

# GRAINWISE™

## & GLUTEN-FREE

Volume XI, No.2  
Quarterly, 2011

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

## May Meeting: Saturday, May 14 • 2–4 p.m.

All You Wanted to Know About Gluten Free Cooking (DVD), Appetizer Contest, Xocai Healthy Chocolate, Business Meeting, Door Prizes, GF Product Samples and Refreshments

### Program: "All You Wanted to Know About Gluten-free Cooking"

Whether you are just learning the art of gluten-free baking and cooking – or if you want to be better – leading cookbook author Connie Sarros has tips for you in "All You Wanted to Know About Gluten-free Cooking." Instruction is given on converting wheat recipes, eating healthier on this diet, keeping your bread from sinking in the middle... snack ideas, time saving hints. Sarros covers them all in this DVD made at Munson Hospital in Traverse City, MI. Sarros is Co-owner of PAN (Parent Approved Nutrition, LLC), author of six specialty cookbooks, a national speaker at celiac and autistic conferences throughout the U.S. including the National Conference for the Gluten Intolerance Group (GIG) and the Celiac Sprue Association (CSA). She is also a writer for the quarterly "Journal of Gluten Sensitivity" and "Ask the Cook" column in the Clan Thompson monthly newsletter. Sarros authors two monthly newsletters and creates ten-day menus for those on special diets. Her interviews have appeared in the "Washington Post," "Cleveland Plain Dealer," "Cooking Light," and "First Magazine." Some of you may remember Sarros as she was a guest speaker at one of our meetings several years ago.

### GF Summer Appetizer Contest

Bring your favorite gluten-free summer appetizer along with the recipe. Entries will be judged by our guests. The winner will receive a Namaste Foods tote and Namaste Foods "Simple Pleasures Gluten-free Cookbook," compliments of Namaste Foods.

### Xocai Healthy Dark Chocolate

Xocai Healthy Dark Chocolate will be presented by Suzanne Pierce and Megan Doran. Xocai Chocolate is the result of a proprietary blend of cacao, açai, and blueberries combined with cold-pressed chocolate and 100% pure crystalline fructose, a natural fruit sugar. This proprietary blend contains the most antioxidant and flavonoid-rich source of cacao available. All Xoçai products undergo rigorous nutritional, antioxidant and flavonoid testing to ensure optimal health benefits and are certified by Brunswick Labs. Both gluten-free and gluten-free/dairy free products will be available for sampling. The products do carry an allergen statement as they are produced on machines which produce other products which may contain

gluten or dairy, although these machines are cleaned thoroughly after each production.

**GF Product Samples:** Namaste Foods Vanilla Cake, Toffee Vanilla Icing, Pasta Pisavera; Pamela's Chocolate Brownies; Xocai Healthy Dark Chocolate: Gourmet Parlor Pizza.

**Refreshments:** Please bring a GF product or baked good to share (include a recipe and detailed ingredient list as some members have multiple food allergies). If you are bringing a beverage please contact Brenda, Hospitality Chair, in advance. [brenda@freshmixpro.com](mailto:brenda@freshmixpro.com)

**1:00 PM Set Up:** Your help is needed to arrange tables and chairs, post signs, set up hospitality table and AV equipment.

### 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

**Newsletter Information**  
nashvilleceliacnewsletter@gmail.com

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** – Kristen Pardue, R.D. 618-201-7856  
kristenmpardue@gmail.com

**Secretary** – Ann McQueen, 615.385.5366  
aunderwoodmcqueen@gmail.com

**Treasurer** – Casey Bohr, 615-773-8545,  
Caseybohr@wmconnect.com

**Newsletter Layout** – Kristen Beahm,  
Beahm Design, www.beahmdesign.com  
615-366-8898, kbeahm@comcast.net

**Chapter Advisor/Editor** – Cheryl Chamberlain  
615-591-9622, GFCherylTN@comcast.net

**Medical Advisor** – Craig Wierum, M.D.  
615-324-1204, CWierum@heritagemedical.com

**Dietetic Advisor** – Laura Herbert, R.D.  
615-202-7570, lherbert@wmed.org

**Founder** – Tori Ross  
615-371-9455, toriross@comcast.net

**Hospitality Chair** – Brenda Boswell,  
brenda@freshmixpro.com

**Social Chair** – Need a volunteer!

**Fundraising** – Need volunteers!

**Web Site Manager** – Carol Ann Bailly,  
cabailly@mtsu.edu

**E-mail Communication** – Heather Graffam  
nashvilleceliacs@gmail.com

**Educational Materials** – Greg Foreman  
glforeman@gmail.com

**Kids R.O.C.K.** –  
New contact to be announced soon.

**Kids R.O.C.K.** – Janet Lowery  
615-758-7967, janetlowery@comcast.net

**Newly Diagnosed Coordinator** –  
Peggy Cxyz, 615-646-2905,  
GFpeggyTN@bellsouth.net

### **Newly Diagnosed Orientation Team:**

**Antioch Area** – Chris Fry, R.D.  
cfry@comcast.net, 615-837-0875

**Clarksville Area** – Caroline Schafer,  
ckschafer99@gmail.com, 931-220-4497

**Columbia Area** – Laura Hill, 931-224-1932,  
laurahill87@hotmail.com

**Franklin Area** – Maureen Norris  
manorris@comcast.net, 615-591-9616

**Franklin/Bellevue Area** – Peggy Cxyz  
gfpeggytn@bellsouth.net, 615-646-2905

**Franklin/Brentwood** – Denise Jania  
dproofer@yahoo.com, 615-435-8030

**Mt. Juliet/Hermitage Area** – Janet Lowery  
janetlowery@comcast.net, 615-758-7967

**Murfreesboro Area** – Gary Seise  
grseise@juno.com, 615-895-0398

# Living The Gluten-Free Lifestyle

and other notes from Darryl...

