

GRAINWISE™

& GLUTEN-FREE

A Publication For The CSA Nashville–Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

February Meeting

Saturday, February 12th at 2:00 p.m.

Valentine Dinner Demo, Annual Election of Officers, Social Media Presentation,
Fund Raising, Door Prizes, GF Product Samples, GF Snacks

Valentine Foods for Your Sweetie!

A simple gluten-free Valentine menu has been put together by Cheryl to make the most inexperienced cook look sensational! A cooking demo and food sampling will include salad, entrée, vegetable, side dish, and dessert. Menu with recipes provided.

Election and Business Meeting

After a year of “election news” and the recent November Elections for the House and Senate, it’s time to look forward to a ‘local election.’ We will elect officers to guide the group forward. See page 3 for more details on the positions that are currently vacant. Will you be the one to step up and help in 2011?

Social Media Presentation

In today’s world, communication is more important than ever. Medical advances related to Celiac Disease and other digestive challenges are daily events. We are going to explore some ideas that will allow all of us to communicate better, build closer relationships, and deliver information instantly. There will be about a 15 minute presentation given by Joe Graves and then a brief ‘open forum’ session to follow for feedback and questions.

Are you 3funding?

What is ‘three funding’? So glad you asked. Fund raising is always the biggest challenge for any nonprofit organization. To get all we need accomplished as a Chapter, we rely heavily on great people to give their time without monetary compensation. However, there are many things that do “cost money” such as PO Box rent, non-profit status dues,

newsletter publication and mailing, website expenses, honorariums for guest speakers, etc. The primary sources of revenue are currently the annual membership dues, bake sales we host at meetings, silent auction, the gluten-free ice cream social held at Whole Foods Marketplace, and private donations. The board has agreed to become a “partner nonprofit” in the 3funding America Network. You will learn how you can, with the same dollar, shop with local businesses, personally gain through money saving rewards, and support our group. It’s as easy as your phone number, literally.

GF Product Samples

Namaste Foods – Chocolate Cake and Frosting & Muffins; **Rudi’s Gluten-Free Bakery** – Original Sandwich Bread, Multigrain & Cinnamon Raisin Bread, \$1.00 off coupons; **Lisannati Foods** – Gluten-Free, Lactose-Free Cheese Alternatives (Almond, Soy, & Rice)

Refreshments

Please bring your favorite GF refreshment for everyone to try. If this is homemade, please bring a detailed ingredient list. Some have multiple allergies and we want everyone to be safe. Please consider sharing the recipe. Unique recipes will be placed in future newsletters. If you are bringing a beverage please contact Brenda, Hospitality Chair, in advance. brenda@freshmixpro.com

1:00 PM Set Up:

Your help is needed! Arrange tables and chairs, post signs, set up AV equipment, or assist with hospitality table set up.

LOCATION

Centennial Women’s Hospital Medical Office Building (M.O.B.) Auditorium.
2221 Murphy Avenue,
Nashville, TN 37203.

The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

DIRECTIONS

From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., turn right, go approximately two blocks to the intersection of 22nd Ave and Patterson.

From I-440, take West End Ave. to Elliston Place. Turn left on 22nd Ave., go approximately two blocks to the intersection of 22nd Ave and Patterson.

PARKING

We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the M.O.B. Auditorium, to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level. Select “Button A” to Auditorium.

**The CSA Nashville – Middle Tennessee
Celiac Chapter #76**

CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

Co-Chair – Darryl Casey
615-481-4445, Darrylcasey@yahoo.com

Co-Chair – Need a volunteer!

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aunderwoodmcqueen@gmail.com

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Dietetic Advisor –
New contact to be announced soon.

Founder – Tori Ross
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Hospitality Chair – Brenda Boswell,
brenda@freshmixpro.com

Social Chair – Need a volunteer!

Fundraising – Need volunteers!

Web Site Manager – Carol Ann Baily,
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Kids R.O.C.K. –
New contact to be announced soon.

Kids R.O.C.K. – Janet Lowery
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Newly Diagnosed Coordinator –
Peggy Cxyz, 615-646-2905,
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Living The Gluten-Free Lifestyle

and other notes from Darryl...

Increased Media Attention Offers Opportunities to Build Community

I am looking forward to a great year with you! We have lots of ideas to share at our February meeting and I hope you will be there. With all the attention that is being given to the gluten-free diet and celiac disease in the media nationwide it is important that our Chapter be ready for local opportunities. Local businesses are getting onboard with the gluten-free diet which is great for us but they need our support. We would like to have more social events and awareness events at local stores and restaurants but it will require your help.

Cheryl Chamberlain, our Chapter Advisor, was interviewed for an article in the

January 19 issue of *Franklin Review Appeal*. You may have seen it. In fact, it was on the front page and you couldn't miss it with its bold title *Hold the gluten, please. Franklin restaurants offer more options for celiac sufferers*" by Kevin Walters, THE TENNESSEAN. It featured Dumplings' restaurant with its new gluten-free menu. Wouldn't it be great to have a social network for those living the gluten-free lifestyle that would build strong relationships, not only among its members but in the community as well? Wishing you the best in 2011.

— Darryl Casey, Co-Chair

Many Hands Make Light Work

I would like to say thank you to Chapter Advisor Cheryl Chamberlain. She is instrumental in planning and organizing events and information to keep our support group running smoothly! Cheryl has been Chair of this group and continues to serve in an advisory role. However, I must confess that she does much more than advise us! I get e-mails almost daily as she plans and implements the details of events such as the Buca di Beppo event, guest speakers, and socials!! I volunteered to co-chair last year because the group needed more volunteers to divide the responsibilities more equitably. We are still in need of volunteers to keep our group running smoothly and to keep us strong in 2011. As you may know from personal experience, it is so nice to walk into a meeting where everyone is similar to you. Both of my children suffer from a gluten allergy/Celiac Disease. They are excluded on a daily basis from activities at school and at social gatherings. This happens to adults as well. Many of our

societal traditions revolve around food or celebration with food. My children, my wife, and I look forward to coming to a meeting and sharing helpful resources, information, and food! We are like family helping each other out and enjoying time together. With this being said, we desperately need your help! We need to volunteer so Cheryl doesn't have to do so much on a daily basis. If several of us volunteer then no one person will have too much responsibility! I know that we are all passionate about various facets related to Celiac Disease. You may be passionate about informing, or sharing. You may be a great cook and have great ideas to share. You may be a detailed person with the ability to organize. You may be great with kids! We are only asking for what you can do! All of us can do something! We are a family, and a family needs everyone to pitch in and do a little. Please enjoy this newsletter and consider how you can help a little. Thanks Again!!

