

# GRAINWISE™ & GLUTENFREE

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

## February Meeting

Saturday, February 9<sup>th</sup>, 2-4 p.m.



### 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 22<sup>nd</sup> Ave North and Patterson.

### DIRECTIONS

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

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

### PARKING

We have received permission from the medical office buildings adjacent to 22<sup>nd</sup> 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 ½ level. Select "Button A" to Auditorium.

**General Meeting:** *Newly Diagnosed Mentoring.* Dietician, Kristen Pardue, will be our guide. Have you met someone in the grocery store, at work or in the neighborhood who is new to the gluten-free diet? What do you say to someone who has just been diagnosed with celiac or gluten intolerance? Learn the steps to take to help them gain confidence as they adapt to the gluten-free lifestyle.

Kristen M. Pardue, RD, LDN, CLC; Integrative Dietitian, Gluten Free/Natural Foods/Certified Lactation Counselor; <http://NaturallyFreeRD.com/Nashville>

**Business Meeting:** Election of Officers for 2013. Ann McQueen has moved into the position of Co-chair leaving our secretary position open. We are also seeking an assistant to the Treasurer who will be able to fill in when Casey Bohr is unable to attend meetings. If you can fill either of these positions please contact Darryl Casey or Ann McQueen, Co-Chairs.

### Door Prizes & Coupons

**Product Sampling:** Goldbaum's GF Chow Mein Noodles & GF Ice Cream Cones, Namaste Foods GF Pasta Pisavera & GF Pineapple Upside Down Cake

**Refreshments:** Please bring a gluten-free food to share. If home baked please bring the ingredient list and recipe. Beverages are also needed. We no longer have a hospitality chair. All members are asked to help out.

- Healthy snack ideas: fruit or relish tray with dips of yogurt, hummus, black bean or even chocolate. Trail mixes, cheese cubes, or nuts manufactured in a gluten-free facility.
- Please practice gluten-free safety to keep our members healthy. Use dedicated cutting boards, utensils, cookware, bakeware, bowls, mixers, aprons, hot pads, etc.

**1:00 PM Set Up:** Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up Hospitality Tables and AV equipment.

**Board Members are Volunteers**

**Co-Chair** – Darryl Casey

Darrylcasey@yahoo.com, 615-481-4445

**Co-Chair** – Ann McQueen, 615-385-5366

aunderwoodmcqueen@gmail.com

**Secretary** – Need a volunteer!

**Treasurer** – Casey Bohr, 615-773-8545

Caseybohr@wmconnect.com

**Chapter Advisor/Editor** – Cheryl Chamberlain

GFCherylTN@comcast.net, 615-591-9622

**Medical Advisor** – Craig Wierum, M.D.

CWierum@heritagemedical.com,  
615-324-1204

**Dietetic Advisor** – Laura Herbert

lherbert@wmed.org, 615-202-7570

**Founder** – Tori Ross

toriross@comcast.net, 615-371-9455

**Hospitality Team** – Need volunteers!

**Social Chair** – Need a volunteer!

**Web Site Manager** – Carol Ann Baily,

cabaily@mtsu.edu

**Educational Materials** – Greg Foreman

glforeman@gmail.com

**Membership List** – Candace Foreman

caelkins@comcast.net

**Publicity** – Need a volunteer!

**Tech Committee** – Need volunteers!

**Cel-Kids Network Coordinator** – Need a

volunteer!

**Newly Diagnosed Coordinator** – Peggy Cysz

615-646-2905, GFPEggyTN@bellsouth.net

**Newly Diagnosed Orientation Team:**

Antioch Area – Chris Fry, R.D.

cfry@comcast.net, 615-837-0875

Columbia Area – Laura Hill

Laurahill87@hotmail.com, 931-224-1932

Franklin Area – Maureen Norris

manorris@comcast.net, 615-591-961

Franklin/Bellevue Area – Peggy Cysz

gfpeggytn@bellsouth.net, 615-646-2905

Franklin/Brentwood Area – Denise Jania

dproofer@yahoo.com, 615-435-8030

Mt. Juliet/Hermitage Area – Janet Lowery

janetklowery@yahoo.com, 615-758-7967

Murfreesboro Area – Gary Seise

grseise@gmail.com, 615-895-0398

## *A Word to the Wise*

Activity and exercise are part of a healthy lifestyle. Along with “Boot Camp” in the fall to help us stay in shape, we have lined up cooking demo’s, build a disaster kit and more. But mostly I want you to notice, we are going to meet monthly. Socializing, sharing and learning from each other is a big part of helping us keep the lifestyle we need and want.