Now that warm weather is upon us, let's talk about exercise and staying active. For some, malabsorption from celiac disease may have left them with poor bone health: Osteoporosis and Osteopenia. Weight training and weight bearing exercise (walking, running) have been shown the most beneficial for strengthening bones. These activities help by assisting in remodeling of bone.

We all know living gluten free is challenging and at times even frustrating. Staying active and exercise of any kind will help release endorphins (mood booster) and neurotransmitters that will help to keep your mood positive and productive.

Exercise will aid you in maintaining a healthy weight and improve your circulation

for better overall health. Moving your body will strengthen the heart and muscles while assisting in conserving coordination and balance. Making healthy lifestyle changes, such as exercise, has been shown to promote better behavior choices in other aspects of life.

Small changes, such as a daily walk in the park or around the subdivision will help maintain mental health, burn extra calories, and keep weight under control. The benefits of exercise are multi-faceted and impact many aspects of life. The benefits of exercise far outweigh the efforts of exercise. Give exercise a try and you will feel better, be more productive, prevent further damage from Osteoporosis or Osteopenia, and be more likely to make other healthy choices.

— Darryl Casey, Co-Chair



We appreciate the generous donation of samples and coupons for the February meeting from

**Lisannati Foods** – tasty gluten-free, lactose-free, vegetarian cheese alternatives (almond, soy & rice). Perfect on a fruit tray, in a sandwich, shredded on a pizza or just for snackin'! Order from [www.lisannatifoods.com](http://www.lisannatifoods.com)

**Rudi's Gluten-Free Bakery** – members loved this toast free bread!! Original sandwich, multi-grain and cinnamon raisin. Can be purchased at Whole Foods and The Turnip Truck.

**Namaste Foods** – Tote bag, and cookbooks for give aways/raffle. The chocolate cake with toffee icing will be a hit at any gathering and don't forget the muffins! Namaste mixes give you more for your money. Available at Whole Foods, The Turnip Truck, Harding Mall Health Foods, The Produce Place, Orbit Central Health Foods.

## New to CD or DH?

Please contact our Newly Diagnosed Coordinator, Peggy Cxyz, at 615-646-2905 or [gfpeggytn@bellsouth.net](mailto: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.

## Important announcement concerning membership

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

# Announcements

## Volunteer Update

We appreciate the continued service to our Chapter by the Board Members who were reelected for the 2011 term: Co-chair – Darryl Casey, Secretary – Ann McQueen, Treasurer – Casey Bohr, Sr.

Our thanks to the following individuals who are stepping into volunteer positions with our Chapter. Welcome aboard!

**Co-Chair:** Kristen Pardue, R.D.

**Dietetic Advisor:** Laura Herbert, R.D.

**Publicity Coordinator:** Carol Rubino

**Newsletter Mailing List:** Candace Foreman

**E-Mail Correspondence:** Heather Graffam

**Hospitality Committee:** Missy Mutchnik, Ruth Root, Rowena Stokowski

Still needed:

**R.O.C.K. (Raising Our Celiac Kids) Coordinator:** 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.

## 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.

## KEEPING IN TOUCH:

### E-mail Communication

Heather Graffam will be sending e-mail announcements concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with e-mail addresses. Emails will be sent from “Nashville

## 2011 Meeting Schedule

May 14, 2011  
August 20, 2011  
November 12, 2011

Celiacs” nashvilleceliacs@gmail.com. If you receive a med/professional copy and would like to be added to the “communication list” please send Heather an e-mail at nashvilleceliacs@gmail.com.

### www.nashvilleceliacs.org

Our Chapter website is up and running with a brand new look! We will continue to build the website. Our grateful thanks to Gary Seise; David Czyz, son of Peggy Czyz, for the design; and Charlie Stout, website hosting, in addition to everyone else who contributed their ideas.

### Facebook

Are you friends with us, CSA Nashville-Middle Tennessee Celiac Chapter #76? 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 personal networking.



### Cool Off with Summer Events

Watch for more information about these events via email, facebook or our website.

**June:** 5th Annual R.O.C.K. (Raising Our Celiac Kids) Pool Party

**July/August:** Adult Summer Social; Annual GF Ice Cream Social and Celiac Awareness at Whole Foods Marketplace, Cool Springs

### Newsletter Information

We are simplifying the newsletter process and would like to thank Joe Graves for the fine work he did as Newsletter Editor. We

have set up a Gmail account for GrainWise newsletter communication. Do you have newsworthy information on celiac disease – or – gluten-free travel, restaurants, products or the diet? Submit information to: nashvilleceliacnewsletter@gmail.com by July 20th.

### Research Study on Genetic Testing – survey!

The Celiac Disease Center at Columbia University invites you to participate in a research study looking at individuals' knowledge of genetic testing of celiac disease and their potential concerns with such testing. The goal of this study is to increase understanding of the factors associated with making an informed decision regarding such testing and to better provide the necessary information to make such a decision.

We have developed a brief survey to address some of these factors; it takes approximately 5 minutes to complete. The survey is anonymous; no identifying information is collected. If you agree to participate in this study, the online survey can be accessed through the link below. [www.surveymonkey.com/s/GTCD1MP](http://www.surveymonkey.com/s/GTCD1MP)

If you have questions, please contact Michele Pallai at [mp2507@columbia.edu](mailto:mp2507@columbia.edu) or (212) 305-5590.