— Darryl Casey, Co-Chair

New to CD or DH?

Please contact our Newly Diagnosed Coordinator, Peggy Cxyz, at 615-646-2905 or gfpeggytn@bellsouth.net for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise.

Announcements

Elections & Volunteers

Here is a brief list of the elected and volunteer positions that we need to fill. Please consider how you can give back to our group this year.

Officer Position Open

Co-Chair: Self-starter, Resourceful, People-person
Responsibilities: Work with Co-Chair to set meeting dates, secure speakers, direct meetings, provide information to newsletter editor and website manager.

Other Positions Open

Dietetic Advisor: Registered Dietician, Thorough understanding of the gluten-free diet and cross-contact/contamination with gluten during food preparation, People-person.
Responsibilities: Resource person for questions pertaining to the gluten-free diet.

Kids R.O.C.K. Coordinator: Self-starter, Planning Skills
Responsibilities: Plan meetings and activities for gluten-intolerant children.

Social Committee: Plan for gluten-free dining opportunities.

Fundraising Committee: Coordinate events to raise funds – including bake sales at meetings, annual silent auction, Whole Foods Marketplace gluten-free ice cream social, etc.

Publicity Coordinator: Place ads for Chapter meetings in newspapers and local publications.

Newsletter Team: Update newsletter mailing list, seek out companies to advertise in our newsletter, etc.

E-Mail Correspondence: E-mail blasts to our members with meeting reminders, gf dining events, special event news, etc.

Hospitality Committee: Receive and prepare samples for meetings, set up room arrangement for meetings, provide drinks and paper products, etc.

Thank you to Outgoing Volunteers

We thank Gary Seise, outgoing Co-Chair, and Chris Fry, RD, for their years of service to our Chapter!

Gary has served the past two years as

2010-2011 Meeting Schedule

February 12, 2011

May 14, 2011

August 20, 2011

November 12, 2011

Co-Chair and was especially instrumental in working with Cenveo to make it easier to get our newsletter out using their print and mail service, assisted with fundraising/awareness events, and meeting preparation. Gary will continue as a mentor to those newly diagnosed in the Murfreesboro area. We wish Gary the best in his retirement as he continues to be of service.

Chris has been our Registered Dietician for the past eight years and our go-to person for advice on the gluten-free diet. She has also served as a Program Coordinator, guest lecturer, assisted with cooking demos, and awareness events. We will continue to see Chris around, and wish her our best with her work and in homeschooling their two children.

Gluten-Free Vendor News

Holly Heath, Personal Chef, does a fantastic job teaching gluten-free cooking classes at Whole Foods Marketplace in Cool Springs! Holly's mission is to help others, whether it is those with celiac disease, those affected by autism, or those who just want to avoid gluten. Holly is owner of At Your Table! Personal Chef Service www.atyourtablepcs.net, 270-816-4320

Dumplings' restaurant on Main St. in Franklin now has a GF salad menu developed by Rita Baroni, manager and a fellow celiac. Take time to stop in and dine with them soon.

FiddleCakes opened a new location earlier this month across from Cummins Station. Now you can enjoy GF treats at both their Melrose area location on 8th Ave S. and the new location just down the street from the Frist Center.

Garlic Jim's Pizza R.I.P. We are sorry to lose a dining option, especially pizza. Consider going to Matteo's, Mellow Mushroom, & Brothers Pizza if you are in Franklin/Brentwood. In Nashville you can try Mellow Mushroom and Mafiaoza's.

Buca di Beppo now has a gluten-free menu. A unique family style GF dining event was hosted by our Chapter on Saturday, January 22nd at Buca's in Cool Springs. We enjoyed lunch at the Pope's table, (a round table to seat 18 guests) and enjoyed a wonderful afternoon of delicious food and good conversation!

Aunt April's Bakery is still on track to open a small café in the 5-points area of east Nashville. This will be Nashville's first and only place to eat that is 100% gluten free. They cater to several other food allergies like dairy, soy, and nuts. Email april@auntaprilsbakery.com to get on the notification list.

The Turnip Truck has opened a second location in the Gulch area of Nashville. It is gluten-free "hot spot" carrying many different gluten-free products from a wide range of gluten-free vendors. The aisles are filled, and so are the frozen food cases, with a tremendous selection. If you want a bite to eat while shopping they would be glad to help you make selections from the buffet or will put together a plate for you from the chef's kitchen.

Just launched: a free mobile version website, **Gluten Free Travel Site:** www.glutenfreetravel.com. This site helps people with Celiac and others following gluten-free diets to find safe places to eat, either in their area or in places they travel. Unlike many "apps" that cost money and need to be downloaded, the mobile version of Gluten Free Travel Site is absolutely FREE to use and automatically accessible via any smart phone -- be it an iPhone, Blackberry, or Android-based phone.

AstraZeneca, Nexium - which was once considered gluten free on their website - is no longer "guaranteed" to be gluten free as the sugar spheres used in the product contain starch and they cannot (or will not) disclose the source of the starch as at any given time it could be wheat derived. It is NOT considered an ingredient as it is an ingredient of an ingredient - so is not

Announcements

listed in the ingredient list. Be cautious of what is in your medication. Consider a compounding pharmacy if you are concerned about the ingredients in your medication.

Post Cereals. Here is a note from Post that was emailed to one of our members. This could make your kids very happy. "Post does not utilize wheat, oats, barley or rye in the formulation of Post Cocoa, Fruity, and Cupcake Pebbles. We are happy to finally announce that these select products are gluten-free and are produced on a dedicated line; containing no other gluten products. Since Celiac Disease is a growing concern among consumers, we have evaluated our process to ensure there is no cross-contact with products that contain gluten. We now have strict supplier verifications and a finished product testing protocol in place to ensure that our products meet or exceed the FDA's gluten free standards."

Easy Eats e-magazine is available for free. Anyone can sign up at their website: www.glutenfreemag.com.

