



Lancaster Area Celiacs

# LAC Quarterly

Volume IV No. 1

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

January 2009

## November Meeting Recap

The fall meeting of Lancaster Area Celiacs was held on November 3, 2008 at Lancaster General Hospital. Sister Jeanne Patricia Crowe, a clinical pharmacist who is the pharmaceutical advisor for the Philadelphia Area Celiac/Sprue Support Group, addressed our group about checking for gluten in medications.

Sister Jeanne shared that she did not learn about celiac disease and the effects of gluten in medications while attending pharmacy school since there are no medicines for celiac disease. She encouraged us to be our own advocates and to obtain copies of inactive ingredients for all medications we take. None of the active ingredients contain gluten but because so many medications are so minute, fillers are needed to make them large enough to handle. The inactive ingredients act as binders to hold the medication together. Problems occur for celiac patients when the inactive ingredients contain gluten. Any medication that comes into direct contact with the intestinal tract should be checked for possible sources of gluten. Medications administered by injection, IV, or skin patches do not contact the intestinal lining and should not be a problem for the celiac patient.

Knowing that wheat allergies are more common, many pharmaceutical companies refrain from using wheat starch as filler. Tapioca starch or corn starch are used more often. If only starch is listed on the inactive ingredient list, the starch

could be wheat starch and should be avoided.

Several suggestions were presented to check for gluten-free medications:

- Obtain a copy of the medication package insert from the pharmacist.
- Check the pharmaceutical company's website on the internet.
- Check the PDR for medication ingredients.
- Ask the pharmacist for the phone number of the pharmaceutical company and call them for ingredient information.
- When a manufacturer lists an ingredient as "unspecified", it is necessary to call the company to determine if the unspecified ingredient is gluten-free. If medications change in appearance from those previously taken, check with the pharmacist to be sure that the formula has not changed.

Sister Jeanne reminded us not to take medications that we do not need but if we need a medication, do not be afraid to take it. We are never to neglect our health needs out of fear.

If you'd like a printed copy of Sr. Jeanne's presentation, please contact George & Becky.

Minutes taken by Sue Francis

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### November Vendors

Spice of Life Flour Power Bread  
[www.spiceoflifelancaster.com](http://www.spiceoflifelancaster.com)  
(717) 330-4359

Garden Spot Distributors  
[www.gardenspotdist.com](http://www.gardenspotdist.com)

Grandma's Gone Gluten Free  
Sue Polachak  
[spolachak@comcast.net](mailto:spolachak@comcast.net)  
(717) 392-6971

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## A Faster Test to Find Gluten in Food

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Thank you to the following companies for providing samples for our November meeting:

Garden Spot Distributors  
gardenspotdist.com

Shabtai Bakery  
shabtai-gourmet .com  
(516) 652-5671

Moonhance Heavenly  
Desserts  
moondancedesserts.com  
(513) 351-9559

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Scientists in Spain have developed a new test to identify gluten in foods. The test is highly sensitive in looking for gliadin, the protein in gluten which causes a reaction in Celiacs. It is able to determine the results in 90 minutes, compared to older tests that can take eight hours to determine a result. The same team is



also working to create another new test which can be used by food manufacturers to determine if their products are gluten-free. This test will be of great use for companies to definitively determine if their products contain gluten either because of ingredients or cross contamination in the manufacturing process.

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## Special April Presentation by Author Cleo Libonati

Nationally recognized author Cleo Libonati, RN, BSN will be coming to Central PA to present “Celiac Disease: Nutritional Deficiencies and How to Achieve Wellness on a Gluten Free Diet”. The presentation will be a special combined meeting of Lancaster Area Celiacs and Harrisburg GIG and will be held on Monday April 27 at 6:30 PM at the Mohler Senior Center in Hershey. Cleo is co-founder of [glutenfreeworks.com](http://glutenfreeworks.com) and the author of Recognizing Celiac Disease. She is also a celiac and is dedicated to increasing awareness of celiac

disease research for medical professionals and dietitians. Pre-orders of the book will be offered at a discounted rate of \$31.75 (including tax).

Don't miss out on this special opportunity to hear a national celiac awareness leader speak about wellness on a gluten-free diet

For more information on Cleo, go to her website:

[www.recognizingceliacdisease.com](http://www.recognizingceliacdisease.com)

Please register with us for this event by *April 20, 2009!*

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## Gluten-Free Food Co-Op—Orders Due by 1/11

If you're looking for ways to save money on the gluten free products you use everyday, remember our Gluten Free Food Co-op with Garden Spot Distributors. Garden Spot sells our members food by the case in order to receive lower prices. They have also supplied us with many samples for our meetings and newly diagnosed patients. A portion of the money we spend on the products comes back to our group, so remember them when you're making your shopping list.