Thank you very much for your time and consideration.

Cynthia Beckman  
Director of Development  
Celiac Disease Center at Columbia University  
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)

### Please excuse our omission.

The source for the article “Tax Deduction Guide for Gluten-Free Products” in the February newsletter was [www.celiaccentral.org](http://www.celiaccentral.org), updated August 10, 2010, National Association for Celiac Awareness.

# Announcements

## Meet Our New Co-Chair:

Kristen Pardue is a Registered Dietician who works for the Metro County Health Department both at Vanderbilt and Nashville General Hospital. She is a very talented young lady who is enthusiastic about living a naturally healthy gluten-free lifestyle... And Dietetic Advisor: Laura Herbert is a Registered Dietician at Williamson Medical Center. Her specialty is nutrition support. Laura is known as the "celiac expert" at WMC as she has counseled celiacs for the past fourteen years. She is now facing the challenge of helping their 16 month old daughter adjust to the gluten free diet.

## Do you like to Blog?

So do some of our members! Visit:

### Heather Graffam

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

### Laura Hill

[www.passthebreadholdthegluten.blogspot.com](http://www.passthebreadholdthegluten.blogspot.com)

### Kristen Pardue

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

### Ann McQueen

[www.doglutentfree.blogspot.com](http://www.doglutentfree.blogspot.com)

*Did we miss you?* Let us know and we will include you in the next newsletter. [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com).

## What is Camp Celiac?

Camp Celiac, [www.campceliac.org](http://www.campceliac.org), is a one-week summer camp, August 7 – 12, for children and youth with Celiac Disease, ages 8-16. It is located at the site of Camp Aldersgate in beautiful North Scituate, Rhode Island. 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.

Camp Celiac and Camp Aldersgate have developed layers of safety measures over the years to ensure a safe gluten-free environment. Camp Celiac provides two full time, registered nurses who handle all non-emergency medical needs, including administering medications. Emergency medical transportation is available within seven to ten minutes.

Camp applicants are accepted on a first come, first served basis. Campers must be age 8 and not older than 16 by August 7, 2011 to be eligible. Cost is \$ 390.00 Registration form can be found on: [www.campceliac.org](http://www.campceliac.org) See the Celiac Sprue Association's Lifeline article from the Fall 2010.

## Terrific Time at Celiac Family Weekend

by Christine Fry, RD, Member

April 15-17th was the Celiac Family Weekend at the Center for Courageous Kids in Scottsville, KY. Check in was Friday



night and departure was Sunday after lunch. Since my children have celiac disease, we were able to attend as a family. Only one child in the family needs to be diagnosed for the whole family to be able to attend. The camp was free for the family and is supported by donations. The camp opened only 4 years ago. The facilities were wonderful. We stayed in a lodge that had 8 "dens". Each family had their own den which could accommodate up to 8 people. There is a restroom with showers for each den.

There were planned activities for us to choose from. We went bowling, played air hockey, went swimming, made crafts in wood shop, went on a guided horseback walk, and went canoeing. There was also fishing, other arts and crafts, beauty shop, and some free time to walk around the facility. There is a medical building, physician and nurse on campus that can accommodate most medical needs.

They really do a great job of making the kids feel special. There is a family week August 3-6 which I believe is for any child eligible for one of the weekends or week long camps. You can check the website for other medical conditions they have camps for.

You can read more about it at this link. I hope to see you next year at the Celiac Family Weekend! <http://www.thecenterforcourageouskids.org/>

## 2011 Celiac Conferences

### 34th Annual CSA Conference *Changing the World for Celiacs*



San Diego, California, September 15-18, 2011, This Conference is held in conjunction with Columbia University, New York City. More information coming soon [www.esaceliacs.org](http://www.esaceliacs.org)

**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. <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](http://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](http://www.gluten.net)

## The Best of Gluten-Free Awards

Triumph Dining announces the winners from 5800 + people who voted.