Share your knowledge

Educational information on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to share please contact Greg Foreman, glforeman@gmail.com.

www.nashvilleceliacs.org

Our Chapter website will be up and running in the near future with a brand new look!



CSA Nashville-Middle Tennessee Celiac Chapter #76. Are we friends on Facebook yet? Facebook is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news, as well as for your personal networking.

Vacation with Sandals!

"My husband and I recently took our Honeymoon to Antigua (Caribbean) and stayed at a Sandals Resort. I was diagnosed with Celiac disease in July and had already made reservations with Sandals for our Honeymoon. I emailed Sandals and informed them of my recent diagnosis. Within a day, I received an email back from

their food and beverage manager explaining how they will accommodate us during our stay. I followed up with a phone call and was given equal reassurance that they take food allergies seriously and I would be well taken care of. When we arrived at Sandals, we met with the food & beverage manager on the first morning of our stay. He helped us map out our meal options and made reservations for dinner for every night of the week. When we would arrive at the restaurant, the staff was already informed that I needed a gluten free meal. The chef came over and told me what I could eat on the menu and made sure everything was appropriately prepared with no cross contamination. I would highly recommend bringing your own snacks. There are still choices to eat for breakfast and lunch but they are more limited. If you are willing to ask questions they were very willing to go out of their way to provide options. Overall, we had a wonderful experience and I recommend Sandals Resort to all."

– Lindsay, Newly Diagnosed

E-mail Correspondence

To receive meeting reminders, GF dining event opportunities, special event news, etc., send an e-mail to tennceliac@gmail.com and put "E-mail List" on the subject line.

Dr. Tom O'Bryan Lecture

The special lecture held on Sunday, December 12th, with Dr. Tom O'Bryan, www.theDr.com was excellent! Members and guests ventured out in the snow and cold weather to hear Dr. O'Bryan present new information concerning celiac, gluten sensitivity, and inflammation. Copies of a 3-DVD series "Identifying and Conquering GLUTEN SENSITIVITY Inside and Outside the Gut" are available on his website. Thanks to Cheryl for coordinating the event, Peggy, Greg and Candace, Brenda and Tori for all their help in setting up and taking things down, to Dr. Wierum for being available, and to Joe Graves for the \$50 gift card to Aunt April's Bakery. You are all appreciated so much!

2011 Celiac Conferences

GLUTEN & ALLERGY FREE COOKING EXPO & FAIR

The 2011 Gluten & Allergy Free Cooking Expo and Fair will be held Friday through Sunday, April 29 - May 1, 2011 at the Wyndham Hotel, Lisle, IL. Friday, April 29th: Public Vendor Fair and Dietitian Training Day. Saturday, April 30th: Cooking Classes and Public Vendor Fair. Sunday, May 1st: Cooking Classes and Public Vendor Fair. This year's Expo and Vendor Fair will focus not just on gluten Free, but gluten & allergen free cooking and living. <http://gfreelife.com/>

CELIAC DISEASE FOUNDATION: ANNUAL EDUCATION CONFERENCE & FOOD FAIRE

Saturday, May 14, 2011, 8:00 am to 4:00 pm. Hilton Hotel, Los Angeles/ Universal City. 555 Universal Hollywood Drive, Universal City, CA 91608. www.celiac.org

GLUTEN INTOLERANCE GROUP OF NORTH AMERICA: ANNUAL EDUCATION CONFERENCE

Minneapolis Airport Marriott. Leadership Training June 3rd. Conference & Exhibits June 4-5. www.gluten.net

CENTER FOR COURAGEOUS KIDS

Scottsville, KY – Celiac Family Retreat April 15 -17, 2011. This is a not for profit medical camp facility with the mission to uplift children who have life-threatening illnesses by creating experiences year-round that are memorable, exciting, fun, build self-esteem, are physically safe, and medically sound. Apply at www.courageouskids.org by March 14. For more information call 270-618-2900.



CELIAC SPRUE ASSOCIATION

Check their site for future events. www.csaceliacs.org

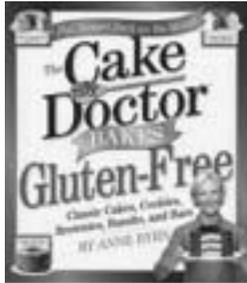
Helpful Books

The Cake Mix Doctor Bakes Gluten-Free

By Anne Byrn. 352 pages

Thirty million Americans are gluten-intolerant or have a gluten sensitivity. The food industry has bullishly taken notice. Gluten-free baking products, including cake mixes from Betty Crocker, King Arthur, Whole Foods, and others, have increased sevenfold on grocery shelves in recent years, and the number of other gluten-free products has grown as well—832 were introduced in 2008 alone. And gluten-free options are on the menu of national restaurants like Boston Market, Chili's, Ruby Tuesday, Outback Steakhouse, and others.

Now comes even sweeter news for people looking to cut gluten from their diets: Anne Byrn shows how to transform gluten-free cake mixes into 76 rich, decadent, easy-to-make, impossible-to-resist desserts. Performing the magic that's made her a bestselling baking author with over 33



million copies of her books in print, she doctors mixes with additions like almond extract, fresh berries, cocoa powder, grated coconut, cinnamon, lime zest, and more—naturally, all gluten-free ingredients—and voilà: Tres Leches Cake with Whipped Cream and Summer Berries, Almond Cream Cheese Pound Cake, Chocolate Cupcakes with Milk Chocolate Ganache, Caramel Melted Ice Cream Cake, Warm Tarte Tatin Apple Cake, plus brownies, bars, muffins, and cookies.

Dessert is back on the menu. About Anne Byrn: Anne Byrn is the author of the bestselling Cake Mix Doctor series, with over 3.3 million copies in print. She makes frequent appearances on Good Morning America and QVC. She lives in Nashville, Tennessee, with her family, and her website is www.cakemixdoctor.com.

Source: www.workman.com.

Celiac Disease Through Child's Eyes

By Katie Chalmers.

Author and illustrator Katie Chalmers, who was diagnosed three years ago with celiac disease, can tell you from experience that avoiding gluten can be a tricky thing, especially for children. She knows about the challenges first hand. She is the mother of a 7-year-old girl, a twin, who also has the disorder. "Think about living without bread, cereal, pizza, cookies or pasta" she said.

