertility or recurrent miscarriage. Infertility may be her only symptom of CD. Once the diagnosis of CD is made and a gluten free diet is initiated, her chance of getting pregnant returns to what is normal for her age.
2. You MUST maintain a gluten free diet before, during and after pregnancy to optimize your chances of achieving and maintaining a normal and healthy pregnancy. Remember, a gluten free diet is for life with celiac disease.
3. You CAN have a normal pregnancy and a healthy baby despite celiac disease.

Pregnancy

Once you get pregnant and maintain the pregnancy, what are the important factors relative to CD?

The MOST important thing you can do is maintain a gluten free diet. This will keep you and your intestines healthy and will provide all the nutrients and calories you and your baby need. Of course, it is very possible to get and maintain a pregnancy with undiagnosed CD, or while eating a gluten-containing diet with known CD, but you are at much higher risk for a poor



outcome. Women with undiagnosed CD have been shown in numerous studies to have an increased risk of anemia, preterm labor, small for gestational age babies (low birth weight), and give birth to a higher number of stillborn infants. There are no good studies on the incidence of birth defects in undiagnosed CD but these women often have deficiencies of nutrients responsible for organogenesis (formation of organs). Future research may clarify what exact effects these have on the fetus. Whether or not the risk of neural tube defects is higher in undiagnosed CD is an issue of ongoing debate.

Studies are contradictory. One would think undiagnosed CD puts women at higher risk for a baby with a neural tube defect since undiagnosed celiac patients are at risk for folate deficiency. Folate deficiency correlates with an increased incidence of neural tube defects. But, the data is conflicting. Future studies may clarify this debate. The key point here is, once you are diagnosed and following a gluten free diet, the risk of a negative outcome with your pregnancy is equal to that of the normal population.

Key Points: Pregnancy and CD

If you are diagnosed with CD, the most important thing you can do for you and your baby is maintain a gluten free diet. This will minimize risk for a poor outcome and equilibrate your chance of a good outcome to that of the normal population.

Postpartum (Time after the birth)

Once you have delivered your baby, are there any issues of importance to a woman with CD? The most important issue still is the need to maintain a gluten free diet. Women with CD who fail to follow a gluten free diet have been shown to breastfeed for a shorter period of time. This is important for several reasons. Breastfeeding itself is one of the best things you can do for your baby as it provides complete nutrition and critical immune factors for your baby. In addition, with regards to celiac disease, one study showed that breastfeeding your infant, particularly during the time of gluten introduction, may significantly decrease their chance of acquiring celiac disease. However, the patients in this study were not followed for a prolonged period of time so it is not known if breastfeeding permanently

decreases risk of developing CD or simply delays it.

Exactly when is the optimal time to introduce gluten to the child of a mother with CD?

The answer is, we do not yet know. Prior research showed between 4-7 months was the ideal time to introduce small amounts of gluten to minimize the risk of CD development, but new preliminary data is showing it may be more optimal to wait until after the infant is 1 year old.

It may be even later. We simply do not know. At any rate, breastfeeding appears to be protective against CD in some fashion and future studies will elucidate exactly how.

Key Points: Breastfeeding and CD

1. Breastfeeding may be protective against developing CD. It is not clear if it lowers risk permanently or simply delays the presentation of CD.

2. Optimal timing of gluten introduction to infants of mothers with CD is not yet known

3. If you have diagnosed CD, you must still maintain a gluten free diet while breastfeeding. Finally, what is most important to remember is that most patients with CD can have a healthy normal pregnancy if they are diagnosed and following a gluten free diet. It is an amazing time in life and there is no reason any woman with celiac disease should not experience it, if that is her desire.

From the [Celiac Princess](#) website

09/16/2009

[Celiac Disease, Gluten Sensitivity Increase Risk of Death](#)

A new study published in this week's [Journal of the American Medical Association](#) (JAMA) finds that people with mild intestinal inflammation and a sensitivity to gluten have a greater risk of death even amongst patients who do not have severe symptoms. This means you could have only mild issues and perhaps not even test positive for celiac disease, yet still have a greater risk of death.