### Bread

**Best Gluten-Free Sandwich Bread:**  
*Udi's* White Sandwich Bread Loaf

**Best Gluten-Free Multigrain Bread:**  
*Udi's* Whole Grain Bread Loaf

**Best Gluten-Free Hamburger and/or Hot Dog Buns:** *Whole Foods Gluten-Free Bakehouse*

**Best Gluten-Free Bagels:** *Udi's*

**Best Gluten-Free English Muffins:**  
*Glutino*

### Pasta, Pizza & Tortillas

**Best Gluten-Free Pasta:** *Tinkyada*  
Gluten-Free Rice Pasta

**Best Gluten-Free Pizza Crust:** *Glutino*  
Premium Pizza Crusts

**Best Gluten-Free Tortillas:** *Misson Foods* Corn Tortillas

### Cookies & Other Goodies

**Best Gluten-Free Classic Chocolate Chip Cookie:** *Pamela's Products* Traditional Cookies – Chunky Chocolate Chip

**Best Gluten-Free Oatmeal (or No Oatmeal) Cookie:** *Enjoy Life Foods* No-Oats "Oatmeal" Cookies

**Best "Other" Gluten-Free Cookie:** *Enjoy Life Foods* Snickerdoodles

**Best Gluten-Free Doughnuts:**  
*Kinnikinnick*

**Best Gluten-Free Brownies:** *Gluten-Free & Fabulous*

### Cereal

**Best Gluten-Free Cereal For Kids:**  
*General Mills'* Honey Nut Chex

**Best Gluten-Free Cereal For Adults:**  
*General Mills'* Cinnamon Chex

**Best Gluten-Free Hot Cereal:** *Bob's Red Mill* GF Mighty Tasty Hot Cereal

**Best Gluten-Free Granola:** *Udi's*

### Best Gluten-Free Baking Mixes

**Best Gluten-Free Bread Mix:** *Pamela's Products*

**Best Gluten-Free Muffin Mix:** *King Arthur*

**Best Gluten-Free Chocolate Chip Cookie Mix:** *Betty Crocker* Gluten-Free Chocolate Chip Cookie Mix

**Best Gluten-Free Cake Mixes:** *Betty Crocker*

**Best Gluten-Free Brownie Mix:** *Betty Crocker*

**Best Gluten-Free Cake Mix:** *Betty Crocker* Gluten-Free Chocolate Brownie Mix

**Best Gluten-Free Pie Crust Mix:** *The Gluten-Free Pantry* Perfect Pie Crust Mix

**Best Gluten-Free Pancake (and Waffle Mix):** *Gluten-Free Bisquick*

### Best Gluten-Free Frozen Foods

**Best Gluten-Free Frozen Waffles:** *Van's All Natural*

**Best Gluten-Free Prepared (or Microwave) Meals:** *Amy's Kitchen* Gluten-Free Meals

**Best Gluten-Free Veggie Burger or Vegetarian Meat Option:** *Sunshine Burger*

### Best Gluten-Free Snacks

**Best Gluten-Free Crackers:** *Blue Diamond* Nut Thins

**Best Gluten-Free Pretzel:** *Glutino* Pretzel Twists

**Best Gluten-Free Granola Bar:** *Larabar*

### Best Gluten-Free Restaurants

**Best Fast Food Restaurant:** Wendy's

**Best Gluten-Free Menu:** P.F. Chang's

**Best Gluten-Free Pizza:** Uno Chicago Grill

### Best Gluten-Free Dishes

**Best Gluten-Free Appetizer:** P.F. Chang's Chicken Lettuce Wraps

**Best Gluten-Free Main Course:** P.F. Chang's GF Spicy Chicken

**Best Gluten-Free Dessert:** Outback Chocolate Thunder From Down Under

**Best Gluten-Free Beer:** Anheuser Busch Redbridge

### Best Gluten-Free Resources

**Best Gluten-Free Cookbook:** Bette Hagman's *The Gluten-Free Gourmet: Living Well Without Wheat*, Revised Edition

## Product Information

### Lipton Onion Soup

Lipton Dry Onion Soup mix is not gluten free at this time. It contains autolyzed yeast which is derived from barley. It is a product of Unilever which is claiming that due to the 0.04ppm or less contents that it considers the product gluten free. Please do not be deceived. Barley contains gluten and should not be consumed on a regular basis by any person diagnosed with Celiac Disease. Even according to the FDA, which has yet to set a standard, Unilever cannot label this soup gluten free. – Gluten Intolerance Group of Utah, March 2011

### Kellogg's Gluten-Free Rice Krispies Arriving in June!



"After hearing from so many gluten-free families out there, we're happy to bring you NEW Kellogg's® Rice Krispies® Gluten Free cereal, made with brown rice. It'll

be available in June, so be sure to ask your local supermarket to stock up!"  
[www.kelloggs.com](http://www.kelloggs.com)

# Products & Services

## Alert

Restaurants and food manufacturers around the country are slapping the gluten-free label on everything from menus to bottled water to grab a share of the growing gluten-free market. Beth Hillson, who owns Gluten Free Pantry, had recently been to two restaurants, one in New York, the other in Phoenix, Arizona. One tried to serve her Kamut (a gluten free diet no no). The other served scallops over a bed of Farro (definitely a gluten free diet no no). Both restaurants claimed to have a gluten free menu. We must all be vigilant when we dine in restaurants and not assume that they understand the diet just because they put a gluten-free label on the page. Speak to a manager or the chef to be sure that they understand what is expected.

Breads purchased from a facility that bakes regular bread and has a side line of gluten free bread for you are definitely something you should question. They are not tested for gluten content, possibly cross-contaminated, perhaps more convenient than going to a specialty store, but possibly causing you damage you do not want. Remember, flour flies for 24 hours. Great care needs to be taken to avoid cross-contamination. Please do not be so desperate for normalcy that you accept products that may be below the acceptable standards of the gluten free diet.

Please be careful in your excitement as to the availability of gluten free foods. Don't be a victim of someone just wanting to make money and capitalize on our needs. Be sure that care is being taken to insure that what is being offered is indeed gluten free. Remember, "When in doubt, do without!"

- Gluten Intolerance Group of Utah

## Feeling left out?

Feeling left out when family or friends want to eat out at a Pizza restaurant, Chinese Restaurant or Italian Restaurant?

What I have started doing.....

I have a favorite Chinese Restaurant that I frequent. I have a bottle of gluten free soy sauce with my business card taped to it at the restaurant. When I come in, they make my meal with my sauce.

*Have you enjoyed a dining out experience?  
Tell us where!!! [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com)*

At a local Pizza Restaurant that makes fantastic pizza but no gluten free pizza, I take my own crust in and they cook it up for me.

Another Italian Restaurant has told me to leave my pasta and they will cook it up for me when I come in.

Each restaurant works with me on doing the best they can.