Chalmers has written a new children's book, "*Mommy, What Is Celiac Disease?*" that looks at celiac more positively by focusing on everything children can continue to enjoy instead of presenting a list of the foods they can no longer have. The book, with illustrations and photographs, also explores the growing number of tested gluten-free recipes for the home cook and gluten-free products on supermarket shelves.

Chalmers has dealt with the questions that children, as well as adults, with the



disease start asking after a diagnosis. What is Celiac disease? What is gluten? Which foods are gluten-free? Is it contagious? For answers, the book relies on easy-to-understand

analogies about nature and playground equipment to explain celiac that Chalmers hopes encourages a positive dialogue between parent and child. "I saw a need for information that was not technical and that was down to earth. I want children and their parents to learn that you can still live a happy, normal life," said Chalmers. Chalmers said her book helps children and their parents talk about the embarrassing effects of celiac. "*Mommy, What is Celiac Disease?*" is available from her website, www.katiechalmers.com.

Article source: <http://www.buffalonews.com/entertainment/books-poetry/article283327.ece>

Tax Deduction Guide for Gluten-Free Products

Individuals diagnosed with celiac disease may be able to receive tax deductions for expenses associated with gluten-free foods and products. However, there are a few catches to obtaining them. Here are a few tips to help you through all the procedures and paperwork:

Step 1: Get A Doctor's Note

Request an official, written celiac diagnosis from your doctor. Submit this documentation with your other completed forms (see Step 4). Make sure to keep a copy for your records!

Step 2: Save Your Receipts

Keep receipts of all gluten-free purchases from grocery stores, bakeries and anywhere else you buy gluten-free items.

Step 3: Break Out the Calculator

List the prices of gluten-free foods compared to those of regular foods. The difference between those prices is tax-deductible. For example, if a pound of wheat flour costs \$0.89 and a pound of rice flour costs \$3.25, then you may deduct \$2.36 for each pound of rice flour purchased.

Products like xanthan gum and sorghum flour are completely tax-deductible as they have no "regular" counterpart but are purchased to meet your dietary needs. Shipping costs for online purchases are also permissible deductions.

Step 4: File Your Claim

Fill out form 1040 schedule A for medical deductions.

Refer to:

- IRS Publication 502
- Revenue Rulings: 55-261, 76-80, 2002-19 and 67 TC 481
- Cohen 38 TC 387
- Flemming TC MEMO 1980 583
- Van Kalb TC MEMO 1978 366

Feel free to cite these references in your tax paperwork. For specific circumstances, contact an accountant.

Hair Loss - For celiacs living with alopecia there is hope on the horizon.

Angela Christiano, 45, an associate professor of dermatology and genetics at Columbia University Medical Center, studies hair. Last summer, she announced the discovery of the genes implicated in alopecia areata, the hair-loss disease that she herself suffers from. We spoke for two hours in her Washington Heights laboratory and then later on the telephone. An edited version of the two conversations follows.

Q. When did you first learn that you had alopecia?

A. In 1995, a time of big transitions in my life. After doing highly successful postdoctoral research on genetic blistering skin diseases at Jefferson Medical College, I'd arrived here at Columbia to start my own laboratory. I had just turned 30. I was getting a divorce. When you start your first lab, a researcher is expected to find something different from their postdoc work. For my first six months here, I sat thinking, "What am I going to do when I grow up?" In the midst of all this, I went to a beauty parlor and the stylist said: "What's happened here? You have a big patch of hair missing from the back of your head." I ignored that. But the next day at the lab, I asked a colleague to take a look. She let out a bloodcurdling scream: "You have a huge bald spot!" I immediately went over to the clinic here. They said: "Oh, you have alopecia. There's not much we can do to treat it."

Q. How did this history lead to your research?

A. In the months after my diagnosis, I went through panic and shock. Every morning, I'd wake up wondering if it was all going to fall out. And new spots did show up. I'd cover them with the most careful combing. Then there'd be a new one. It was like plugging holes in a dam. It finally stopped after two years. I began reading all the papers on alopecia. In my training, nobody had talked much about hair. I thought maybe the reason was because it had all been figured out. When I started digging, I saw the opposite was true. I thought, "Maybe this is the hand of fate directing

me to a topic? This is a wide-open field." If I could identify the genes involved in alopecia, then maybe we could figure out what they did, and that might be the way to a treatment. Having the chance to work it through in the lab was one of the things that kept me sane in this period of my life. The disease was very destabilizing.

Q. Why had hair loss been so minimally researched?

A. I suspect it's because it's seen as a "cosmetic" problem. It's the life-threatening diseases that get priority — and money. The other problem was that in 1996, the tools weren't ready. The Human Genome Project hadn't finished its work. There were no road maps. Nobody had yet solved a complex disease where multiple genes are involved, which is what alopecia is.

Q. So how'd you overcome that?

A. You could see the tools were on their way. Every year, you'd go to conventions and there was excitement about what was coming. My plan was to get all the ducks in a row for when the genome was mapped. While we waited, we tried to lay some groundwork by trying to find single genes that control the normal hair growth cycle. By looking for rare hair-loss diseases where only one gene was the factor, we learned some of that. My lab found six such genes. The other thing we did was to line up a patient registry for alopecia. That way, when the time was right, we could compare the genomes of people with the disease to those of people without it. An advocacy group, National Alopecia Areata Foundation, N.A.A.F., helped us connect with patients.

Q. When were you able to actually do the study?

A. In 2008. We published our findings this past July. Ours was the first study of alopecia to use a genome-wide approach. By checking the DNA of 1,000 alopecia patients against a control group of 1,000 without it, we identified 139 markers for the disease across the genome.

We also found a big surprise. For years,

people thought that alopecia was probably the stepchild of autoimmune skin diseases like psoriasis and vitiligo. The astonishing news is that it shares virtually no genes with those. It's actually linked to rheumatoid arthritis, diabetes 1 and celiac disease.

Q. What will this new information mean for patients?

A. It should have amazing benefits. There are existing drugs on the market for several of these diseases. Based on the overlapping genetics, we have a chance of pushing forward with clinical trials for potentially effective drugs much sooner than we'd thought. One approach would be as a new indication for an already approved drug.

Going the other way, our research opens up possibilities for the three related diseases. With them, till now it's been hard to study aspects of how the immune response goes wrong because it is difficult to biopsy the pancreas or a joint. But now researchers might be able to use a patient's skin, a much more accessible organ.