For the study, Swedish researchers examined tissue biopsies collected from 46,121 patients in Sweden between 1969 and 2008. Amongst the samples, they found 29,096 patients with celiac



disease, 13,306 with inflammation of the small intestines and an additional 3,719 with latent celiac disease. For those of you who don't know, latent celiac refers to patients who have celiac disease antibodies present in their blood, but do not show signs of damage to their intestines. After a median of 7.2 years follow-up, the researchers determined that the risk of death increased by 75% for patients with mild intestinal inflammation, 35% for patients with latent celiac or gluten sensitivity and 30% for patients with diagnosed celiac disease. Amongst the patients with celiac disease, the most common causes of death were cancer and cardiovascular disease. In an editorial accompanying the article, Dr. Peter Green of the [Celiac Center at Columbia University Medical Center](#) said the most interesting finding was that about patients with latent celiac disease or gluten sensitivity, largely because the issue has received little attention in the United States. He adds that there is "increasing evidence for [gluten sensitivity] presence in patients with various neurological disorders and psychiatric problems. The study....reinforces the importance of celiac disease as a diagnosis that should be sought by physicians. It also suggests that more attention should be given to the lesser degrees of intestinal inflammation and gluten sensitivity."

New Link Found Between Osteoporosis And Celiac Disease

From The ScienceDaily (Oct. 8, 2009)
People with celiac disease may develop osteoporosis because their immune system attacks their bone tissue, a new study has shown. It is the first time an autoimmune response – a condition whereby the body can attack itself – has been shown to cause damage to bones directly. Researchers from the University of Edinburgh studied a protein called osteoprotegerin (OPG) in people with celiac disease – a digestive condition that affects 1 in 100 people.

In healthy people, OPG plays a crucial role in maintaining bone health by controlling the rate at which bone tissue is removed. The latest research shows that 20 per cent of celiac patients produce antibodies that attack the OPG protein and stop it working properly. This results in rapid bone destruction and severe osteoporosis. It was previously thought that osteoporosis – a known complication of celiac disease – develops in celiac patients because they cannot properly absorb calcium and vitamin D from their diet. Both nutrients are essential for healthy bone development. The team found that although this new form of osteoporosis did not respond to calcium and vitamin D supplements, it can be easily treated with drugs that prevent bone loss. The research is published in the *New England Journal of Medicine*. Professor Stuart Ralston, of the Institute of Genetics and Molecular Medicine at the University of Edinburgh, who led the team, said: "This is a very exciting step forward. Not only have we discovered a new reason to explain why osteoporosis occurs in celiac disease, but we have also found that it responds very well to drugs that prevent bone tissue removal. Testing for these antibodies could make a real and important difference to the lives of people with celiac disease by alerting us to the risk of osteoporosis and helping us find the correct treatment for them."

DNC News: Celiac Disease, Gluten Ataxia and Candidiasis

From: DENVER NATUROPATHIC CLINIC
<http://www.denvernaturopathic.com/index.html>

Subject: Celiac disease, triggered by gluten proteins from wheat in susceptible people, can damage the central nervous system. The cell walls of Candida, the yeast responsible for oral thrush, vaginal infections and intestinal Candidiasis, contain the same protein sequence as wheat gluten and may trigger or stimulate Celiac Disease.



Our understanding of celiac disease has come a long way in the last few years. Several recent studies have linked celiac disease to central nervous system damage which may cause sporadic ataxia. Other studies have identified the particular protein sequence in gluten which causes celiac disease. Other researchers have identified a similar protein in candida yeast and suggest that it may also trigger the same disease. These studies suggest that the typical digestive symptoms we associate with celiac disease are present less than 20% of the time. Having "normal" digestion no longer rules out the disease.

This is a complicated business but I think rather than gloss over it many people deserve and need the details. So please bear with me and skip over the parts that get to thick.