- Ann McQueen, Member

## The Factory in Franklin

The Factory in Franklin has two restaurants where you can enjoy gluten-free dining. **The Saffire Restaurant** uses locally grown produce and makes their own mozzarella cheese. . . This makes for a delicious mozzarella salad! (It's on the gluten-free menu.) They also use Tennessee Hickory coals in the hand-built smoker and cast iron grill of their exposed kitchen. **Stoveworks Restaurant** is known for their Southern home cooking. The salad sampler is gluten-free and is one of my favorites - chicken salad, cranberry congealed salad, and fresh fruit with poppy seed dressing. Peggy Czyz and I both enjoyed this one afternoon!

- Cheryl Chamberlain, Member

## Resources for Living with Celiac Disease

Coming soon! Our resources page will soon be available on our new website. Visit [www.nashvilleceliacs.org/](http://www.nashvilleceliacs.org/).

## Porta Via Italian Kitchen

21 White Bridge Rd., Nashville, TN 37205  
(615) 356-0001, [eatatportavia.com](http://eatatportavia.com)

There's nothing like a fabulous Italian dinner - especially when it includes homemade gluten-free pasta! Wonder of wonders, can there be such a restaurant in Nashville? There sure is!!! Executive Chef Giovanni Giosa shared with us his knowledge and resourcefulness in learning about the gluten-free diet. Having grown up in Italy, at the age of 14 he enrolled in a culinary arts school. Since then he has dedicated time to learning and understanding gluten-free food preparation and has perfected his own recipes to include gluten-free pizza, pasta, and rolls. Chef Giovanni believes his success is due to the GF rice flour he imports from Italy. Great care is taken to prevent cross contact in food preparation. Beginning the day at 6:00 am with gluten-free food preparation, Chef Giovanni uses a dedicated mixer, utensils, and pans. When baking a gluten-free pizza it is baked in a corner of the brick oven on a screen with feet. If you are lactose intolerant you may bring in a cheese alternative for your pizza. All the sauces at PORTA VIA are gluten free. The gluten-free pasta is partially dried and then frozen to keep it fresh. The wait staff is also educated on the gluten-free diet and you can order with confidence. We were served fresh, homemade GF dinner rolls with the Chicken Alfredo - both the sauce and the pasta were incredible. Even if you don't have room for dessert it might be hard not to treat yourself to one of the many gluten-free gelatos. This is authentic Italian food at its' finest!

- Ann McQueen and Cheryl Chamberlain, Members

## Caution: Smoke Flavor

I bought a jar of Muir Glen Chipotle Salsa today. One of the ingredients is listed as natural smoke flavor (contains organic malted barley flour). I have seen smoke flavor in other products but this is the first time that I have seen that it can contain barley flour. Since barley is not one of the big eight allergens companies do not have to list it on their ingredients but celiacs should be aware of the potential gluten.

- Kathy Smith

## “1 in 133” Event Calls for Gluten-Free Food Labeling Gluten-free advocates team up to get FDA’s attention.

March 29, 2011

**G**luten-free advocates team up to get FDA’s attention.

It’s been 4 years since the Food and Drug Administration (FDA) was tasked to define “gluten-free,” and so far, no definitive standard has been established. Now, celiac and gluten-free advocates are coming together to herald the urgent need for proper labeling of gluten-free food.

Led by NFCA Athlete for Awareness John Forberger, better known in the Twitter community as GlutenFreeTri, and Jules Shepard of Jules Gluten-Free, the first Gluten-Free Food Labeling Summit will be held on May 4, 2011 in Washington, DC. The event will bring together legislators, researchers, manufacturers and advocates who support celiac and gluten-free needs as they call upon the FDA to make gluten labeling a priority.

At the Summit, a towering gluten-free cake – the world’s largest, according to the event website – will be on display to symbolize the “big deal” that proper labeling plays in the daily lives of those with celiac disease and gluten intolerance.

The event will also unveil a petition calling upon the FDA to set a standard for “gluten-free.” Individuals are invited to sign the petition by completing a form at [1in133.org](http://1in133.org).

NFCA is supporting the cause and will continue to deliver information about this event as it nears. Watch for more Celiac Awareness Month activities in NFCA’s April e-newsletter, with full coverage on [CeliacCentral.org](http://CeliacCentral.org) starting May 1.

Gluten Free Standards Needed More Than Ever - American Celiac Disease Alliance, [americanceliac.org](http://americanceliac.org)

Since Congress passed the Food Allergen Labeling and Consumer Protection Act (FALCPA) in 2004, the celiac community has waited anxiously for the FDA to complete the gluten free labeling standards. Days have turned to months and then to years.

Our patience is gone. Parents, patients, food manufacturers, and health care professionals are frustrated and concerned about companies placing 'GF' stickers on all sorts of products, including bottled water. Without GF standards, companies aren't testing or verifying ingredients, they are free to put 'Gluten-Free' on products without regard to the health and safety of the end consumer.

Lawmakers need to know FDA hasn't finished the GF rules and they need to hear it from you!

Take Action Today – Tell Congress at [www.americanceliac.org](http://www.americanceliac.org)

### The Gluten-Free Diet and a New Lease on Life

I just wanted to write and encourage anyone who is newly diagnosed not to give up on the gluten-free diet. I was diagnosed around 5 years ago and since starting a gluten-free diet my health has improved enormously. I now have lots more energy; feel able to do more exercise; my hair, skin and nails are all in better condition; I can concentrate better at work; and I feel far more cheerful! I’ve found that the benefits of a gluten-free diet outweigh the inconveniences.