Already, the finding has helped with diagnosis. At Columbia, we have large clinics for diabetes and celiac disease. Since we've published our paper, those clinics are asking patients, "Have you experienced hair loss?" About 10 percent say, "Oh, yes, I lose hair in clumps."

Q. What does it feel like to have accomplished this?

A. It's wonderful, of course. This summer, I spoke at the patient conference of N.A.A.F. and told the young people there, for the first time, about their genes. Before I could finish my talk, they gave me a standing ovation. I was in tears. Many of them later said, "We wouldn't wish this on you, but we're glad you got this disease."

I understood what they meant. Without it, a serious geneticist might never have given their attention to what was thought of as a cosmetic disease.

*Living and Studying Alopecia By Claudia Dreyfus
Published: Dec. 27, 2010, The New York Times*

University of Maryland School of Medicine Receives \$45 Million Private Donation for Celiac Research

Gift From Grateful Patient To Fund Research Enterprise for Study of Autoimmunity

Thursday, October 28, 2010

With a new \$45 million private gift from the family of a grateful patient, the University of Maryland School of Medicine is planning to establish the nation's only major research enterprise devoted to the study of autoimmune and inflammatory diseases such as celiac disease, multiple sclerosis, chronic obstructive pulmonary disease, asthma, and Type 1 diabetes. The gift, from Indiana couple Ken and Shelia Cafferty, is the largest private donation in the history of the University System of Maryland.

The planned research enterprise will be a full-fledged, multidisciplinary academic organization that includes and expands upon two of the school's outstanding research centers, the Mucosal Biology Research Center and the Center for Celiac Research. Alessio Fasano, M.D., a world renowned celiac disease researcher and professor of pediatrics, medicine and physiology at the School of Medicine, will direct the new research enterprise. Dr. Fasano is director of the Mucosal Biology Research Center and the Center for Celiac Research.

"For years, my wife struggled with severe symptoms, with no diagnosis and no treatment for her condition," says Ken Cafferty, a businessman from Carmel, Indiana, who is making the gift with his wife, Shelia, a registered nurse. "I endured this struggle with her, until Dr. Fasano and his staff at the Center for Celiac Research finally found answers for us, diagnosing Shelia with gluten sensitivity. We are making this gift with the hope that this new enterprise will help provide answers for other families in the same position, and hopefully make strides toward a cure to provide permanent relief for patients like Shelia."

The planned enterprise will have three divisions: one focused on celiac disease,

the second on mucosal biology and a third focused on microbe/host interaction. The enterprise will initially include 13 faculty members, with more to be recruited in the future. Dr. Fasano envisions it employing as many as 200 people once it is up and running.

The institute's scientists will use celiac disease as a model for research into autoimmune disorders such as multiple sclerosis and diabetes. Autoimmune disorders occur when the body is triggered to misdirect its immune response and attack itself. Celiac disease is of particular value for the investigation of autoimmunity and inflammatory disease because it is the only autoimmune disorder for which scientists have identified a trigger — in this case, gluten, a protein found in wheat that is nearly ubiquitous in the contemporary human diet. Gluten penetrates the intestinal barrier of the celiac patient and triggers the body to attack itself, causing symptoms such as anemia, gastrointestinal problems, skin rashes and fatigue.

"There are three key ingredients of inflammation and autoimmunity," says Dr. Fasano. "First, you are born with certain genes that predispose you. Second, there is an environmental trigger that causes your body to develop inflammation and eventually attack itself. Third, you have a 'leaky gut,' that is, your intestinal barrier does not keep antigens out of your body. That barrier is permeable and allows some antigens to penetrate. Celiac disease is the only autoimmune disorder for which we know the trigger — gluten. Because we know that trigger, one of our questions about autoimmunity already is answered in celiac disease. It minimizes the unknown variables we have to work with and makes celiac disease an ideal model for other inflammatory and autoimmune disorders."

Celiac disease can be diagnosed with a blood test once a patient shows symptoms. The only treatment for celiac disease is to

remove the trigger, gluten, by prescribing a gluten-free diet. Dr. Fasano hopes the new research enterprise will change that. "Our goal is personalized medicine. We hope to identify biomarkers to develop diagnostics for autoimmunity that can assist us in developing preventive strategies in the pre-clinical phase, as well as to customize treatment for individuals based on their genetics and their microbiome," he says. . . Examining the genetics of an individual and the genetics of that patient's microbiome could one day guide doctors in developing treatment and prevention programs for celiac disease and other autoimmune disorders.

Dr. Fasano's previous studies have found that 1 in 133 Americans suffers from celiac disease, and that the condition does not always begin early in life. In fact, his most recent study found evidence of increasing cases of celiac disease among older people.

Though her symptoms were as simple as hives and gastrointestinal distress, they made a significant impact on her life, Mrs. Cafferty says. "When you don't feel good, when you don't feel up to par, you don't feel like doing the activities you'd normally do. It affects every aspect of your life," she says. Finding a diagnosis for his wife, says Mr. Cafferty, was life-changing. "It's comforting," he says. "I couldn't stand to see her suffer."

"We hope our donation will help the center grow and keep raising the public consciousness about celiac disease and gluten intolerance," Mrs. Cafferty adds. "We want people to get diagnosed and prevent further damage to their bodies from consuming gluten. We want to get to the root of celiac disease, to find out what causes it and if it can be prevented. That makes so much more sense than just continuing to treat the symptoms. Dr. Fasano and his colleagues now are going to be able to take their research to the next level. So many people are going to benefit from this. Knowledge is power."

Making a Diagnosis of Celiac Disease Can Be Tricky

New testing protocols are helping clinicians with the challenging diagnosis of celiac disease, according to Dr. Ivor D. Hill, a professor of pediatrics at Wake Forest University, Winston-Salem, N.C.

While the only treatment for celiac disease is a gluten-free diet, Dr. Hill said, the diet is expensive and imposes social costs, so it should not be prescribed lightly. "Confirm before you treat," he said.

Researchers believe the disease affects about 1% of the population. "You can expect to see 5-20 affected children in an average pediatric practice," Dr. Hill said at a pediatric update sponsored by the American Academy of Pediatrics California District 9.

Among the symptoms in young children are failure to grow, diarrhea, bloating, flatulence, abdominal distension, and transaminitis.

