



Lancaster Area Celiacs

LAC Quarterly

Volume V No. 1

www.lancasterareaceliacs.org

Winter 2010

November Night Out & Other News

WE NEED YOU

As we all know there is currently no medicine for celiac disease, but to treat it we just simply cut gluten out of our diets, right? Well we also all know not always that simple. That is why groups like ours are so important. We encourage each other, learn together, and share our struggles. **As we announced recently we will be stepping down from the as leaders of this group following the January meeting. So we are now looking for people to step up and take on the leadership.** We don't lose this important, local resource that works to keep us all healthy and reminds us we are not alone.

- George & Becky

In November, we held our first 'Night Out' event at Iron Hill Brewery in Lancaster. A group of us met at the restaurant to sit down and enjoy a nice gluten free meal together while we could discuss our own celiac stories and how we've all learned to succeed on the gluten free diet. It was fun night, with excellent food and great company. The staff at Iron Hill even went above and beyond to accommodate the gluten free needs our group. They had a dedicated fryer for the French fries and we even enjoyed burgers on gluten free buns from Grandma's Gone Gluten Free. There were several other options that were all raved about by our members. We finished the evening with the special treat of a Grandma's Gone Gluten Free Chocolate Zucchini Cake!

Mario, the chef from Iron Hill, came out to speak to us for a few minutes. He told us that the best way to communicate with chefs is by bringing along dining cards that can be passed along to them. The cards tell them exactly what to watch for to ensure that your meal is safe. We have free Dining Cards that you can download on the restaurant page of our website.

Other news we discussed included a recap of the presentation given by Dr. Stephen Wangen at the Harrisburg GIG November meeting. Dr. Wangen's theories on gluten intolerance differ from others in several ways, most importantly that celiac disease, which is defined as

intestinal damage (i.e. blunting of the villi), is just one specific body reaction to gluten. He feels that gluten intolerance can be linked to several other symptoms from fatigue to psychological effects that are equal to, if not worse than the intestinal damage. Celiac disease is much more easily identifiable than other reactions, so in the past it was thought to be the only reaction to gluten. Now Dr. Wangen feels that the medical profession must recognize that gluten causes a variety of other issues in a large percentage of the population.

Sandy Stine, who did an excellent job of organizing the event, also gave the group a recap of the annual CSA conference that was held in Erie, PA in October. She discussed the new therapies for celiac disease that are being explored in addition to numerous other items from the conference.

At this event, as in our last email, we also announced that we will be stepping down as leaders of this group. We've enjoyed leading the group, watching it grow and meeting so many wonderful people over the past 2 years. **However, the time is right for someone new to take over. We have received some volunteers for a portion of the duties, but we need more. Please consider taking over some of the leadership and contact is you are interested.** The group is an important way to connect with other celiacs and keep us all moving toward better health!

New Therapies for Celiac Disease

Several new therapies for celiac disease are currently being explored by the research community. They include two categories: enzyme therapy, which is a supplement to the gluten free diet, protecting against occasional gluten exposure, and immunotherapy, which trains the immune system to tolerate gluten while eating a standard diet.

In the enzyme therapy category, Alvine Pharmaceuticals in California is developing a supplement that would combine enzymes from bacteria and barley to break gluten down into smaller fragments, something which all humans naturally lack the ability to do. This supplement would, in essence, finish the job that our own digestive system cannot. The theory is that the smaller fragments will no longer cause inflammation in the intestines. This therapy is currently moving into Phase II of its clinical trials.



Another supplement being developed by Alba Therapeutics in Maryland will take a different approach. Their supplement will leave the gluten intact, but instead prevent it from passing beneath the lining of the gut to the area where the immune reaction occurs, closing up the “leaks” in our gut. This therapy has completed its Phase II clinical trials with mixed results. The supplement does decrease symptoms from a gluten reaction as well as decrease the level of the antibodies that are released when gluten is ingested. However, it does not reduce permeability of the gut as originally intended. At this point, it is unclear whether either of these therapies would need to be used with a daily regimen or just occasionally while eating out, traveling, etc.