First a bit of background:

Celiac disease is also called coeliac disease or celiac sprue. The Merck Manual defines it as a "chronic intestinal malabsorption disorder caused by intolerance to gluten." [1] The villi of the small intestine atrophy and nutrients are poorly absorbed resulting in steatorrhea (frequent greasy stools) and malnutrition. Sufferers usually get better when gluten containing cereal grains are removed from the diet. Although the syndrome was described earlier, [2] it wasn't until 1950 that the link between dietary cereals and the disease was figured out. [3] During the Second World War when the Germans occupied Holland, children with celiac sprue improved dramatically only to get sick again disease again at the end of the war. During the war, wheat and rye were in short supply in Holland. The researcher who noticed this was able to show that it was the gluten protein in grains which triggered the disease. [4]

Celiac is a genetic disorder and the incidence varies among different populations. Ireland and people of Irish descent have the highest incidence, about 1 person in 300. In Europe and the United States the incidence is much lower, reported at about 1 in 2,500 or less. The longer a population has eaten wheat the lower the incidence. Europeans have cultivated wheat for

almost 9,000 years while the Irish have grown it for only about 3,000 years. I suppose we could rename the disease Celtic Sprue rather than celiac sprue. When tested 90% of people with celiac disease are positive for the HLA-B8 antigen in their blood.

The classic problems associated with celiac disease are those of malabsorption and nutritional deficiency. Children with the disease fail to thrive; they are deficient in all of the fat soluble vitamins (A, E, K, and D) and many of the minerals, especially calcium and magnesium. While children are prone to osteomalacia, adults usually develop osteoporosis. This has been the description of celiac disease that medical text books have talked about for decades. Now for what's new.

For the last ten years we have known that celiac disease is associated with hypothyroid disease, specifically Hashimoto's Disease. About 10-14% of celiac patients are hypothyroid. Celiac patients are about ten times as likely to have thyroid nodules. [5,6,7] Is it the same genetic predisposition making people overly prone to develop autoimmune diseases that causes both conditions? Or is it the chronic bowel inflammation that stimulates these autoimmune reactions? At this point it isn't clear.

Celiac is clearly an autoimmune disease. The gliadin portion of the gluten protein contains a sequence of amino acids that trigger the immune reaction. When they bind on to the intestinal mucosa they act as an antigen and summon killer lymphocytes to attack. The immune system also develops an immune reaction to the muscle lining of the intestine, the endomysium and the enzyme transglutaminase. [8] People with celiac disease make antibodies which attack both the endomysium and the enzyme transglutaminase. Once this autoimmune process has been triggered, damage occurs in other parts of the body and not just the intestine.

Neurological damage occurs with celiac disease. Early on this was thought to be due to nutrient deficiencies caused by malabsorption. Current research shows that the problem is more



complex. Celiac disease stimulates the production of antibodies which attack areas besides the intestine including the central nervous system. About 40% of patients who suffer from idiopathic sporadic ataxia have celiac disease which damages their central nervous systems. [9,10,11] The neurological symptoms of celiac disease mimic the symptoms of multiple sclerosis to the degree that celiac must always be ruled out when diagnosing this disease. [12] The neurological conditions caused by celiac disease are now called gluten ataxia and cause damage to the cerebellum, the posterior columns of the spinal cord, and the peripheral nerves. [13]

The studies on gluten ataxia have revealed a significant statistic. In patients who had clearly measurable antibodies that are diagnostic of celiac disease and were suffering from gluten ataxia, only 13% had any gastrointestinal complaints. In other words, the hallmark symptoms of poor digestion we associate with celiac disease and use to diagnose the condition may be absent in 87% of patients with gluten related problems! [14] This suggests that celiac may be way under diagnosed.

Now we come to what to me is the most interesting of the recent research regarding celiac. It seems fitting that the research again comes from Holland, where celiac disease was first linked to diet. Dr. Nieuwenhuizen, from the research group TNO Nutrition and Food Research, published a paper in the June, 2003, Lancet. He links celiac disease with *Candida albicans*. Dr. Nieuwenhuizen, knowing the actual sequence of proteins which trigger celiac disease from the published work of other scientists, had searched the databases available to him through TNO to see if the same sequence existed in other places. It turns out the identical sequence of proteins occur in the cell walls of *Candida albicans*. [15]

These *Candida* gluten-like proteins turn out to be the yeast's "hypha-specific surface protein" nicknamed Hwp1. This is the yeast's version of Velcro and allows it to attach and hang onto the

endomysium in the wall of the intestine. It is also targeted by transglutaminase, the enzyme which acts on the gluten protein and serves as a target for immune antibodies. *Candida* species which don't have this Hwp1 protein can't attach themselves to the digestive tract. [16]

If *Candida* can trigger the same chemical and immunological reactions as wheat gluten do we can imagine a number of interesting implications.