—Ann McQueen, Member

### Maury Regional Medical Center – Food and Nutrition Department

Laura Hill and Cindy Dugger, RD, offer support for celiacs the first month of each quarter on the second Tuesday of that month. They will meet July 12 and October 11 at 5:00 pm. Contact Cindy for more information 931-381-111 ext 1275 or [cdugger@mrhs.com](mailto:cdugger@mrhs.com) or Laura Hill, 931-224-1932.



### GF Travel Site Adds Colleges to Reviews

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

GlutenFreeTravelSite recently added a feature that enables gluten-free college students to review colleges and universities for their degree of "gluten-free friendliness." Reviewers simply follow the steps for Submitting a Review ([www.glutenfreetravel.com/submit.php](http://www.glutenfreetravel.com/submit.php)) as they would for a restaurant, store, hotel, or resort, but they choose "college" when prompted for the type of establishment they're reviewing.

By adding colleges as a choice of venues to be reviewed, GlutenFreeTravelSite gives college students a way to share their feedback – both positive and negative – with current and prospective students who follow gluten-free diets.

Please help us spread the word so that we can help as many gluten-free teenagers as possible as they embark upon their college selection process. To read more about our website and this new feature, see our Blog post ([www.glutenfreetravelblog.typepad.com](http://www.glutenfreetravelblog.typepad.com)) or read our Press Release ([www.prweb.com/releases/glutenfreemeals/collegecampuses/prweb5047544.htm](http://www.prweb.com/releases/glutenfreemeals/collegecampuses/prweb5047544.htm)).

—Karen Broussard  
[kbroussard@glutenfreetravel.com](mailto:kbroussard@glutenfreetravel.com)

## Dermatitis Herpetiformis and Celiac Disease

By Dr. Vesna Petronic-Rosic

The most common age at presentation is in patients, mostly women, 30 to 40 years old. Most patients report onset of symptoms during the warmer months, any time from spring to late summer.

The prevalence and presentation of DH vary geographically. Northern Europe has the most cases overall, but childhood DH is more common in the Mediterranean, possibly due to dietetic or genetic influences. DH is very rare among Asian populations and even rarer among African-Americans. Familial cases have been reported.

As with any multifactorial disease (i.e. conditions due to a combination of genetic and environmental factors), lifestyle factors modify the pathogenesis of DH and gluten sensitivity. Iodine use and iodine-containing diets (such as shellfish) may induce flares. Tobacco may also impact DH severity: in two small studies, smoking rates were lower among patients with DH. A similar finding was reported for patients with CD alone, suggesting a protective role for smoking in CD similar to that in ulcerative colitis.

Primary lesions of DH are grouped reddish papules surmounted by little blisters. However, due to intense itch, often only erosions and excoriations are seen. The eruption is symmetrically distributed on the extensor surfaces of the upper and lower extremities, elbows, knees, scalp, nape of the neck, and buttocks. The face and groin may be involved. Generally, lesions heal without scarring, although significant changes in skin color can occur. Involvement of oral mucosae is rare. Dental abnormalities have been described in patients with CD, as well as DH. Horizontal grooves, defects in enamel color, and large enamel pits are the most common findings.

DH is considered the skin manifestation of CD: in fact, the vast majority of patients have either clinically silent or mild CD, and all show improvement of the skin lesions on a gluten-free diet (GFD).

A number of autoimmune conditions have a close association with DH, especially thyroid disease and presence of thyroid antibodies, leading to either hypothyroidism or, less commonly, to hyperthyroidism. The prevalence of type I diabetes is also

increased in patients with DH and their first degree relatives. Addison's disease, vitiligo, alopecia areata, have all been reported in association with DH. Lastly, autoimmune connective tissue diseases have a higher prevalence among DH patients (Sjögren's syndrome, rheumatoid arthritis, and lupus erythematosus). Whether GFD reduces the

suppress the skin manifestations of DH and are FDA-approved to treat this condition.

Care of patients with DH should involve a team approach that includes a dermatologist, a gastroenterologist, and a nutritionist. Patients require regular follow-up to monitor long-term drug use and manage flares. Regular visits also

*DH is considered the skin manifestation of CD: in fact, the vast majority of patients have either clinically silent or mild CD, and all show improvement of the skin lesions on a gluten-free diet.*

risk of developing autoimmune conditions in patients with DH is unknown. While patients with DH do not appear to have an increase in mortality due to malignancies, there is a higher risk of non-Hodgkin lymphoma.

DH is diagnosed on the basis of physical examination, routine histopathology, immunofluorescence studies, and serologic testing. Genetic testing is useful in cases where DH cannot be excluded: in fact, absence of HLA-DQ2 or DQ8 essentially rules out DH.

Since a significant number of DH patients develop other immune-mediated conditions, screening for such disorders is indicated. In particular, patients should be screened for thyroid disease and diabetes.

The cornerstone of DH management is the GFD; strict adherence leads to resolution of skin disease and improvement in bowel pathology, if present. Even so, IgA deposits at the dermal-epidermal junction of patients with DH usually take up to several years to completely resolve. Gluten challenge leads to a swift resurgence of IgA deposits in the skin and a flare of the skin symptoms.

Gastrointestinal symptoms, when present, tend to respond faster to a GFD than the skin disease, which can take months to years to resolve on a GFD alone; thus, addition of medication may be necessary to achieve more rapid control. Sulfones such as dapsone and sulfapyridine may rapidly

allow for screening and early detection of autoimmune or malignant conditions that may be associated with DH and prompt referral for treatment. Laboratory testing such as a complete blood count and tests to screen for nutritional depletion, may be indicated at regular intervals if patients are symptomatic and is mandatory for those on systemic therapy. Counseling concerning family screening should take place at the time of diagnosis: in fact, once a diagnosis of DH is confirmed, it is recommended that all first-degree relatives be screened for CD.