I hope everyone will try to attend as much as you can and help us spread the word to reach others in the community. It will be a fun year. Look forward to seeing you all.

- Ann McQueen, Co-Chair

Cheers to a new year  
and another chance  
for us to get it right.  
~ Oprah Winfrey

### **NEW TO CD OR DH?**

Please contact our Newly Diagnosed Coordinator, Peggy Cysz, at gfpeggytn@bellsouth.net or 615-646-2905 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.

### **IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP**

*Your membership renewal date is shown on the back page above your name.* The membership list is updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. You will receive four newsletters mailed quarterly as a paid member. Please contact Casey Bohr, Treasurer, if you have questions about your membership.

### **EMAIL COMMUNICATION**

E-mail announcements will be sent concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with current e-mail addresses on file. E-mails will be sent from “Nashville Celiacs”. If you receive a med/professional copy and would like to be added to the “communication list” please send a note to our g-mail account: nashvilleceliacs@gmail.com with “e-mail address” in the subject line.

### **NEWSLETTER INFORMATION**

Do you have newsworthy information on celiac disease, gluten-free travel, restaurants, products or the diet? Please submit information to: nashvilleceliacnewsletter@gmail.com.



### **ARE YOU FRIENDS WITH US?**

Our Facebook page is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news or personal networking. An easy way to find us is to Google “Nashville Celiacs Facebook.”

## 2013

### CSA Nashville-Middle TN Celiac Chapter #76

Thursday, January 24	6:30 – 8:30 PM	Tasting Party, Olivia Olive Oil, Franklin
Saturday, February 9	2 – 4 PM	Newly Diagnosed Mentoring, Centennial MOB Auditorium
Thursday, March 21	6 – 9 PM	Olivia Olive Oil Cooking Demo, Whole Foods Market, Franklin
Saturday, April 13	2 – 4 PM	Build a GF Disaster Kit, Centennial MOB Auditorium
Saturday, May 11	TBD	GF Picnic, Nashville Zoo
Saturday, June 8	2 – 4 PM	Motivational Speaker & Rep from The Turnip Truck, Centennial MOB Auditorium
Friday, July 12	6:30 – 8:30 PM	Old Spaghetti Factory, Downtown Nashville
Saturday, August 17	2 – 4 PM	Medical Speaker & Demo by Lorie Burcham of Crumb de la Crumb (formerly The Cottage Café) Centennial MOB Auditorium
Saturday, September 14	TBD	Food Fair/Picnic/Music/TACA Fall Craft Show, Centennial Park, Nashville
Saturday, October 12	2 – 4 PM	Boot Camp, Centennial MOB Auditorium
Saturday, November 9	2 – 4 PM	Annual Thanksgiving Potluck Dinner & Silent Auction, Centennial MOB Auditorium
Thursday, December 5	5 – 7 PM	Christmas Open House at Ann's

Meetings and Events will be posted on our Facebook Page.  
 If you have questions please contact Ann McQueen or Darryl Casey, Co-Chairs.

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# Announcements

**Rudi's Gluten Free Bakery** has an all-new recipe of Rudi's Gluten Free Bread and it is "Soft & Yummy"! "Through Feb. 8, Rudi's GF fans can text "FOUND" to 304-52-RUDIS for a chance to claim the \$1,000 Reward for finding Soft & Fluffy. From there, fans are invited to share *found* photos of Soft & Fluffy on Facebook (the toaster, the freezer, etc.) to be entered for weekly prizes like a Garmin GPS, Nikon CoolPix camera, soft and fluffy bathrobes, and Rudi's Gluten-Free T-Shirts. . . For participating, everyone will receive a \$2 off coupon good for any Rudi's GF Bakery product. "

**The Urban Spoon**, [www.urbanspoon.com](http://www.urbanspoon.com), has a listing of 177 Gluten-Free Friendly Restaurants for the Greater Nashville and Nashville areas. This is the breakdown: 8 Fine Dining, 23 Higher Priced, 57 Moderately Priced, 89 Cheap Eats.