In the immunotherapy category, an Australian company called Nexpep is at the

beginning stages of developing a treatment that would stop the immune response to gluten in the gut. The process would involve a vaccine of gluten peptides that will be injected under the skin, not in the gut. This will allow the immune system to learn to tolerate the gluten outside of the gut where the damage is occurring, and theoretically prevent or turn off the reaction that causes damage in the intestines. This therapy is in Phase I of testing and would probably require a series of initial injections in addition to periodic maintenance shots.

Other researchers in Australia are investigating the use of a hookworm injection to treat celiac disease. This theory is based on the fact that our ancestors regularly had intestinal parasites which trained our bodies to tolerate environmental irritants. Now that we live cleaner lives without parasites, we have lost some of the natural protection they provided to us. While the results of the Phase II trials of this vaccine have yet to be published, the researchers have confirmed that when the celiac patients in the study were offered a medication to kill the hookworm, all 20 turned down the medicine.

These potential therapies all offer a great hope for a future where celiac patients can, at the very least, not worry about those accidental gluten reactions if the waitress just picks the croutons off your salad or if your co-worker sticks a gluten-covered utensil into your gluten free dessert at the company holiday party. While we await the future, we can continue to be thankful that, unlike all other autoimmune disorders, celiac disease can be treated for the time being by simply (or not so simply) removing gluten from our diets.

Source: Catherine Delude, LA Times

There is a great deal of excitement in the medical research community about the development of new treatments for celiac disease. Researchers feel that successful therapies for celiac patients can become a model for the treatment of other autoimmune diseases like Type 1 Diabetes and Crohn's Disease.

Celiac Disease and Anemia

While the commonly known presentation of celiac disease is through gastrointestinal symptoms, there are a great number of atypical presentations that don't get a lot of attention. This lack of attention is why so many celiacs go undiagnosed. One such atypical presentation is anemia. Anemia is a condition caused by a lack of healthy red blood cells and hemoglobin. It results in too little oxygen being transported through the body and leads to several symptoms including fatigue, a shortness of breath, dizziness, being cold all the time, headaches, heart palpitations, leg pain, or even a need to crunch on ice.

Untreated celiac patients have can have an inability to absorb nutrients due to the damage in the intestine. The lack of nutrients can eventually lead to deficiencies

in folate and vitamin B12, which are needed to form hemoglobin and grow red blood cells. Signs that a folate deficiency may be occurring include ringing in the ears, cracked lips, a sore tongue and other standard anemia symptoms. Vitamin B12 deficiency signs include numbness of the fingers and toes, feelings of imbalance, depression, and, if there is a long term deficiency, dementia.

The American Gastroenterological Association states that 9% of anemics without gastrointestinal symptoms have celiac disease and that 10%-15% of anemics with gastrointestinal symptoms also have celiac disease. Their recommendation is that any unexplained anemia should be tested for celiac disease.

Source: www.jensglutenfreeblog.com
www.webmd.com

The American Red Cross says that celiac patients may donate blood. They must meet the same requirements as all donors, follow the gluten free diet, and be "healthy". If you meet these requirements, feel free to roll up your sleeves and save a life!