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The University of Chicago Celiac Disease Center  
5841 S. Maryland Ave., MC 4069  
Chicago, IL 60637  
Ph.: (773) 702-7593 Fax: (773) 702-0666  
info@CeliacDisease.net www.CeliacDisease.net

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# The CD-thyroid connection

By Cheryl Harris, MPH, RD and Gary Kaplan, DO

It's a commonly misdiagnosed autoimmune condition. Its symptoms include fatigue, constipation or diarrhea, hair loss, depression, weight gain or loss, and infertility. It greatly undermines the sufferer's quality of life. Sound a lot like celiac disease? Actually, these are common symptoms of autoimmune thyroid disease. Like celiac disease, physicians often miss the diagnosis. It is estimated that more than half of the approximately 27 million people suffering with thyroid conditions have not yet been diagnosed.

People with celiac disease are much more likely to develop thyroid disease than people without celiac disease. Similarly, people with a thyroid condition are more likely to develop CD than those without a thyroid condition, and this holds true even after the subject adopts a gluten-free diet. A study by Dr. Alessio Fasano, a recognized expert of CD, showed that half of the people diagnosed with CD also had thyroid disease. And while 1 in 133 Americans has CD, recent thyroid review studies show that 2 percent to 7.8 percent (an average of 4.1 percent) of those diagnosed with thyroid disease have CD. This indicates that a person suffering with thyroid disease is about four times more likely to develop CD than someone without a thyroid condition.

The thyroid is a gland in the neck that controls most of the other hormones in the body. It determines how quickly you burn calories, your heart rate and other vital functions. The most common type of thyroid disease is an underactive thyroid, or hypothyroidism, which is usually caused by an autoimmune reaction where the body attacks the thyroid causing lower levels of thyroid hormones to be released into the body. This causes the body's metabolism to slow down. Also known as Hashimoto's disease, hypothyroidism occurs most frequently in women during middle age. Another common thyroid disorder is hyperthyroidism or an overactive thyroid gland. It is caused by an autoimmune reaction (usually Graves' disease), where the body attacks itself, and the thyroid gland produces too much thyroid hormone.

The symptoms associated with thyroid disease vary depending upon whether the

thyroid is underactive (hypothyroid) or overactive (hyperthyroid). Hypothyroidism typically presents with fatigue, a morning body temperature equal or less than 97.6 degrees (compare to a normal temperature of 98.6 degrees), and dry skin and hair. Signs of hypothyroidism also may include weight gain, difficulty with mental concentration ('brain fog'), and irregular menstrual periods. People with an underactive thyroid often experience many other problems associated with weight gain, including insulin resistance and diabetes, high blood pressure and heart disease.

Signs of hyperthyroidism may include high blood pressure, gastrointestinal problems and a rapid heartbeat.

Sufferers of both types of thyroid disorders may experience sleep disorders, severe fatigue, and changes in bowel habits, ranging from constipation to diarrhea. Pregnant women, whose hormone levels change dramatically to accommodate the growing life within, may experience a variety of problems due to untreated thyroid conditions.

Too often medical providers get focused on one symptom or one disease process to the exclusion of other important medical evidence. In fact, the *New England Journal of Medicine* published a study suggesting that the No. 1 mistake most doctors make is narrowing the differential diagnosis too quickly, which limits what we're able to see, which hampers the ability to accurately diagnose and treat. It's critical to cast a wide net in the process of diagnosing a patient, and this takes time. Your physician will need to take the time to listen to and understand your medical history, conduct a thorough physical examination, order blood work, formulate a treatment plan for you, continually review your progress, and if necessary, retest and adjust your medications.

When thyroid disease is suspected, additional testing and treatment is required. First, a physical examination should be performed, including palpation of the thyroid gland in the neck to locate any enlargement, asymmetry or the development of nodules. Second, blood work should be conducted to evaluate not just the patient's TSH level

(TSH, or thyroid-stimulating hormone, is produced by the pituitary gland in the brain), but also their Free-T3 and Free-T4 levels.

Many physicians only test for TSH, and for example, when it is too high, simply direct patients to take more T-4. The problem with this approach is that some patients with thyroid conditions lack the ability to convert T-4 to T-3. T-3 is the most active form of thyroid, which in combination with T-4, affects a person's metabolism, heart rate, cholesterol levels and adrenal function. Consequently, it is critical that doctors test for the presence of TSH and Free-T3 and Free-T4 in a patient's blood. Only with this information can they prescribe the supplemental hormones a patient needs for normal metabolic activity.

If you've already been diagnosed with CD and adopted a gluten-free diet, and you continue to experience any of the symptoms described above, talk with your doctor. It may be time for you to get a comprehensive physical exam and blood work. Similarly, if you've been diagnosed with thyroid disease and you're still experiencing any of the symptoms described, consider making an appointment to talk with your doctor.

When someone with CD eats gluten-free, his or her autoimmune antibodies return to normal, as expected. Medical research also suggests, however, that when people with CD and thyroid disease adopt a gluten-free diet, not only do their celiac-related antibody levels improve, but often their thyroid antibody levels also decrease dramatically. This suggests that a gluten-free diet improves thyroid function, and it may mean that people with CD who are gluten-free require less thyroid medication. As the authors of one study put it: "We believe that undiagnosed and untreated celiac disease may switch on some as-yet-unknown, immunological mechanism that sets off a cascade of other disorders."