The **Gluten Free Registry™** puts people and gluten-free friendly restaurants, bakeries, caterers, grocers and more together. Find a business near you or your travel destination on the Gluten Free Registry™ website, [www.glutenfreeregistry.com](http://www.glutenfreeregistry.com), from the iPhone App Store, or the Android Market.

**Whole Foods Market** has both "Gluten-free" (28 pages), and "Gluten and Casein-free" (7 pages) food and product lists. Baby food included. The lists were updated January 18, 2013. To view the list visit: [http://www.wholefoodsmarket.com/specialdiets/MCW\\_Gluten\\_and\\_Casein\\_Free.pdf](http://www.wholefoodsmarket.com/specialdiets/MCW_Gluten_and_Casein_Free.pdf)

"**A Matter of Taste**" is now catering gluten-free for Vanderbilt. Thanks for the tip, Shannon!

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## Volunteer help is needed

for the following positions. Please contact Darryl Casey or Ann McQueen, Co-Chairs.

**Secretary:** Chapter correspondence, take minutes for Chapter and Board meetings. Must be able to attend meetings.

**Treasurer Assistant:** An assistant is needed to attend meetings in Casey Bohr's absence. Responsibilities include sign in sheets, accept new and renewed memberships, and deposit funds following meetings.

**Hospitality Chair:** Work with Hospitality Committee to coordinate preparation of product samples for meetings, replenishing paper products, set up of hospitality table.

**Fundraising/Awareness:** Coordinate events to raise funds and awareness of celiac through bake sales at meetings, annual silent auction, local retailers. concerning website use, setting up AV equipment for meetings, e-mail communication, etc.

**Tech Committee:** We need people with a technical background to be the go-to person for questions concerning website use, setting up AV equipment for meetings, e-mail communication, etc.

**Publicity:** Publicize meeting notices and events in local resources.

**Social Committee:** Plan for gluten-free dining opportunities: restaurants, homes, parks, etc.

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*Our deepest sympathy is extended to Casey Bohr, Sr., on the passing of his mother, Sandra Bohr, on October 26th; and to Peggy Czyn, on the passing of her mother, Joseph Wlodarski, on January 15th. A donation to CSA by our Chapter will be made in their memory.*

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## Election of Officers at the February Meeting

**Co-Chair: Darryl Casey**

**Co-Chair: Ann McQueen**

**Secretary: \_\_\_\_\_**

**Treasurer: Casey Bohr, Sr.**

**We must have a secretary to be a Chapter in good standing with CSA. Please contact Darryl Casey or Ann McQueen immediately if you are interested in this position. The Secretary position became vacant when Ann stepped up to fill the position of Co-Chair.**

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Please note a phone number change for Casey Bohr, and an e-mail change for Janet Lowery and Gary Seise.

*We Wish to Thank the following  
Donors for Their Participation in  
the November Thanksgiving Dinner  
and Silent Auction Event*

*... It was a successful event raising \$800 for our  
Chapter! Funds will be used for providing support and  
information to newly diagnosed patients, and the mailing  
of complimentary newsletters to gastroenterologists,  
dietitians and medical centers throughout Middle  
Tennessee.*

Ann McQueen, Member

Auto Zone, Columbia Ave., Franklin

Bath & Body Works, Galleria Mall, Franklin

Bread & Company, Cool Springs Blvd., Franklin

Brenda Boswell, Member

Brix Wood Fired Pizza, McEwen Dr., Franklin

Brothers' Pizza, Highway 96 at Downs Blvd., Franklin

Buca di Beppo, Galleria Blvd., Franklin

Carol Ann Baily, Member

Cheryl Chamberlain, Member

Chili's, Bakers Bridge Ave., Franklin

Drury Plaza Hotel, McEwen Drive, Franklin

Embassy Suites Knoxville West, Parkside Dr., Knoxville

Embassy Suites- Vanderbilt, Broadway, Nashville

Four Points by Sheraton Knoxville Cumberland House  
Hotel, White Ave., Knoxville

Goldbaum's, [www.goldbaums.com](http://www.goldbaums.com)

H.H. Gregg, Galleria Blvd., Franklin

Harpeth True Value, Downs Blvd., Franklin

Harris Teeter, Westhaven Town Center, Franklin

Hart Ace Hardware – Bellevue, Hwy 100, Nashville

Hutton Hotel, West End Ave., Nashville

Janie Adam, Friend of Celiacs

Joy Ronk, Friend of Celiacs

Jules Gluten Free, [www.julesglutenfree.com](http://www.julesglutenfree.com)