Tips for Baking Gluten Free Bread

Jules Shepard is a well known gluten free baker, author, blogger, and speaker. She is the featured baking expert on celiac.com and recently wrote an article giving tips on how to make better gluten free bread:

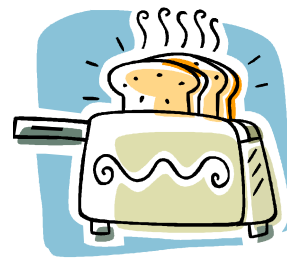
- Don't scoop flour from the bag with a measuring cup. Use a spoon to put it into a measuring cup and level off with a knife to avoid compressing the flour.
- Bring ingredients to room temperature before mixing, especially for recipes with yeast, so it doesn't impede the growth of the yeast.
- Don't take bread out of the oven until fully cooked or it will be rubbery at the bottom. A baking thermometer should read 210F at the bottom of the bread when it is done.
- If using an oven, metal pans work better than glass.
- For better rising, turn oven on to 200F. Once that temperature is

reached, turn the oven off and put the un-raised bread in the warmed oven with an oiled piece of wax paper on top. Let it rise according to the directions. Once it has raised, remove wax paper and bake according to directions.

To prevent sinking, turn off the oven when the bread is done baking and open the door, leaving the bread in the oven. This will allow it to cool slowly, avoiding the quick temperature drop that leads to sinking. A ¼ cup of flaxseed meal added to a recipe can also help support the bread's structure.

To read the full article, go to: <http://www.celiac.com/articles/21952/1/7-Easy-Tips-for-Baking-Better-Gluten-Free-Bread/Page1.html>

Jules will also be speaking at the next Harrisburg GIG meeting on Feb. 20 at 10:00 AM the Mohler Senior Center in Hershey. Jules has more tips and recipes available on her website www.JulesGlutenFree.com.



Co-Op Orders due January 17, 2010

Contact:
John Bridgen

Phone:
(717) 367-9308

Email:
cobrajb@embarqmail.com

Gluten-Free Food Co-Op

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 food to our members by the case at wholesale prices. A portion of the money from the co-op even comes back to our group!

Please take a look at our website, www.lancasterareaceliacs.org, for a list of

specials and a link to the Garden Spot website. For a mailed copy of the list or to place an order, please contact LAC member John Bridgen.

Please take a look at our website, www.lancasterareaceliacs.org, for a list of specials and a link to the Garden Spot website. For a mailed copy of the list or to place an order, please contact LAC member John Bridgen.

Celiac 101 Class

If you are newly diagnosed or just need help surviving on the gluten free diet, this is the class for you. It will give you insight on where to shop, what ingredients to look for, how to order at restaurants, and there will be time for lots of questions. Classes are held periodically when we have enough interest, so con-

tact our class leaders Sandy and Julie if you'd like to attend. Call 392-1675 for more information.



LAC Website

If you haven't seen our website yet, be sure to check it out! We have a lot of great information and we try to keep it updated with the **best local restaurants and stores for the celiac community.**

Let us know if you have something to add to make it even better!

www.lancasterareaceliacs.org

Thanks to webmaster John Bridgen Jr.!



Florida Voted Best Celiac Destination of 2009

The website GlutenFreeTravelSite.com held their second annual contest to find the "World's Most Celiac Friendly Destination". In their contest, the location that received the most reviews submitted for restaurants, bakeries, grocery stores, hotels and cruise ships by December 31, was judged the best destination. Last year's winner was New York, but this year, a new winner has been crowned: Florida!

Florida was able to edge out the competition in large part because of Disney World, where not only are all of the Dis-

ney operated parks and hotels/resorts very celiac friendly, but there is also a great number of restaurants in and around the parks in the Orlando area with gluten free menus. A number of cruise lines departing from Florida also contributed to the positive gluten free ratings for the state.

The website features written reviews, not just lists, of restaurants, grocery stores, hotels, etc. for nearly 600 establishments world wide. Check it out to see the good and bad experiences other celiacs had while traveling.

Product News

General Mills Launches New GF Site

General Mills, the maker of products like Betty Crocker, Chex Cereals, Yoplait Yogurts, Progresso Soups and more has launched a new website called *Live Gluten Freely* for gluten sensitive customers. The site includes a list of all of General Mills' gluten free products, a product locator and recipes for lots of great gluten free treats like Brownie Ganache Torte with Raspberries and Chex Apple Almond Bars.

www.liveglutenfreely.com

Sam's Club Testing GF Food Sales

Sam's club is currently testing the sales of frozen Isabelle's Best Gluten Free Pizza. The pizzas are 12" pepperoni and come in two packs for \$13.38. The pizzas will be available at Sam's Club locations in the Central PA area including, Harrisburg, Reading, and York.