First, in people with celiac disease, symptoms usually get better rapidly when they eliminate gluten from their diet. This isn't always the case. Even without gluten some people continue to have symptoms. They may have intestinal Candidiasis. The *Candida* in their gut may be acting like gluten and continues triggering symptoms.

Second, an acute *Candida* infection may trigger the onset of celiac disease. Even if the *Candida* is treated and eliminated, the person could be left with a permanent sensitivity to wheat gluten. *Candida* infections occur frequently with antibiotic usage. In people genetically susceptible to celiac, extra caution should be exercised when using antibiotics to prevent *Candida* overgrowth.

Third, if wheat can cause neurological damage as in gluten ataxia, it is reasonable to assume that *Candida* could also do so by the same process. Reports of *Candida* infections causing neurological symptoms are not uncommon; now we have a possible explanation.

Fourth, if only a small portion of the people with gluten ataxia have gastrointestinal symptoms despite their severe damage elsewhere in their bodies, it is reasonable to assume that *Candida* could stimulate significant problems while producing slight or no digestive symptoms.

So what does all this mean? Here's my bottom line:

Celiac disease may be grossly under diagnosed. It should be ruled out in any chronic digestive condition even if the symptoms don't fit the classic picture. Celiac disease should also be ruled out in osteoporosis and in neurological problems, especially MS. Celiac disease should



also be ruled out in Hashimoto's Disease and other thyroid abnormalities. Whenever Celiac disease is diagnosed, Candida infections should be tested for and treated aggressively. People of Irish descent are far more likely to get celiac disease than others and should be extra cautious to avoid Candida infections and treat them aggressively if they occur.

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Gluten-Free Food Substitute Guide from
GlutenFreeWorks.com

This section is about learning the safe starchy foods that are available to replace wheat, rye, barley, and oat as ingredients in recipes and as food selections. Safe replacements can be in the form of flour and starch for use in baking and cooking. They can be used whole as side dishes or ingredients in main dishes. Popular uses include cereal, pasta and noodles.

SAFE REPLACEMENT FLOURS AND STARCHES

Grains flours/ starches:	Legume flours:
Rice	Soy
Corn	Chickpeas
Sorghum	Fava bean
	Peanut
Seed flours:	Tuber flours/ starches:
Flaxseed	Potato
Millet	Tapioca
Buckwheat	Arrowroot
Amaranth	Sweet potato
Quinoa	
Nut flours:	
Chestnut	
Almond	
Walnut	
Filbert	

SAFE SIDE DISHES AND MAIN DISH INGREDIENTS

Rice is extremely versatile in its own right, and can often replace unsafe pasta, bread or noodles in recipes. There are dozens of different varieties that can be found in ethnic stores.

Use whole grain brown, polished white, and parboiled that does not have any commercial flavorings added.

You can simply steam it or make pilaf, fried rice, risotto, paella, chelo, polo, pulao, or sushi. Rice easily replaces pasta especially with a sausage sauce. Use it to stuff vegetable like peppers, cabbage, and grape leaves. Or make salad, molds, or casseroles (like tuna).



Corn is also versatile. Cooked corn meal, called by a variety of names (polenta, mush, Indian pudding, grits) is always welcome. Use it as a side dish topped with sauce or gravy, a main meal over meat dishes, or sliced and refried with jam for breakfast the next day.

Dried legumes make really nutritious dishes. Let's see, chili, refried beans, black beans, red beans, hummus, enchiladas, navy bean soup, lentil soup, pea soup, kidney bean soup... Nuts are useful. Cooked and mashed nuts like chestnuts can be used as a side dish. Try chestnut stuffing for a rich alternative. Seeds come in a wide variety to cook, toast or eat raw.

SAFE CEREAL REPLACEMENTS

Safe cereals include rice, corn, amaranth, buckwheat and soy cereal in any form that does not include barley malt, malt flavorings or any other addition of a gluten containing substance. Try hot creamy rice, buckwheat or corn grits topped with berries or nuts, raisins, or cinnamon for a satisfying breakfast.