LifeWay Christian Store, Galleria Blvd., Franklin

Lipscomb University Theater, Nashville

Living Without Magazine, [www.livingwithout.com](http://www.livingwithout.com)

Logan's Roadhouse, Bakers Bridge Ave., Franklin

Macaroni Grill, Galleria Blvd., Franklin

Maggiano's, West End Ave., Nashville

Mary Armistead, Friend of Celiacs

Mellow Mushroom, Main St., Franklin

Namaste Foods, [www.namastefoods.com](http://www.namastefoods.com)

Office Depot, Cool Springs Blvd., Franklin

Olivia Olive Oil, Cool Springs Blvd., Franklin

OutBack Steak House, Moores Lane, Brentwood

OutBack Steak House, West End, Nashville

Peggy Czyz, Member

Radisson Hotel Nashville Airport, Airport Center Dr.,  
Nashville

Shannon Brown, Member

Spralley Designs, Andie & Jourdan Alley

Trader Joe's, Hillsboro Pike, Nashville

Walgreens, New Hwy. 96 West, Franklin

Williams-Sonoma, Galleria Mall, Franklin

*Our apologies if anyone was inadvertently  
left off the list.*

## *Kudos to* \_\_\_\_\_

Christi Lassen, owner of **Olivia Olive Oil**, Cool Springs Blvd., Franklin, for gifting our Chapter with a Private Tasting Party on January 24<sup>th</sup>.

Udi's **Gluten Free Foods** for their donation of breads for the Olivia Olive Oil tasting event held January 24<sup>th</sup>.

## *Symposium* \_\_\_\_\_

*March 8 – 9, 2013*

### **Intestinal Immune Based Inflammatory Diseases Symposium at Columbia**

I hope that you can join us for the Intestinal Immune Based Inflammatory Diseases Symposium which will be held on March 8-9, 2013 at the Faculty House Columbia University, New York City.

You can access the program agenda and submit an online registration at the following conference web site:  
[https://register.columbiacme.org/conference.cgi?rm=view&conference\\_id=576092](https://register.columbiacme.org/conference.cgi?rm=view&conference_id=576092)

**Registration includes access to the Symposium, breakfast, lunch and evening receptions daily--all gluten-free!**

**Registration Link:**  
[https://register.columbiacme.org/conference.cgi?rm=view&conference\\_id=576092](https://register.columbiacme.org/conference.cgi?rm=view&conference_id=576092).

**Contemporary Travel Inc.** is the official travel agency for the symposium and they guarantee the lowest airfare at time of booking. In addition, we have significantly discounted rooms available in our room block at Ink 48 Hotel. To access the discounted rooms, please contact Gail Weiss--the reservation will need to be made through Contemporary Travel to secure the reduced rate. Shuttle bus transportation will be provided from Ink 48 Hotel to the conference and back to the hotel.

**Gail Weiss, Contemporary Travel**

[gweiss@contemporarytv.webmail.com](mailto:gweiss@contemporarytv.webmail.com)

Tel 866-406-0033

Ink48 Hotel

653 11th Avenue (11th Avenue and 48th Street)

New York, NY 10036

## **Physicians, Scientists, Nutritionists and Clinicians**

**We are organizing a separate concurrent Continuing Medical Education (CME) program for physicians, scientists, nutritionists and other clinicians involved in the care of adult and pediatric patients with celiac disease and inflammatory bowel disease. If you are a physician, scientist or nutritionist and would like to register for the CME program and receive CME credits please email [cb2280@columbia.edu](mailto:cb2280@columbia.edu) for the CME program and registration link.**

This conference presents a unique opportunity to bring together those interested in Intestinal Immune Based Inflammatory Diseases. Please forward this invitation to others that may be interested in participating.