In older children, the symptoms are often milder and can vary tremendously. In addition to having gastrointestinal symptoms, some patients have dermatitis herpetiformis characterized by papules on the elbows, buttocks, or knees. About 10% are short of stature. Iron-deficient anemia, rickets, arthritis, neuropathy, ataxia, and other neurological symptoms all can be manifestations of celiac disease. Many children are irritable. Poor dental enamel formation that looks similar to fluorosis or tetracycline staining also can be signs of celiac disease.

Some people with the syndrome are totally asymptomatic.

Autoimmune diseases, including type 1 diabetes, thyroiditis, autoimmune hepatitis, Sjögren's syndrome, and arthritis are associated with an increased risk of celiac disease. So is IgA deficiency; a family history of celiac disease; and Down, Turner, and Williams syndromes. Whether to screen these or any other individuals for celiac disease if they are not symptomatic, is controversial.

"When it comes to symptomatic patients, there is a consensus," said Dr. Hill.

"There's a difference of opinion on testing asymptomatic patients."

In patients with typical gastrointestinal symptoms, begin with the serologic tests. While tests for the antigliadin antibody (AGA) IgG and IgA are inexpensive and easy to perform, they have low sensitivity and specificity. By contrast, the test for the IgA endomysial antibody (EMA) has high

celiac disease.

Another key element in diagnosing celiac disease is that patients with the syndrome will improve on a gluten-free diet. And this diet is the standard treatment. But some other possibilities have appeared on the horizon. "It's exciting," said Dr. Hill.

Intraluminal approaches include modification of wheat protein or transamidation of wheat flour. "It's looking

"When it comes to symptomatic patients, there is a consensus... There's a difference of opinion on testing asymptomatic patients."

sensitivity and specificity, but is expensive, time consuming, operator dependent, and of no use in IgA-deficient patients.

Testing for IgA anti-tissue transglutaminase (TTG), on the other hand, is easier and less expensive than testing for EMA, and newer versions are now considered as sensitive and specific as EMA. But it is also of no use in the case of IgA deficiency.

A new version of the antigliadin test, using deamidated gliadin antibodies, has shown much higher sensitivity and specificity than the AGA test in recent studies (Dig. Dis. Sci. 2008;53:1582-8), but this test is still not as good as the TTG or the EMA tests, said Dr. Hill.

So he advocated a combination of TTG and serum IgA level, although EMA may work better in diabetics. There is no benefit to a panel of tests, he said.

However, he warned that all these tests are less accurate in the real world than in the laboratory. And sensitivity declines in children less than 2 years of age, so combining TTG with the newer deamidated gliadin tests might be warranted in this young age group.

If these tests are positive, proceed to biopsies, Dr. Hill recommended. Clinicians should also consider biopsies if the tests are negative but they strongly suspect

promising but hasn't been confirmed yet," said Dr. Hill.

Several digestive enzymes have been developed with the intention of digesting the proteins before they can be taken up by the intestinal mucosa. Peptide-binding agents also are being tested to prevent the proteins from reaching the mucosa.

Biological antagonists include a zonulin inhibitor, TTG inhibitors, cytokine inhibitors, and DQ2 and DQ8 inhibitors. A vaccine is in the works as well. In addition, the timing of the introduction of gluten might be manipulated to build up tolerance.

These approaches are not yet ready for prime time, leaving diet as the primary treatment. But many patients find it hard to stick to the diet. Dr. Hill advocated a self-administered questionnaire, or better yet, assessment by a trained interviewer, as well as continued monitoring through TTG testing at 3 months, 6 months, 12 months, and then annually, combined with a dietary review, to see how well the patient is adhering to the diet. Repeat biopsies should be done only in select cases.

Dr. Hill disclosed that he is a consultant to AstraZeneca.

*Source: www.internalmedicineneeds.com.
By: LAIRD HARRISON, Internal Medicine
News Digital Network*

Agricultural Research

Corn protein a step toward 'holy grail' for gluten-free bread, say researchers

Defatted corn protein could be used for making gluten-free bread with a crumb structure and texture closer to that of wheat bread, according to chemists at the USDA's Agricultural Research Service (ARS).

Developing palatable gluten-free breads has been a major challenge for bakers because gluten – the protein found in wheat, rye, barley and spelt – plays a crucial role in giving bread its chewy, elastic texture. Meanwhile, demand for gluten-free products has increased as more Americans are being diagnosed with celiac disease, an autoimmune disorder in which symptoms are triggered by gluten consumption.

An article published in the latest edition of Agricultural Research Magazine details how ARS chemists Scott Bean and Tilman Schober at the Grain Quality and Structure Research Unit in Manhattan, Kansas have been working on ways to replicate the texture of gluten-containing bread without the gluten. They said they have had some success using non-gluten-containing grains for pan breads, but for leavened breads, the dough tends to spread out too much.

They had previously found that using a corn protein called zein could produce a

more wheat-like dough, but the resulting bread was still flatter than wheat bread and lacked dough strength. However, by removing some of its fat content, they found they could make a bread that more closely resembles wheat bread.

"We found that removing more of the fat from the protein's surface allows the proteins to stick to each other much like wheat proteins do — leading to the elastic nature of wheat dough," Bean said. "...Corn protein, in our view, is an intermediate step to achieving the Holy Grail of gluten-free breads — forming a wheat-like dough using non-wheat proteins, resulting in products with a fluffy, light texture."

Bean and Schober said that sorghum may prove even more effective than defatted corn protein as a replacement for wheat in breads.

The research could lead to the development of more palatable gluten-free breads for the estimated 1 in 133 Americans with celiac disease – as well as for others with wheat allergy or gluten intolerance, they said.

*By Caroline Scott-Thomas, 02-Dec-2010
Source: Agricultural Research Magazine*

Gluten Free!

Chocolate No Bake Cookies

Ingredients:

2 cups sugar
1/2 cup melted butter
1/2 cup of milk
6 Tb. cocoa
pinch of salt.

Directions:

Bring, slowly, to a full rolling boil. Remove from stove.

Stir in:

2 1/2 cups of puffed rice
2 1/2 cups gluten free rice Krispy type cereal
1 cup of coconut

Drop on wax paper by spoonfuls. Cool. (Note: You can use just rice Krispy type cereal, but amount added may vary.)