SAFE COOKED AND FORMED REPLACEMENTS

Plain rice cakes (puffed) are fun replacements for bread. Lather with peanut butter and jelly or cover with tuna, chicken, or egg salad for lunch. Throw in some raisins for good measure. There is a wide assortment of safe pasta and noodles to replace anything you like, including lasagna, alphabets, and penne in addition to spaghetti, angel hair, and fusilli. Noodles, too, come in many sizes.

GLUTEN FREE SAUCES AT TARGET..

Check out the Gluten Free Sauces at Target in Cedar Falls... Brand is San-J
Check them out at <http://www.san-j.com/>

"RECIPES"

Vegetarian Stuffed Peppers Deb Miller

4 red or green bell peppers
2 cups (1 pint) cherry tomatoes
1 medium onion
1 cup fresh basil leaves
3 garlic cloves
2 tsp. olive oil
1/4 tsp. salt
1/4 tsp. pepper

Directions

1. Preheat oven to 425. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Calories 40 per serving.. serves 8..

Stuffed Baby Zucchini for Two Deb Miller

Ingredients

2 large baby zucchini halved lengthwise
2 oz reduced fat shredded cheese - I used a 4 cheese Mexican blend
1/4 medium red bell pepper
1/4 medium red or sweet variety onion
1 clove garlic
1 tsp chili powder
1 tbsp Parsley (I used dried but fresh would be even better)
Salt and Pepper to taste

Directions

Hollow out centers of zucchini halves and reserve.
Using small food chopper, finely chop zucchini



guts, bell pepper, onion and garlic (add parsley, too, if using fresh).

Add the chili powder, parsley, salt and pepper and any other seasoning you might like to the chopped veggie mix.

Add one half the cheese to the mixture and combine well.

Spoon into zucchini halves and spread rest of cheese on top.

Bake at 400 degrees for approximately 30 minutes - cheese should be golden brown.

Makes 2 servings - two halves per person.

Quick and Easy BBQ Sauce

Deb Miller

For the simplest barbeque sauce ever, mix together equal amounts of Coke and ketchup.

CHOCOLATE SANDWICH COOKIE DELIGHT

Bev Boesen

24 foil lined muffin cups

2 (3 oz.) instant chocolate pudding

24 chocolate sandwich cookies

2 ½ c. milk

2 (8 oz.) pkg. cream cheese

1 (12 oz.) Cool Whip

2 eggs

Macnut bits or mini chocolate chips

¾ c. sugar

1 tsp. vanilla

Preheat oven to 375 degrees. Line muffin tin with foil muffin cups. Put a sandwich cookie in each cup.

Beat cream cheese, sugar, eggs, and vanilla, until fluffy. Fill cups 2/3 full. Bake at 375 degrees for about 20 minutes. Cool. Mix pudding and milk.

Fold ½ of the Cool Whip into the pudding mixture.

Top each cooled cup with this mixture. Chill.

Before serving, garnish with Cool Whip and mini chocolate chips and/or macnut bits. Makes 24.

NOTE: I used MI-DEL chocolate sandwich cookies. I followed a similar recipe, taking the cookies apart, removing

the frosting and putting half of a cookie in each muffin cup.

PUMPKIN BARS

4 eggs

2 c. flour

2 tsp. baking powder

1 c. vegetable oil

1 can pumpkin

½ tsp. salt

1 tsp. baking soda

1 tsp. cinnamon

Combine ingredients, mix and place in 11 x 17 ungreased pan. Bake 25 minutes at 350 degrees. Mix frosting and frost.

Frosting for Pumpkin Bars

3 oz. cream cheese

¾ stick butter

1 T. vanilla

3 c. powdered sugar

CHOCOLATE CHIP MERINGUE COOKIES

4 large egg whites

½ tsp. salt

½ tsp. cream of tartar

1 cup granulated sugar

2 cups (12 oz.) pkg.

semi-sweet chocolate chips (or mini morsels)

Preheat oven to 300 degrees. Grease baking sheets. Beat egg whites, salt and cream of tartar in small mixing bowl until soft peaks form.

Gradually add sugar until stiff peaks form. Gently fold in chips, 1/3 cup at a time. Drop by level tablespoon onto prepared baking sheets. Bake

20-25 minutes or until meringues are dry and crisp. Cool on baking sheets for 2 minutes.