We appreciate your interest and hope you can join us for this important gathering.

best,  
Peter Green, MD & Ellen Scherl, MD

Cynthia Beckman  
Director of Development  
Celiac Disease Center at Columbia University  
Harkness Pavilion  
180 Fort Washington Avenue  
Suite 934  
New York, NY 10032  
Tel 212.342.4529  
Cell 646.812.1212  
Fax 212.342.0447  
email: [cb2280@columbia.edu](mailto:cb2280@columbia.edu)  
[www.celiacdiseasecenter.org](http://www.celiacdiseasecenter.org)

## *Living Without* \_\_\_\_\_

**The magazine for people with allergies and food sensitivities | [www.livingwithout.com](http://www.livingwithout.com)**

Chef Ming Tsai, owner of Blue Ginger, an allergy-friendly restaurant in Wellesley, Massachusetts, and father of a little boy who has multiple food allergies, offers these suggestions:

- Call ahead and make a reservation. Inform the staff of your allergies when you call. Be mindful you'll get more focused attention if you don't call during peak hours.
- Bring a typed card that lists your allergies. It is helpful for the chef and it communicates that the allergy is very serious.

- Ask until you feel comfortable. "If you have to ask a question five times to make yourself feel comfortable, ask it five times. It is no one's life but your own. You have nothing to prove to anyone," Tsai says.
- Always carry your epinephrine. Even with proper training and best intentions, a restaurant can make mistakes. Don't put your life in someone else's hands. It's also a good idea to wear a medical alert bracelet.

## Product Recall

*A Message from Dr. Tom O' Bryan*

Dear Patients, Friends and Colleagues,

Doctors, Practitioners, RD's, please post this information for all to see. Feel free to forward this note to your patients, friends and family.

Hidden sources of gluten can be found in many places. We must continue to be vigilant and cautious about our foods. Take notice of this recent recall issued by the **USDA Food Safety and Inspection Service (FSIS)**.

**APPLEGATE NATURALS  
GLUTEN FREE CHICKEN NUGGETS  
ARE RECALLED  
DUE TO AN UNDECLARED ALLERGEN - WHEAT**

Recalling Firm: **King's Delight, Gainesville, GA**

- Products Subject to Recall: 8-oz. cartons of "APPLEGATE® Naturals Gluten-Free Chicken Nuggets."
- The establishment number "P-2617" can be found printed on the side of each carton.
- The products were packaged on Sept. 19, 2012.
- The lot number "210864" and the best before date "08/28/13" are printed on each carton's side panel.
- The UPC code "25317-00556" is printed on the back of each carton.

Food Safety & Inspection Service Logo - <http://www.fsis.usda.gov>

Sincerely,

Tom O'Bryan, DC, CCN, DACBN, [www.theDr.com](http://www.theDr.com)  
If you have any questions, please email [Karen@theDr.com](mailto:Karen@theDr.com)

## Introducing



**Moon Rabbit Foods**

ALL NATURAL  
CERTIFIED GLUTEN FREE  
BAKING AND PASTRY MIXES  
GLUTEN FREE CO-PACKER  
HAND CRAFTED IN THE MOUNTAINS OF NORTH CAROLINA FOR BOTH HOME AND PROFESSIONAL ENJOYMENT

A BETTER PATH TO GLUTEN FREE LIVING

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

828.273.6649

**Moon Rabbit Foods products are carried in Tennessee at these locations:**

Alternative Health Products  
5083 Main St., Suite 2  
Spring Hill, TN 37174  
615/302-0590

Benefit Your Life  
620 N. Campbell Station Rd.  
Knoxville, TN 37934  
865/288-3193  
[www.benefityourlife.com](http://www.benefityourlife.com)

Simply Living Life  
6990 Moores Lane  
Brentwood, TN 37027

Maury Regional Hospital  
Cafeteria  
1224 Trotwood Ave.  
Columbia, TN 38401

Moon Rabbit Foods products are designed and handcrafted in a dedicated gluten-free facility in the mountains of western North Carolina by Pastry Chefs Mark Hetzel and Brian Thornton.

Current Products: Biscuit & Scone Mix, Brownie Mix, Chocolate Cake Mix, Cornbread Mix, Focaccia & Pizza Dough Mix, Muffin Mix, Oatmeal Cookie Mix, Pancake & Waffle Mix, Pie Dough Mix, Premium Cassava Flour, Yellow Cake Mix

## Non-celiac wheat sensitivity diagnosed by double-blind placebo-controlled challenge: exploring a new clinical entity.

<http://www.ncbi.nlm.nih.gov>

Carroccio A, Mansueto P, Iacono G, Soresi M, D'Alcamo A, Cavataio F, Brusca I, Florena AM, Ambrosiano G, Seidita A, Pirrone G, Rini GB.