If you'd like to get some products from the Co-op, but don't think you can use a whole case, let us know. We can split cases between members if we get enough interest for popular products such as Glutano Tagliatelli Noodles or Conte's Pastas.

Please see our website, [www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org) for the specials and a link to the Garden Spot website. If you'd like a list mailed to you please contact John Bridgen.

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To place an order, contact John Bridgen by

Phone: (717) 367-9308 or E-mail: [cobrajb@embarqmail.com](mailto:cobrajb@embarqmail.com)

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## Thyroid Disorders in Celiac Patients

A Swedish study has found that celiac patients are at a greatly increased risk of developing thyroid disorders including hypothyroidism, hyperthyroidism and thyroiditis.

The study looked at more than 14,000 individuals with celiac disease and 68,000 without between the years 1964 and 2003. They determined there is a 4-fold increase of risk for hypothyroidism, a 3-fold increase of risk for hyperthyroidism and a 3.6-fold increase of risk for thyroiditis.

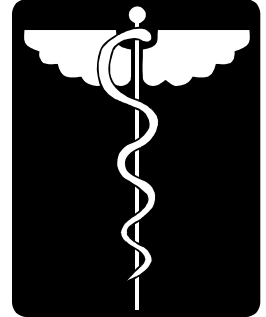
The thyroid gland, which is located in the neck, is responsible for regulating metabolism. When the gland is underactive (hypothyroidism) it can cause fatigue, sensitivity to cold, dry skin and

weight gain. When the gland is overactive (hyperthyroidism) it can cause excessive sweating, heat intolerance and nervousness. When the gland swells, it is known as thyroiditis. Mild cases of hypo- or hyperthyroidism, however do not show symptoms.

On the reverse side, the study also found that individuals with thyroid disorders were similarly at an increased risk of developing celiac disease.

The researchers determined that these result suggest shared genetic or immunological traits between celiac and thyroid diseases.

Article Source: Journal of Clinical Endocrinology and Metabolism, October 2008.



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## The Gluten-Free Diet Fad in Non-Celiacs

To those of us with Celiac Disease and Dermatitis Herpetiformis, the gluten free diet is a necessity. Gluten causes an auto-immune reaction in our bodies that results in damage to the lining of our intestines. However, as more and more people hear about gluten and its effects, non-celiacs are trying the gluten-free diet as well. This is wonderful news for the cause of celiac awareness and the acknowledgement of the presence of gluten. However, the question remains whether all of the attention on gluten now will cause it to fade away into fad diet oblivion like the low carb diet and the grapefruit diet, or if will it bring lasting awareness of celiac disease as an issue that affects 1% of our population.

Non-celiacs on the diet include children with ADHD (Attention Deficit Hyperactivity Disorder) and autism and people who are just trying to be healthier. Even though there isn't any direct scientific support, anecdotal evidence suggests that 20% to 40% of children with autism have seen improvement while on

the gluten free diet.

People choosing the gluten-free diet for general health reasons instead of celiac diagnosis can begin to have more energy and feel better overall, but this may not be because of avoiding gluten itself, but instead avoiding the unhealthy products that contain gluten like pizza, cookies, and cakes and eating healthier grains like quinoa. One thing they must be aware of, though, is that gluten-free foods also don't contain as much vitamin B as wheat containing foods, so extra supplements are important when going gluten-free.

So at this point while this increased attention is being placed on the gluten-free diet, we should enjoy having more options at the grocery store, more gluten-free menus at restaurants, and changes to the food labeling laws. But at the same time, we must make it known that for us the gluten-free diet is more than a fad, but a medically required way of life.

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Groups with higher percentages of celiacs:

General Population: 1%

Autistic Children: 2%

Type 1 Diabetics: 10%

Downs Syndrome Patients: 10%

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## Restaurant Reviews: Gibraltar & Doc Holiday's

Recently I had the pleasure of having lunch at Gibraltar's in Lancaster. The Manager, Chris, and Executive Chef Vitale could not have been more helpful in assisting me in the selection of a GF meal. He suggested the parmesan crusted chicken breast on mixed greens with asparagus, strawberries and honey balsamic vinaigrette. He said he would prepare the chicken without the crusting, as it had a bit of flour in it. It was so tender and delicious that I would not hesitate to order it again. To our surprise, at lunch, one of the waitresses, Mandy, came over to the table and asked if she could ask a few questions about Celiac, as she knew very little about it and wanted more information. It was helpful to educate the waitress along the way too, since she could prove helpful in the future to us.