Remove to wire racks to cool completely. Store in airtight containers. Makes about 5 dozen.



SAUSAGE-LENTIL CASSEROLE

Alvin Hamilton

- | | |
|-------------------------|-----------------------------------|
| 1 ½ cups lentils | 1 can (1 lb. 4 oz.) |
| bay leaf | tomatoes |
| 2 cups water | 2 T. flour (I use Sweet |
| ½ tsp. salt | rice) I add a little tomato juice |
| 1 T. parsley | if too thick |
| 1 garlic bud | ½ cup parmesan |
| 1# sausage | cheese or thin slices |
| 1 rib celery, (chopped) | of mozzarella |
| ½ cup onion (chopped) | |

Cover lentils with water, add parsley, bay leaf and salt. Simmer covered for 30 minutes or until done. Add more water if needed. Brown sausage and drain off some grease, then add onion, celery and garlic and cook until tender. Add flour and mix well, then add tomatoes and simmer 1 minute. Add lentils, top with cheese, and bake covered at 350 degrees for 15 minutes. Uncover and bake 15 more minutes. I usually don't bake it if I am going to freeze it and use later. Then add the cheese. (We like to use just the Parmesan cheese on it after it is baked. Makes a big batch, so I always freeze half of it.

PEANUT BUTTER COOKIES

- | | |
|-------------------|----------------------|
| 1 ½ c. shortening | 1 tsp. salt |
| 4 tsp. vanilla | 2 c. peanut butter |
| 2 c. white sugar | 1 T. baking soda |
| 5 c. flour | 4 eggs, well beaten |
| 2 c. brown sugar | 2 tsp. baking powder |

Cream shortening and sugar. Mix in rest of ingredients. Bake at 350 degrees for 10-12 minutes. Do not double recipe. Makes 5-6 dozen.

HERSHEY BROWNIES

Mary Gray

- | | |
|-------------------------------|------------------------------|
| 1 stick soft butter | 4 eggs |
| 1 c. sugar | (Mix these ingredients well) |
| 1 can Hershey chocolate syrup | |

- | |
|---|
| ½ tsp. baking powder |
| 2 tsp. vanilla |
| 1 cup gluten free flour mix (Gifts of Nature – has xanthan gum in it) |
| ¼ tsp. salt |
| Chopped nuts |

Mix first 3 ingredients well. Add the other ingredients. Beat thoroughly. Pour into a greased 9 x 13" pan. Bake at 350 degrees for 35-40 minutes.

FROSTING

- | | |
|----------------|-------------------------------|
| 1 stick butter | (Boil these three ingredients |
| 1 cup sugar | for 1 minute. Remove from |
| 1/3 can milk | heat.) |

Add ½ cup chocolate chips and beat until creamy and starts to thicken. Spread on brownies.

PISTACHIO FLUFF

Diane Ebert

- | |
|--|
| 1 small package of instant Pistachio pudding |
| 2 c. small marshmallows |
| 32 oz. can of crushed pineapple |
| 8 oz. Cool Whip |
| Nuts optional |

Mix the pistachio pudding and crushed pineapple, then add the other ingredients.

Parmesan Popover Bites

Rita Smith

Taken From: "Gluten Free Everyday Cookbook" by Chef Robert Landolphi
State Celiac Meeting 2009
These popover bites remind me of hot, buttery crescent rolls. Crispy on the outside yet light and airy on the inside, these are a delicious substitute for the dinner rolls

Makes 4 dozen

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



2 cups tapioca flour
1 cup sweet rice flour
½ cup potato starch
1 teaspoon salt
2 cups shredded Parmesan
Cheese

1 ½ cups milk
¾ cup canola oil
(I used Olive oil)
4 large eggs,
beaten

Preheat the oven to 425°. Butter two 24-cup mini muffin tins.

In a large bowl, combine the tapioca flour, sweet rice flour, potato starch, salt and Parmesan cheese. Stir with whisk to blend. Gradually whisk in the milk, oil, and eggs. (I used the food processor and it worked great).

Pour the batter into a small pitcher and fill each muffin cup three-fourths full. Bake for 15 to 20 minutes or until lightly golden brown. Remove from the oven and serve warm. They are also good cold or warmed up in the microwave.