Bush's Best Products Reformulated

Bush's Best Chili Beans have recently been reformulated to be gluten free. They have switched the wheat flour they previously used for modified corn starch. In addition, any vinegars used in their products are corn based and are distilled. So, now all Bush's Best products are gluten free with the exception of Bush's Chili Magic Chili Starter and Bush's Homestyle Chili.

Amy's New Gluten Free Products

Amy's Kitchen, Inc. has recently introduced three new gluten free products. They are Organic Chocolate Cake, Rice Macaroni With Non-dairy Cheese, and Roasted Vegetable Pizza with Rice Crust. All of the products are both gluten free and vegan, so they are non-dairy and appropriate for people on a gluten free, lactose free diet.



Gluten Free Labels on Over the Counter Medicine

Perrigo Company, which touts itself as the world's largest manufacturer of store brand over-the-counter medicines, recently announced that it will add a gluten free label to over 200 of its products starting in January 2010.

The company saw that inquiries about the gluten content of their products ranked in the top questions received by their call center and, in addition, recognized a growing demand for gluten free products throughout the marketplace. In response, the company has spent almost three years investigating its manufacturing processes and supply chains to make sure these products meet gluten free standard of 20 parts per million (ppm). This standard, which is internationally recognized, is currently under consideration by the FDA to be the maximum allowable gluten content in all products labeled "Gluten Free".

While you may have not heard of Perrigo, you have probably used their products in the past. They are the nation's largest producer of aspirin and also make a variety of products from cough medicine to sleep aids under a variety of names, such as its own brand, Good Sense. Perrigo's main business, however, comes from manufacturing products for 300 different retailers internationally. Their major customers include companies such as CVS, Eckerd, Kmart, Target, Walgreen's and Wal-mart. For a list of the type of products they produce go to www.perrigo.com and click on the "Perrigo Consumer Healthcare" tab. The list is under "Product Comparison" on the "Over the Counter (OTC)" page.

Sources:

Martinez, Shandra, www.mlive.com
www.fundinguniverse.com
www.thesavvyceliac.com

Eating Out Gluten Free: The Year in Review

Happy New Year! I thought I'd do a year end recap of previous restaurants that are more than willing to prepare food that is gluten free (GF) for us.

Gibraltar's - A little pricey, but the food is outstanding and Chef Carl takes pride in making sure the food is GF. The Seared Scallops are divine as is the Brandino fish - just make sure to tell them to remove the head for you, that's unless you like it that way. They generally have a flourless chocolate cake for dessert, plus a homemade sorbet and Crème Brule'.

www.gibraltargrille.com

Barney's - This place is great for a casual lunch or dinner and Chefs Sean and Jeb are well versed on preparing your food so that's it not cross contaminated. I really like their Greek Salad with Chicken, which they will bake for you, and the Salmon is outstanding. Do ask for a replacement for the rice though. As they do pita bread on the grill, be sure to let them know you need your food baked so that it will be GF.

www.kearersrestaurants.com/BarneysGrill

Cracker Barrel - We use these on our travels. Try the Grilled Chicken Salad or even the Turkey Salad - both are great! Right now they are featuring a Chicken and Apple salad, which is not only GF, but is also very tasty. The chicken is grilled on a separate grill unit.

www.crackerbarrel.com

Longhorn Steakhouse - They have a GF menu, but beware of the salmon salad. It is on the GF menu, but is rubbed with a seasoning that contains wheat - check before ordering. I have talked to them about removing it from the menu, but they don't plan on doing so right now.