A couple of weeks later, we decided to dine there in the evening. The Manager, Chris, told me there were three dinners that were gluten free, but a few others could be tweaked for me. So I ordered the Salmon with Pumpkin Seed Crusting (which of course, needed to be tweaked - using only the seeds), along with sweet potatoes and brussel sprouts. The meal was superb - and for dessert that evening, they had a Flourless Chocolate Cake with coffee ice cream and chocolate mousse - oo-la-la - Great! Most of the time, I have to pass on dessert, but Gibraltar's is one of the few restaurants I've dined at that occasionally have a flourless cake. Our waiter (Majid), said that Chef Mario, who prepared my meal, wanted to speak to us about Celiac Disease and make sure my dinner was good. If you're not up for Salmon, try the Diver Seared Scallops, or the Potato Crusted Halibut and even the Mediterranean Shrimp. All are superb and GF. Gibraltar's is a bit pricey and the menu changes frequently, but it was well worth it and we would not hesitate to dine there again, especially with all the caring and expertise they have for the Celiac person. Exec. Chef Vitale and Chef Mario are aware of our needs and can generally alter a few items on the menu to meet those needs. Just let them know you have Ce-

liac and they will do their best. Thank you Exec. Chef Vitale and Chef Mario for all the wonderful meals you have prepared for me and also to the manager, Chris, for overseeing everything. With the holidays fast approaching, do give Gibraltar's a try for an evening of fine dining. I don't think you will be disappointed!

While talking to Chris, I mentioned that we wanted to check out Doc Holidays and asked if he knew the name of the chef. To our surprise, Chris went one better for me. He invited Chef Andy from Doc's over, so we could discuss what was GF on the menu and what could be tweaked for me. We also discussed preparing non-contaminated food. Andy spent about 30-40 minutes with us, asking questions while reading the Celiac restaurant guide I gave him. He was surprised that malt was a no-no on the list (I tweaked my guide to include malt - as I'm finding several chefs either don't know this or have been surprised by this fact). As it turned out, later that week my ladies group was dining there. It was a pre-set menu and I only had three things to choose from - so, I called Andy in the morning to say I was coming in and asked if he would prepare a meal for me that was GF. What a meal he prepared - a generous salad without croutons, followed by a small steak done just the way I like it and a baked potato. He also suggested the ribs - which were very tempting, but I was not in the mood to get that messy. I have since eaten there again, but did have an unfortunate incident - luckily it was taken care of very quickly. Thank you Chef Andy!

If anyone has any suggestions or ideas on a restaurant or you want me to talk to the chefs and critique, please feel free to contact me at: [razi-leidee@comcast.net](mailto:razi-leidee@comcast.net) - (put Celiac as the subject)

TIP: When ordering "Prime Rib", make sure they do not cook it to your liking in "au jus" - it contains wheat. Instead have them cook it on a piece of aluminum foil on the grill.

Review by Janet Smith

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## Restaurant Recommendations from November Meeting

- Maggiano's Italian Restaurant in King of Prussia
- Sorrento's Pizza in Hershey (Briarcrest Square)
- J.B. Dawson's in Park City
- Rice and Noodles on Lititz Pike (near the Golden Triangle)
- Wasabi in Kendig Square
- Isaac's at Greenfield
- Barney's at Overlook Golf Course
- Symposium on Centerville Road
- Gibraltar's near F & M College
- Doc Holliday's near F & M College

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## Recipe of the Quarter

### Flourless Chocolate Cake

#### INGREDIENTS

- 4 oz chocolate, 60% cocoa or higher (semi-sweet works well)
- 1/2 cup butter
- 3/4 cup sugar
- 3 eggs
- 1/2 cup cocoa powder

Preheat oven to 375 degrees. Cut parchment paper into an 8 inch circle to line an 8 inch round pan. Use butter or non-stick cooking spray to keep the liner in place.

In a double boiler, melt the chocolate and butter, stirring constantly until smooth. Remove the top of the double boiler and whisk in sugar, stirring until dissolved. Temper eggs into mixture one at a time to prevent curdling OR add yolks only and whip whites until frothy and then fold in. This will make the cake lighter.

Pour batter into pan and bake for 25 minutes or until the top has formed a thin crust. Cook cake in pan for 10 minutes before inverting onto a serving plate. Peel off paper.

After the cake is completely cooled and just before serving, dust the top of the cake with confectioners sugar or add a scoop of vanilla ice cream on the side.



Recipe by Eileen Mauskapf and Janet Smith



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## Celiac 101 Class

If you are newly diagnosed or just need help surviving on a gluten free diet, this is the class for you. It will give you insight on where to shop, what to look for, what to do at restaurants and time for lots of questions.