How to Adapt Gluten Recipes

Almost any food can be adapted to become gluten-free. Some of the guidelines for gluten-free cooking can be found at <http://www.csaceliacs.org/recipes.php>.

1. Focus only on the items in the recipe that need to be adapted. Choose a recipe with very little flour or gluten-containing items. Sometimes the flour can be omitted. (Breeding or flouring meats can easily be omitted for most recipes.) Concentrate on the major flavors. Serve simple fruit and vegetables while gaining skills. Think "omit" or "substitute" while reviewing a recipe. Perhaps mark problem ingredients in a recipe.
2. Avoid recipes that rely on convenience foods. Go back to the "from scratch" recipes the convenience food replaces. Learn to make the basic sauces and gravies often used in casseroles and soups.
3. Look in a gluten-free cookbook or Lifeline for a similar recipe. Compare proportions, they are the key. Flour and other ingredients that act as thickeners are compared to the amount of liquids in the recipe. Keep proportions nearly the same for your recipe. Given the same amount of liquid, it takes less starch to thicken than flour (cornstarch vs. corn flour).
4. Use commercial or home-made gluten-free substitutes. For example, gluten-free macaroni, bread and corn tortillas.
5. Don't make anything more complicated than it already is. But do take family health concerns, likes, dislikes and food dollars available into consideration.

from CSA/USA, Inc.



www.csaceliacs.org

Six Dos and Don'ts For Buying Allergy-Safe Valentine's Candy

Chocolate itself is a rare allergen, but few people want to eat raw cacao beans. Allergies to dairy, tree nuts, peanuts, wheat, corn, or fruits, however, are all potential roadblocks to giving your sweetheart traditional Valentine's Day candies. Here are some dos and don'ts to consider when you're shopping for allergy-safe Valentine's candy.

Do be wary of filled chocolates, unless you've verified they're free of your allergens. Most pure chocolate is free from nuts and wheat, for example, but fillings are far more likely to contain these allergens.

Don't buy chocolates that indicate they were prepared on the same lines as allergens you're trying to avoid, even if the ingredient list is otherwise safe. Cross-contamination in manufacturing lines can potentially cause reactions.

Do favor chocolates that affirmatively indicate they're free of the allergens you're trying to avoid, if you can find them.

Don't buy assortments that include a mixture of safe and unsafe fillings. Even if they include a legend, it's too easy to make a mistake.

Do consider buying candy from a manufacturer that specializes in making allergy-safe chocolates. Doing so will give you peace of mind.

Do call customer service numbers if you have questions about ingredients or manufacturing lines. Asking before you buy is the safest policy.

Gluten-Free Chocolatiers

- Vermont Nut Free Chocolate Company, (888) 468-8373, www.vermontnutfree.com
- Amanda's Own Confections, (440) 570-6359, www.amandasown.com
- Chocolate.com, (800) 396-8137. www.chocolate.com - 72 gluten-free choices
- Chocolate Emporium, (216) 382-0140, www.choclat.com
- Cocopatamus, (505) 750-4388, www.cocopatamus.com – unique truffles!

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For a list of gluten-free Valentine candies, visit:
<http://celiacfamily.com/gluten-free-valentine-candy>

kudos

Dr. Tom O'Bryan for donating a DVD, *Unlocking the Mystery of Wheat & Gluten Sensitivity*, Co-authored by Dr. O'Bryan and Sueson Vess, as a door prize at the Dec. 12th event.

Katz Gluten Free – GENEROUS Donation of Product Samples, You need to check out their online store for a big variety of baked goods and the reviews! www.katzglutenfree.com

1-2-3 Gluten Free – GENEROUS Donation of mixes: Pan Bars, Biscuits, Pound Cake, Sugar Cookies for product sampling. Members really liked these products! www.shop.123glutenfree.com Kroger stores

Snyder's of Hanover GF Pretzel Sticks – Absolutely delicious! Found in Publix and Harris Teeter stores

Whole Foods Marketplace, Cool Springs - Michael Martin, Marketing Mgr., for the donation of four gluten-free turkeys for our Thanksgiving Dinner. We appreciate your continued support!

Donations for the Nashville Celiac Chapter Silent Auction

Ruby Tuesday, 2110 Green Hills Vlg Drive, Nashville, TN 37215

FiddleCakes, 2206 8th Ave. South, Nashville, TN 37204

The 1808 Grill in The Hutton Hotel, 1808 West End Avenue, Nashville, TN 37203

Maggiano's, 3106 West End Ave, Nashville, TN 37203

Embassy Suites Airport Hotel, 10 Century Boulevard, Nashville, Tennessee, 37214

Hilton Garden Inn Cool Springs, 2 NIGHT STAY, 9150 Carothers Parkway, Franklin, TN 37067

Buca di Beppo Italian Restaurant, 1722 Galleria Boulevard, Franklin, TN 37067

Jules Gluten Free, www.julesglutenfree.com

Hilton Nashville Downtown, 121 4th Avenue South, Nashville, TN 37201

Living Without magazine

Gluten Free Living magazine

Zojirushi Company, Bakery Supreme Breadmaker, www.zojirushi.com

Baskets from our members: **Peggy Czynz, Tori Ross, Cheryl Chamberlain, Sandra Childress, Ann McQueen, Maureen Norris,**

Silent Auction Committee Co-Chairs

Special thanks to Ann McQueen for collecting so many great donations, and to Missy Mutchnik for her assistance. Grace, Missy's daughter, was a huge help in helping her mom carry everything in, organizing the bid sheets at the beginning, and handing out the items to the winners at the end!

Silent Auction and GF Thanksgiving Dinner

To all who helped in some way to make the event a success, and to the ladies who roasted the delicious turkeys – Diane Buckberg, Denise Jania, Donna Minton, Maureen Norris, many, many thanks!

Resources

GFS Marketplace Partnership and Savings Program

www.gfs.com

At checkout please give the name "NASHVILLE CELIACS". A rebate will be given every three months to our support group on a percentage of your purchases. You may shop at any GFS location throughout TN and the USA. A 14 page gluten-free shopping guide is available at customer service counters. No membership. Open to the public 7 days a week, Stores in TN: Cool Springs, Rivergate, Murfreesboro, Clarksville.