www.longhornsteakhouse.com

Iron Hill Brewery - This is one of our favorite places to eat and they promote a two-page GF menu and even stock a GF beer. On Sundays they feature a Prime Rib dinner with salad, baked potato and a glass of wine for \$20. They can fix your ribs without the au jus - just let your server know your needs. I hope all that came to the November meeting there enjoyed your food!

www.ironhillbrewery.com

Texas Roadhouse - They used to have a GF menu,

but discontinued it. Luckily, Jeff, the manager at the Lancaster branch, wants to educate his staff on the preparation of GF foods. We are now talking about doing GF foods and I am due there this month to do an educational meeting with the staff. I will write more in the next newsletter on how it goes.

www.texasroadhouse.com

In addition to the above, also consider Wendy's Taco Salad, Charlie Browns in York, Lily's in Ephrata, P.F. Chang's (several regional locations), Moe's in Rehoboth Beach, and even McDonalds, which can do a Sausage

Egg McMuffin or burger (minus the bun.) Take your own bread and they will put it on for you.

Recently, our travels took us to up the state of NY. We stayed in the village of Hamilton, home of Colgate University, and dined at the Colgate Inn. I told the server that I needed my food prepared GF. She took off and came back with a

notebook and showed me a card that they use for training their staff on preparing food GF. To our surprise, it was the card I left last year. The chef came out and asked if I had some additional literature on GF food prep, so I left additional paperwork and my email address if he should have additional questions.

Then off to Turning Stone Resort for a few days. I called prior to our arrival and they told me to bring some pasta with me and I was glad I did. Chef Jeff prepared me a tomato cream & vodka sauce with chicken over penne - outstanding! Then for breakfast he prepared me bacon, eggs and fried up a baked potato with onion, as I could not have their hash browns. They will do their best to prepare anything on the menu to be GF for you. This is a great place for that special getaway and you don't have to worry about eating at any of their five restaurants.

If you want me to review any restaurants, just email me at razi-leidee@comcast.net. Unfortunately, many restaurants feature pre-fixed foods, which can't be altered, so please keep this in mind. *When eating out, please take plenty of GF cards and pass them out freely - they may save you from becoming ill and getting into forbidden and cross-contaminated foods!*

Review by: Janet Smith

Recipes of the Quarter: Try These Alternative Flours

Chickpea Flour Baking Mix

Chickpea flour is great alternative that is high in both protein and fiber. Find it in the gluten-free and natural foods sections of the supermarket or natural foods store. You can also find it in Indian markets, where it is also called besan or gram (NOT graham) flour:

2 1/3 cups chickpea flour
2/3 cup cornstarch
1/4 cup sugar
3 1/2 teaspoons xanthan gum
1 1/2 teaspoons salt
1 teaspoon cream of tartar

Combine all ingredients. Store in an airtight container. Makes about 3 1/4 cups baking mix

Chickpea Flour Cookies

Ingredients:

1 cup canola oil
3/4 cup sugar
3/4 cup brown sugar
2 eggs
1 teaspoon vanilla
2 1/3 cups chickpea flour baking mix (recipe below)
1 teaspoon baking soda
1 teaspoon salt
2 cups chocolate chips



Directions:

Preheat oven to 350 degrees. Grease a baking sheet.

Combine oil and sugars in a large bowl. Beat with a mixer on medium-high speed until sugars are dissolved. Add eggs, one at a time, and beat until mixture is creamy. Add vanilla.

Reduce speed to low and gradually add baking mix, baking soda and salt. Stir in chocolate chips.

Drop by level tablespoons 2 inches apart onto baking sheet. Flatten slightly.

Bake 10 to 12 minutes or until they just start to turn gold. Remove cookies from oven and cool on pan for a minute, then transfer to wire racks until completely cooled. Repeat baking as necessary, allowing pan to cool before putting more dough onto it.

Makes 2 to 3 dozen cookies.