**Source** Division of Internal Medicine, Hospital of Sciacca, ASP, Agrigento, Italy. acarroccio@hotmail.com

### Abstract

#### OBJECTIVES:

Non-celiac wheat sensitivity (WS) is considered a new clinical entity. An increasing percentage of the general population avoids gluten ingestion. However, the real existence of this condition is debated and specific markers are lacking. Our aim was thus to demonstrate the existence of WS and define its clinical, serologic, and histological markers.

#### METHODS:

We reviewed the clinical charts of all subjects with an irritable bowel syndrome (IBS)-like presentation who had been diagnosed with WS using a double-blind placebo-controlled (DBPC) challenge in the years 2001-2011. One hundred celiac disease (CD) patients and fifty IBS patients served as controls.

#### RESULTS:

Two hundred and seventy-six patients with WS, as diagnosed by DBPC challenge, were included. Two groups showing distinct clinical characteristics were identified: WS alone (group 1) and WS associated with multiple food hypersensitivity (group 2). As a whole group, the WS patients showed a higher frequency of anemia, weight loss, self-reported wheat intolerance, coexistent atopy, and food allergy in infancy than the IBS controls. There was also a higher frequency of positive serum assays for IgG/IgA anti-gliadin and cytometric basophil activation in "in vitro" assay. The main histology characteristic of WS patients was eosinophil infiltration of the duodenal and colon mucosa. Patients with WS alone were characterized by clinical features very similar to those found in CD patients. Patients with multiple food sensitivity were characterized by clinical features similar to those found in allergic patients.

### CONCLUSIONS:

Our data confirm the existence of non-celiac WS as a distinct clinical condition. We also suggest the existence of two distinct populations of subjects with WS: one with characteristics more similar to CD and the other with characteristics pointing to food allergy.

### Comment in

Editorial: non-celiac wheat sensitivity: separating the wheat from the chat! [Am J Gastroenterol. 2012]

PMID: 22825366 [PubMed - in process.]



### The Latest Statistics:

Irritable Bowel Syndrome (IBS) is the most common abdominal complaint patients suffer from. Although the frequency of Celiac Disease with IBS is about 1%, the frequency of Non-Celiac Gluten Sensitivity with IBS is over 30%.

Am J Gastroenterol 2012; 107:1898-1906

Shared by Dr. Tom O'Bryan



## How Military Research On Anthrax Could Lead To A Weapon Against Gluten

by ELIZA BARCLAY | January 11, 2013 | 11:25 AM

<http://www.npr.org/blogs/health/2013/01/08>

Students at the University of Washington used a protein-folding program initially funded by the Defense Advanced Research Projects Agency to come up with a treatment for celiac disease.

DARPA

Why would the Defense Advanced Research Projects Agency — the people who helped bring the world stealth fighters and GPS — fund research into man-made proteins that could make it easier for some Americans to eat pizza?

That's what we wondered when we read that the Pentagon's gee-whiz research arm provided support for



work on a drug to treat celiac disease, a condition that interferes with the digestion of gluten in wheat and other foods.

So we asked.

Mildred Donlon, a DARPA program manager, told Shots the agency has no interest in developing a treatment for celiac disease.

But in a strange twist of scientific fate, student researchers tried to crack the celiac puzzle with tools developed with DARPA funding.

How did it happen? Between 2005 and 2009, DARPA invested in computerized methods to find medical defenses for chemical and biological warfare threats like [Sarin nerve gas](#) and [anthrax](#).

Now deadly anthrax spores and gluten are certainly threats on a very different scale, but researchers believe they both could be vulnerable to carefully designed enzymes. DARPA funded computerized techniques to develop better enzymes faster.

Designing proteins, including enzymes, is the *raison d'être* of [David Baker's biochemistry lab](#) at the University of Washington in Seattle. The lab used some DARPA money to fund its work, including development of a program called [FoldIt](#), which enlists researchers (and citizen scientists) to figure out which among many possible protein structures is the best one to solve certain biomedical problems.

According to researchers who published a [paper](#) last month in the *Journal of the American Chemical Society*, a group of undergraduates at UW used FoldIt to come up with an enzyme that could break down gluten in the stomach. The idea is to develop an enzyme pill that would eliminate gluten before it triggers a damaging immune response in people with celiac disease and to help people with the condition absorb nutrients better. Nearly 1 in 133 Americans suffers from celiac disease, [according to](#) the University of Maryland Center for Celiac Research in Baltimore. But currently the only treatment is a [gluten-free diet](#), which can be difficult for many people to stick with.