Individual Pumpkin Cheesecakes
Denise Launderville

18 paper Baking Cups (2 1/2 in)
18 Gluten Free Ginger Snap Cookies
12 oz cream Cheese softened
¾ cup sugar
1 T. cornstarch
1 tsp. Pumpkin Pie Spice
2 Eggs
1 Cup canned pumpkin
1/3 cup Karo Syrup
Place paper baking cups in muffin pan. Place 1 ginger snap in each cup. Beat cream cheese, sugar, cornstarch, and pumpkin pie spice with electric mixer until well blended. Add eggs and blend well. Add pumpkin and karo syrup. Beat 1 minute. Pour in to baking cups. Bake in preheated oven at 325 degrees for 30-35 minutes, until just set. Chill for 1 hour minimum serve plain or with whip topping.

Lime Salad
(aka: Icky Green Salad)
Diane Ebert

2 – 3oz packages of Lime Jell-O
3c boiling water
1 small can crushed pineapple juice and all
1 small carton cottage cheese
1 can sweetened condense milk
1c chopped English Walnuts
1/2c chopped Green Olives

Make lime Jell-O with just 2c boiling water in large bowl. Let cool some. To Jell-O add pineapple juice and all, cottage cheese, sweetened condensed milk, walnuts, and olives. Stir well and put into 9x13 pan. Refrigerate.

The “aka name Icky Green Salad” came from my husband's Aunts discussing which salad to bring to a family reunion. The one Aunt was asked to bring that 'Lime Salad'. “Oh no not that icky green salad again” was the comment. It stuck!

Cheesy Corn Bake
Beck & Gary Anderson

1 16 oz. Whole Kernel Corn including the liquid
(Do Not Drain)
1 16 oz. Cream Style Corn
1 cup Uncooked Macaroni
1 stick Margarine – melted or at least cut up in small pieces
8 oz. Velveeta Cheese

Bake 350 degrees for 30 minutes. I think 9x13 pan. Not sure so just remember the macaroni will swell as it cooks with everything.

For the meeting I tripled the recipe and used a crock pot for 2 ½ -3 hours stirring once in a while to keep from sticking in the crock pot.



Red Broiled Potato's
Denise Launderville

Baby red potato's washed and quartered
Mix in bowl with olive oil and Rosemary to coat.
Spread on cookie sheet and place in 350° oven
until almost done. Sprinkle with grated
parmesan cheese (fresh not in the can) return to
oven until potatoes are done and crispy.

**Better than paper towels and a lot
less expensive...**

Coffee filters ... who knew?

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
2. Clean windows, mirrors, and chrome... Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect china by separating your good dishes with a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a popsicle from dripping. Poke one or two holes as needed in a coffee filter.
12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
13. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc. on them. It soaks out all the grease.
14. Keep in the bathroom. They make great "razor nick fixers."

15. As a sewing backing. Use a filter as an easy-to-tear-off backing for embroidering or appliquéing soft fabrics.
16. Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.
17. Use them to strain soup stock and to tie fresh herbs in to put in soups and stews.
18. Use a coffee filter to prevent spilling when you add fluids to your car.
19. Use them as a spoon rest while cooking and to clean up small counter spills.
20. Can use to hold dry ingredients when baking or when cutting a piece of fruit or veggies. Saves on having extra bowls to wash.
21. Use them to wrap Christmas ornaments for storage.
22. Use them to remove fingernail polish when out of cotton balls.
23. Use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout.
24. Use coffee filters as blotting paper for pressed flowers. Place the flowers between two coffee filters and put the coffee filters in phone book.
25. Use as a disposable "snack bowl" for popcorn, chips, etc.

OH YEAH, THEY ARE GREAT TO USE IN
YOUR COFFEE MAKERS, TOO.



2009 Holiday Dinner



The tables looked great thanks to Tim and Cindy Asche , Lu Schuler and Judy Poyzer



67 People enjoyed a great
Gluten Free Dinner



Membership Form

Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2010 are \$20.00.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this for by Jan. 15, 2010 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

Name _____

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Yes I will accept my newsletters via e-mail to save postage and printing costs

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Comments and Ideas: _____

**Don't forget
to register
for 2010**

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