From: www.democratandchronicle.com

Popcorn Flour

Popcorn flour is becoming a popular new flour to use with gluten free baking. While you can't pick this up in the store, it's easy to make at home: Air-pop a large batch of popcorn. Discard any unpopped kernels. Working in small batches, put the popped corn into a food processor and process until it is finely ground.

Popcorn Bread - Bread Machine Recipe

Ingredients:

2 eggs
1/2 cup hot water + 2 tablespoon flaxseed meal (set aside to steep for 10- 15 minutes)
1 cup vanilla yogurt (dairy, soy, rice or coconut)
1 teaspoon apple cider vinegar
3 Tbs. olive oil
3 Tbs. light agave nectar or honey
1/2 teaspoon baking soda
2 teaspoons gluten-free baking powder
1 teaspoon sea salt
1 tablespoon rapid rise/bread machine yeast
2/3 cup dry milk or buttermilk powder
1 cup popcorn flour
1/2 cup brown rice flour
1 3/4 Gluten Free All Purpose Flour



Directions:

Stir the eggs with a fork in a small cup to mix the yolks and whites together. Add flaxseed to hot water and set aside to steep. Gather all other ingredients and plug in the bread machine, inserting the pan and paddle attachment.

Sift dry ingredients (except yeast) together in a large bowl and set aside.

Add all liquid ingredients to the bread machine pan first. Add the dry ingredients next and make a well in the center for the yeast. Add the yeast last and set the machine to the gluten-free setting or a setting with only one rise cycle.

During the knead cycle, periodically check to see that the dry ingredients have been fully integrated into the dough, scraping down the sides with a rubber spatula if necessary. If you want, add any toppings like sesame seeds, sea salt, poppy seeds, etc. at the conclusion of the knead cycle. Remove pan when the baking is completed and remove the bread to a cooling rack, slicing when fully cooled (if you can wait that long!).

From: www.celiac.com Recipe by Jules Shepard

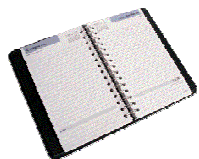
January Meeting Preview

Date: Sunday, January 31, 2010
Time: 2:00 PM - 4:00 PM
Location: Stager Conference Center
Lancaster General Hospital
555 North Duke Street
Lancaster, PA 17604
Speaker: To be announced
Vendors: *Amaranth Gluten Free Bakery*
(formerly *Spice of Life Bread*)
Dutch Country Soft Pretzels
Garden Spot Distributors
Grandma's Gone Gluten Free
Tonya's Gluten Free Kitchen

Directions: Take Duke St. South or Lime St. North into Lancaster, turn left onto James St. and pull into entrance circle to park in the James St. Garage. Take the elevator just inside the garage entrance to the hospital down to the Ground Floor and follow signs for the Stager Conference Center.

Stay tuned for more information on whether free parking passes will be available. Please note, this might require parking in a different garage than the James St. location.

Calendar



January 17, 2010

Co-op orders and payment due to John Bridgen

January 24, 2010

Pre-orders for Grandma's Gone Gluten Free products due to Sue: spolachak@comcast.net

January 31, 2010 **2:00 - 4:00 pm**

LAC Meeting
Stager Conference Center
Lancaster General Hospital

February 20, 2010 **10:00 am**

Harrisburg GIG Meeting
Mohler Senior Center, Hershey
Speaker: Jules Shepard

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

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 300 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.

Committee

Chairs: **George & Becky Maag**
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Brochures:	Patti Eitner
Food Co-Op:	John Bridgen
Fundraising:	Richard McKenna
Minutes:	Sue Francis
ROCK Chair:	Tara Gustafson
Samples:	Mike Schreiner
Special Projects:	Sue Polachak
Webmaster:	John Bridgen, Jr.
Restaurant Reviewer:	Janet Smith
Celiac 101	Julie Callender
	Sandy Stine
	392-1675