The Catholic Celiac Society

www.catholicceliacs.org

The Catholic Celiac Society has been formed to educate Catholic Celiacs about their options for Holy Communion as provided for by canon law and the U.S. Conference of Catholic Bishops. For more information email info@catholicceliacs.org

Have You Checked Your Library Lately?

The Williamson County Library has a selection of 12 books on Celiac and the Gluten-free Diet. Check the library near you for what is available.

Junior League Family Resource Center

www.vanderbiltchildrens.com/frc

The junior league family resource center at Vanderbilt Children's Hospital is a free Library service to the community offering information and resources on chronic illnesses, disabilities and severe injuries. Materials on Celiac are available for children, adolescents, and adults. Hours: Mon – Fri, 8:30 am – 5:00 pm. Requests: 615-936-2558 or 800-288-0391, Email: family.frc@vanderbilt.edu.

Donations of books on celiac and the gluten -free diet are being collected at our support group meetings for the FRC.

Magazine Discounts

Group discounts on magazines are offered at our meetings for Living Without, www.LivingWithout.com, and Gluten-Free Living, www.glutenfreeliving.com

UT-Knoxville Celiac Center

865.305.6970

www.utmedicalcenter.org/cms/Departments/Gastroenterology/Medical+Services/Celiac+Center/2613.html

Celiac Center at The University of Tennessee Medical Center in Knoxville, Tennessee, offers patients access to diagnosis, treatment and management of celiac disease. The Celiac Center understands the critical needs of those diagnosed with celiac disease and aims to raise awareness and diagnosis rates with this disease that so often goes undetected and untreated. In fact, as much as 97% of people with celiac disease have not been diagnosed.

The Celiac Center provides a state-of-the-art interdisciplinary treatment team including gastroenterologists, nurses and registered dietitians who work together to develop an individualized treatment plan that includes lifestyle counseling and nutrition education on the gluten-free diet. It also provides celiac disease education to increase public awareness among health care professionals and the public, ongoing patient assistance through a community support group and has established a "gluten-free" zone for inpatients as well as outpatients that provides appropriate foods through the Department of Nutrition and Food Services.

St. John's Celiac Listserv

www.enabling.org/ia/celiac

Join over 3600 fellow celiacs in ongoing discussions about a Gluten-Free Diet. To ask questions and share information, click "Subscribing to the Celiac List."

Gluten-Free, Dairy-Free Quinoa Tabouli

Makes about 4 cups

Whether you spell it tabouli or tabbouleh, this delightful combination of quinoa and fresh garden vegetables makes a refreshing side or a cool summer supper. Lemon, mint and a hint of garlic offset the whole-grain earthiness of quinoa in this traditionally bulgur (wheat) recipe. A sprinkling of feta, cheese substitute or tofu can boost protein content for a more substantial meal.

Ingredients:

- 1 cup uncooked quinoa
- 1¾ cups water
- ¾ teaspoon salt
- 2 tablespoons lemon juice
- 1 clove garlic, pressed or finely chopped, optional
- 2 green onions, chopped
- ½ cup parsley, chopped (discard stems)
- ¼ cup fresh mint, chopped (discard stems)
- 1 large or 2 medium cucumbers, peeled and cut into ½-inch cubes
- 1 large or 2 medium tomatoes, cut into ½-inch pieces
- 1 tablespoon olive oil
- ½ cup feta, crumbled or cheese substitute or tofu, cubed, optional
- Salt and pepper, to taste

Directions:

1. Prepare quinoa according to package directions or wash in cold water and drain in a sieve.
2. Bring water to a boil. Add ¾ teaspoon salt and quinoa. Reduce heat, cover and simmer until water has been absorbed, about 15 minutes. Cool quinoa to room temperature. (Quinoa may be refrigerated overnight.)
3. In a large bowl, combine cooked quinoa, lemon juice and garlic, if used. Add onions, parsley, mint, cucumber, tomatoes, oil and cheese, if used. Toss gently with two forks until thoroughly mixed.
4. Add salt and pepper, to taste. Serve at room temperature or chilled.

Support Opportunities

Nashville–Middle Tennessee Celiac Chapter Membership

Membership dues are only \$20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or caseybohr@wmconnect.com if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above. www.nashvilleceliacs.org

CSA/USA Membership



The Celiac Sprue Association/United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE 68131-0700, 1-877-CSA-4-CSA www.csaceliacs.org

Membership Email Addresses/Changes

Be sure to let us know when your email changes, so you don't miss important reminders. Please email caseybohr@wmconnect.com

Vendor Advertising

Purchase ad space in this newsletter by contacting Kristen Beahm at 615-366-8898 or kbeahm@comcast.net. *GrainWise* is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Newsletter is produced in InDesign. EPS, JPG, TIF, or PDF ad formats are acceptable. Vertical half column ad space size is 3.5" (w) x 5" (h). Half column ad rate is \$100 for 4 publications (one annual year). Make checks payable to: CSA Nashville – Middle TN Celiac Chapter #76. Mail to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

Disclaimer: CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance—helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission

CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership Renewal Membership Information Change Medical Professional Membership

(Please Print) Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Cell Phone # _____

Email Address (will be sent meeting and event reminders) _____

Who has Celiac or DH in your family? Self / Spouse / Child—Age ____ / Other _____

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who? _____

Please make \$20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312

Check Number _____ Amount \$ _____ Date Paid _____

*Optional Information:

*Name of Diagnosing Doctor _____ Date of Diagnosis _____

*Have you met with a dietitian? Yes / No If yes, who? _____

CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of \$ _____ Check # _____ Gift given is a: Tribute / Memorial Gift in honor of:

(Please Print) Name _____ (Please Print) Name _____

Address _____ Address _____

City _____ State _____ Zip _____ City _____ State _____ Zip _____

Please make your check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312. Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

Updated: 02/10



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RENEW! RENEW! RENEW!

Please check your renewal date on the mailing label below.
If you've allowed your membership to lapse, then this may be your last issue.

**ADDRESS SERVICE
REQUESTED**

**February
Meeting**

Saturday, February 12th
2:00 p.m.



- Cooking Demo**
- Election of Officers**
- Social Media Presentation**
- Fundraising**
- Product Samples**



THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

If you need to contact us due to a change of address, for any reason, or you no longer wish to receive GrainWise, please E-mail us at tennceliac@gmail.com .