In other words, untreated autoimmune diseases such as CD, lead to development of more autoimmune diseases. While there is some speculation that eating a gluten-free diet may help improve thyroid function even in people without CD, there are not research findings proving this hypothesis.

*Reprinted from the Gluten Intolerance Group® Magazine*

## Clues to Gluten Sensitivity

by Melinda Beck

Lisa Rayburn felt dizzy, bloated and exhausted. Wynn Avocette suffered migraines and body aches. Stephanie Meade's 4-year-old daughter had constipation and threw temper tantrums.

All three tested negative for celiac disease, a severe intolerance to gluten, a protein found in wheat and other grains. But after their doctors ruled out other causes, all three adults did their own research and cut gluten—and saw the symptoms subside.

A new study in the journal *BMC Medicine* may shed some light on why. It shows gluten can set off a distinct reaction in the intestines and the immune system, even in people who don't have celiac disease.

"For the first time, we have scientific evidence that indeed, gluten sensitivity not only exists, but is very different from celiac disease," says lead author Alessio Fasano, medical director of the University of Maryland's Center for Celiac Research.

"Patients have been told if it wasn't celiac disease, it wasn't anything. It was all in their heads," says Cynthia Kupper, executive director of the nonprofit Gluten Intolerance Group of North America.

Much remains unknown, but it's clear that gluten—a staple of human diets for 10,000 years—triggers an immune response like an enemy invader in some modern humans.

The most basic negative response is an allergic reaction to wheat that quickly brings on hives, congestion, nausea or potentially fatal anaphylaxis. Less than 1% of children

have the allergy and most outgrow it by age five. A small number of adults have similar symptoms if they exercise shortly after eating wheat.

At the other extreme is celiac disease, which causes the immune system to mistakenly attack the body's own tissue.

The incidence of celiac disease is rising sharply—and not just due to greater awareness. Tests comparing old blood samples to recent ones show the rate has increased four-fold in the last 50 years, to at least 1 in 133 Americans. It's also being diagnosed in people as old as 70 who have eaten gluten safely all their lives.

"People aren't born with this. Something triggers it and with this dramatic rise in all ages, it must be something pervasive in the environment," says Joseph A. Murray, a gastroenterologist at the Mayo Clinic in Rochester, Minn. One possible culprit: agricultural changes to wheat that have boosted its protein content.

Gluten sensitivity, also known as gluten intolerance, is much more vague.

Some experts think as many as 1 in 20 Americans may have some form of it, but there is no test or defined set of symptoms. The most common are IBS-like stomach problems, headaches, fatigue, numbness and depression, but more than 100 symptoms have been loosely linked to gluten intake, which is why it has been so difficult to study. Peter Green, director of the Celiac Disease Center, says that research into gluten

sensitivity today is roughly where celiac disease was 30 years ago.

In the new study, researchers compared blood samples and intestinal biopsies from 42 subjects with confirmed celiac disease, 26 with suspected gluten sensitivity and 39 healthy controls. Those with gluten sensitivity didn't have the flattened villi, or the "leaky" intestinal walls seen in the subjects with celiac disease.

Their immune reactions were different, too. In the gluten-sensitive group, the response came from innate immunity, a primitive system with which the body sets up barriers to repel invaders. The subjects with celiac disease rallied adaptive immunity, a more sophisticated system that develops specific cells to fight foreign bodies.

The findings still need to be replicated. How a reaction to gluten could cause such a wide range of symptoms also remains unproven. Dr. Fasano and other experts speculate that once immune cells are mistakenly primed to attack gluten, they can migrate and spread inflammation, even to the brain.

Indeed, Marios Hadjivassiliou, a neurologist in Sheffield, England, says he found deposits of antibodies to gluten in autopsies and brain scans of some patients with ataxia, a condition of impaired balance.

Could such findings help explain why some parents of autistic children say their symptoms have improved—sometimes dramatically—when gluten was eliminated from their diets? To date, no scientific studies have emerged to back up such reports.

Dr. Fasano hopes to eventually discover a biomarker specifically for gluten sensitivity. In the meantime, he and other experts recommend that anyone who thinks they have it be tested for celiac disease first.

For now, a gluten-free diet is the only treatment recommended for gluten sensitivity, though some may be able to tolerate small amounts, says Ms. Kupper.

"There's a lot more that needs to be done for people with gluten sensitivity," she says. "But at least we now recognize that it's real and that these people aren't crazy."

— From *The Wall Street Journal*,

March 15, 2011

### Against the Grain

A new study shows that people can have a reaction to gluten even if they don't have a wheat allergy or celiac disease.

	Gluten Sensitivity	Wheat Allergy	Celiac Disease
Prevalence	6 % of U.S. population	Less than 1% of children; some adults after exercise	1% of U.S. population
Symptoms	Some stomach issues, also headaches, balance problems, many others	Hives, nasal congestion, nausea, anaphylaxis	Bloating, diarrhea, malnutrition, osteoporosis, cancer
Triggers	Gluten, amount unknown	Wheat proteins, but may cross react with other grains	Even small amounts of gluten
Treatment	Gluten-free diet, although small amounts may be tolerable	Avoid wheat products	Strict gluten-free diet

Source: WSJ reporting

# 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](http://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](http://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 [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com).

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**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     Renewal Membership     Information Change     Medical Professional Membership

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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.

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Please check your renewal date on the mailing label below.  
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**May Meeting**

Saturday, May 14th  
2:00 p.m.



**All You Wanted to Know  
about Gluten Free Cooking  
by Connie Sarros**

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**Xocai Chocolate**

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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.

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