So there's likely a market for a pill they could take with meals the way people with [lactose intolerance](#) can take the enzyme lactase before consuming dairy products.

"The idea is you would pop your pill and then drink your beer, eat your pizza and cookies, and be quite happy," says [Justin Siegel](#), an assistant professor of biochemistry and molecular medicine at the University of California, Davis and an author of the paper.

According to [Ingrid Swanson Pultz](#), a microbiologist at University of Washington and another author of the paper, the students found an enzyme that could withstand stomach acids. They then tweaked it to go after gluten. It worked so well in the test tube that Siegel and Pultz have founded a company, Proteus Biologics, to try and bring it to market. Siegel says they'll need to show in a clinical test that the protein can degrade enough gluten fast enough in the complex environment of the gut to be useful to people with celiac disease. They'll also have to prove that it doesn't have any toxic effects when eaten.

But don't expect an anti-gluten drug on the market anytime soon – even if Siegel and the other researchers decide to market it as a supplement (like a lactase pill), which would require far fewer trials than a drug. It could still take years to prove it's safe.

## *Looking for your Valentine!*

2010 © Teri Lee Gruss | [About.com Gluten-Free Cooking](#)



Kids will love this recipe for heart-shaped Gluten-Free Pepperoni Pizza. Pepperoni "hugs and kisses" spread delicious gluten-free love.

Prepare a batch of [Gluten-Free Pizza Crusts](#) ahead of time and making homemade gluten-free pizza becomes the ultimate gluten-free fast food.

### **Ingredients:**

- 1 recipe parbaked (partially pre-baked) gluten free pizza crust (recipe below)
- 6 tablespoons olive oil
- 1 can Muir Glen organic pizza sauce OR your favorite gluten-free pizza sauce
- 2 teaspoons gluten-free Italian blend herbs OR dried oregano
- 4 -6 ounces fresh grated mozzarella cheese
- 4 ounces gluten-free pepperoni OR hard salami

## Preparation:

Preheat oven to 450°F / 232°C

- If you have a pizza stone place it in oven to preheat. Or use a baking sheet lined with parchment paper or a round pizza pan.
  - Servings- One recipe of gluten free pizza crust makes 1 large, 2 medium or 3 to 4 small pizzas.
1. Prepare one recipe of gluten-free pizza dough. Shape dough into heart shapes in desired sizes. Parbake according to recipe directions.
  2. Brush each pizza crust with olive oil.
  3. Evenly spoon pizza sauce on pizza.
  4. Sprinkle cheese and herbs on pizza.
  5. Cut pepperoni in the shape of the letters O and X (hugs and kisses) and place evenly on the prepared pizzas.
  6. Bake in preheated oven for about 12 minutes or until cheese is bubbly and crust is golden brown.

Reminder: Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

## Kids Camps

### GLUTEN FREE CAMP ROCKS at Camp Manitou-Lin!!

Gluten Free camp at Manitou-Lin in Middleville, Michigan

- For more information [www.campmanitou-lin.org](http://www.campmanitou-lin.org)
- All registrations are being handled by the YMCA Camp Manitou-Lin. Please visit [www.grymca.org](http://www.grymca.org)
- If you need a scholarship, please contact the Celiac Disease Foundation, [www.celiac.org](http://www.celiac.org). The child must write a letter herself/himself to apply. If you do not have money for the deposit required by camp, please contact the camp directly to put one child on the list -1-888-909- 2267.
- For updates visit <http://health.groups.yahoo.com/group/glutenfreemichigankidscamp/>

**Camp Fire USA in Tulsa, Oklahoma** is running a summer resident camp **TBD**, for kids with celiac disease/gluten intolerance and their siblings. Information is available on the website, [www.tulsacampfire.org](http://www.tulsacampfire.org) or by calling 918-592-2267.