For more information contact: Julie or Sandy @ 717-392-1675

## Product News

### The Grainless Baker Named Innovator of the Year

The Grainless Baker, Inc., a gluten-free bakery based in Lake Ariel, PA has been named Innovator of the Year by the WEDCO Board of Directors. The company, founded in 2004, has recently expanded their operations and now distributes their gluten free products globally.

For more information on the Grainless Baker see their website: [www.thegrainlessbaker.com](http://www.thegrainlessbaker.com)

### Gluten Free Soft Pretzels

Dutch Country Soft Pretzels on Rt. 322 between Hinkletown & Blue Ball is now offering gluten free soft pretzels. They are sold frozen and are available in 3 different pack sizes: 1(\$1.75), 3(\$5.00 ), and 6 (\$9.00). Our member Joy Dickson has tried them and says they are wonderful!

In addition, the company has shared their lab results with us, which showed that at 19.6 parts per million, they are within the threshold of 20 parts per million which the FDA is considering as a standard for calling something "gluten free."

Website: <http://www.dutchcountrysoftpretzels.com/>

### Ordering GF food at Giant

Sandy Stine had a great experience ordering pretzels at the Giant on Fruitville Pike (in the former Redner's Store). Marjorie is the person who orders their organic/special foods and she said she would be happy to order anything and is also interested in suggestions on food items to carry.

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## LAC Website

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)



Many thanks to our webmaster, John Bridgen, Jr for his hard work and creativity! Our website is continually updated with new information on celiac disease and group events.

Since the restaurant section is by far the most popular section of the site, we are looking to add a printable list with a map located the restaurants that serve us best. So, please continue to send in your recommendations - good or bad!

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## January Meeting Preview

Date: Sunday, January 25, 2009  
Time: 1:00 PM - 3:00 PM  
Location: Stager Conference Center Room 5  
Lancaster General Hospital  
555 North Duke Street  
Lancaster, PA 17604  
Speaker: Nancy Ginter  
National Foundation for  
Celiac Awareness  
Topic: Local Celiac Awareness  
Vendors: Grandma's Gone Gluten Free  
Gluten Free 4 Me  
Tanya's Gluten Free Kitchen  
Directions: Take Duke St. South or Lime St. North  
and park in the James St. Garage or on street. Take  
elevator to the ground floor and follow signs.

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## Calendar



### January 11, 2009

Co-op orders and payment due to John Bridgen

### January 15, 2009

Pre-orders for Grandma's Gone Gluten Free  
products due to Sue Polachak

### January 20, 2009

Pre-orders for Gluten Free 4 Me products due  
to Cindy Sunderland. Orders will be distributed  
at the meeting.

### January 25, 2009 1:00 pm—3:00 pm

*LAC Meeting*  
Stager Conference Center Room 5 in  
Lancaster General Hospital

### January 26, 2009 6:30 pm

*Harrisburg GIG Meeting—Ask the Doctor*  
Panel Discussion, Facilitated by Dr. Qureshi,  
Pediatric Gastroenterologist  
Mohler Senior Center, Hershey  
Contact Linda Weller at 520-9817  
for information

## LAC Updates

Looking for more information on food specials, gluten-free events and the latest in celiac research? Be sure to check out our e-mail updates. Many e-mail providers consider these types of e-mails spam, so be sure to add our e-mail address to your contacts and mark us as a safe sender.

If you have e-mail and don't already receive our updates, please let us know and we will sign you up!  
lancasterareaceliacs@yahoo.com

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## Donations and Volunteers

Thank you to everyone who has donated to our group. Both your time and financial support go a long way to help us continue our goal of providing support for celiacs and spreading awareness of celiac disease locally and beyond.

Our group has now grown to over 275 people and with your help we are able to do mailings, make copies, and invite a wide variety of speakers to our meetings.

As we move forward we are looking for even more people to volunteer. The more awareness we can raise of celiac disease, the more people we can help and the better it will be for all of us as access to gluten free food will grow.

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## Committee

Chairs: George & Becky Maag  
208 Old Hershey Road  
Elizabethtown, PA 17022  
Phone: (717) 367-9257  
Email: lancasterareaceliacs@yahoo.com

Advertising:	Doris Jenkins
Brochures:	Patti Eitner
Food Co-Op:	John Bridgen
Fundraising:	Richard McKenna
Minutes:	Sue Francis
ROCK Chair:	Janelle Gregory
Samples:	Mike Schreiner
Special Projects:	Sue Polachak
Webmaster:	John Bridgen, Jr.
Restaurant Reviewer:	Janet Smith
Celiac 101	Julie Callender
	Sandy Stine
	392-1675