**CAMP CELIAC** is located at the site of Camp Aldersgate in beautiful North Scituate, Rhode Island. It is a one-week summer camp for children and youth with Celiac Disease, ages 8-16. The property is situated on 230 acres of woods, fields and trails, and includes a lake, waterfront cabins, woodside cabins, dining hall, solar bath house, waterfront bathhouse, a retreat center (including a great hall, two kitchens, sleeping areas, and four lavatories with showers), and a health lodge. | [campceliac.org](http://campceliac.org) | CAMP DATES are August 11-16, 2013. Registration forms will be available on this site on or about February 1, 2013. | If interested, please email [info@campceliac.org](mailto:info@campceliac.org) to arrange a phone interview.

**R.O.C.K.'s Gluten-Free Fun Camp** takes place each summer in partnership with Camp Courage. Located at Camp Courage in Maple Lake, Minnesota. The purpose of the camp is to provide children ages 8-17 with celiac disease a "normal" camp experience complete with all gluten-free food. Gluten-Free Fun Camp also provides an opportunity for the campers to connect with other kids who have celiac disease. About 40 kids from many different states come each year to experience Gluten-Free Fun Camp. Contact Katie Radeke at [ktannradeke@hotmail.com](mailto:ktannradeke@hotmail.com) or check their website at [www.twincitiesrock.org](http://www.twincitiesrock.org)



... More information and additional gluten free kids camps are posted on the CSA website <http://www.csaceliacs.info/camps.jsp>

## World Class Medical Camp

**The Center for Courageous Kids**, also known as CCK, is a world class medical camp located in **Scottsville, KY**, serving children and families from across the country who are living with a variety of medical challenges. We are open year round and can host 120 kids at a time. When you add our counselors, volunteers, trained Programs and Medical staff, our mascot, Dr. Cubby the Courageous Lion, and our top notch facility, you start to see just how "We Prescribe Fun!" We are a 501(c)(3) not for profit corporation, and operate solely on donations which we receive from across the globe. Registered as Project CAMP, Inc. dba The Center for Courageous Kids, our campers call us "CCK" and you'll often hear the cheer "CCK, HOW DO YOU FEEL?"

**2013 Family Retreat and Summer Camp Schedule**  
<http://www.thecenterforcourageouskids.org/PDFS/2013Schedule120112.pdf>

**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 call Casey Bohr at 615-773-8545 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

**CSA/USA Membership | [www.csaceliacs.org](http://www.csaceliacs.org)**



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. The Nashville Celiac Chapter recommends joining the national organization as well as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 | 1-877-CSA-4-CSA

**Vendor Advertising** GrainWise is a quarterly publication, with a mailing base of ( ±350). Ads are limited to Celiac/Gluten Free products, dining, and shopping. They may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. 1/2, 1/4 and 1/8 page ads available. Contact [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com) for additional information and rates.

**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 (except copyrighted material), however, please reference the source of the information.

## CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership     
  Membership Renewal     
  Information Change     
  Medical/Professional Membership

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Email Address (for meeting and event reminders; notices) \_\_\_\_\_

Who has Celiac or DH in your family? Self \_\_\_ Spouse \_\_\_ Child \_\_\_ (Age \_\_\_) Gluten Intolerance \_\_\_ Gluten Sensitivity \_\_\_\_\_

Have you met with a mentor of the Nashville Celiac Chapter? Yes \_\_\_ No \_\_\_ If yes, who? \_\_\_\_\_

**Please make \$20 check payable to:** CSA Nashville – Middle TN Celiac Chapter #76

Check Number \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date Paid \_\_\_\_\_

**Mailing Address:** CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

**Optional Information:** Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

Have you met with a dietitian? Yes \_\_\_ No \_\_\_ If yes, who? \_\_\_\_\_

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12

## 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 1) In Honor of: 2) In Memory of:**

(Please Print) Name \_\_\_\_\_

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make 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

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12



Celiac Sprue Association/USA, Inc.  
CSA Nashville - Middle Tennessee Celiac Chapter #76  
P.O. Box 159312  
Nashville, TN 37215-9312

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**RENEW! RENEW! RENEW!**

Please check your renewal date on the mailing label below.

**ADDRESS SERVICE  
REQUESTED**

**Meeting**

**Saturday - February 9<sup>th</sup>  
2:00 p.m.**



Guest Speaker – Kristen Pardue, RD

Election of Officers

Door Prizes

Product Sampling & Refreshments



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.

**Address / E-mail Changes**

If you need to contact us due to a change of address, you no longer wish to receive GrainWise or for any reason, please e-mail: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) and put "Contact Change" in the subject line.