

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

ADDRESS SERVICE
REQUESTED



NEW WEBSITE -- www.nashvilleceliacs.org



Chapter #76 of the Celiac Support Association has been working on a new design for our website for several months now. We are proud to announce that it is up and running and you can access details about the upcoming events and contact us through the website.

This gorgeous photo of the **Nashville skyline is featured on our Home Page**. The **About Us Page** explains the national organization, the Celiac Support Association, as well as our own chapter's history. **The Events Page** features a calendar where you can see upcoming events in between our newsletters, so check it whenever you are curious about what we are going to do next! On the **Membership Page**, you can download a membership form to send in with your dues check. And, of course, we have a **Contact Page**

so that you can email us, or phone any of the board members that you might need to contact.

Please check it out! We want to expand it to offer articles on medical discoveries or nutritional suggestions, as well as a list of restaurants that our members have found work well with gluten-free offerings. If you have any ideas of resources we could add to the website, please let us know. We want to serve your needs in between meetings by putting materials online. So tell us what you want to see on the website.

Come Bid at the Silent Auction at the Potluck -- Nov. 22

For the past several years, we have held a Silent Auction at our annual Holiday Potluck. We gather items from local vendors, as well as gluten-free product manufacturers, to put together in baskets of delights.

We also ask that members put together a basket or bag of items that they can contribute. We have had members bring dvds that their children no longer watch, products that they no longer needed, etc. They have also contributed services that they could offer -- a supply of cookies for Christmas, a pie or cake for a special occasion, a loaf of bread, etc. Your choice!



Even if you can't bring a basket, you can donate to our chapter by bidding on the items at the Silent Auction. So, come prepared to make your bids!

Join Us for our Annual Holiday Potluck Saturday, November 22, 12:30 - 2:30 pm



Please plan to join in our annual festivities. This is an event for the whole family. You can even bring guests who may enjoy a gluten-free holiday meal. We provide the turkey and our members bring all the fixins!

Just bring a salad, veggie, pan of gluten-free dressing, or a dessert to serve 8-10, plus your family's favorite beverage such as soda, tea, or water. We ask you to bring a list of the ingredients, or the recipe itself, to sit beside your dish so that people with allergies other than gluten can know if your dish contains dairy, soy, or other allergens they may have.



When you decide to attend the potluck, please sign up so that we know how many to prepare for and what you plan to bring.

To sign up for this event, go to:

www.theglutenfreedinnerclub.com

or email: nashvilleceliacs@gmail.com



Cookie Exchange and Decorating -- Dec. 14th

We will gather at the Whole Foods in Franklin on McEwen Drive on Sunday afternoon, December 14 from 2:00 to 4:00 pm to exchange cookies and recipes and to have a cookie decorating event for kids of all ages.

What do you need to do to participate? If you and your family and friends want to decorate a few cookies, then please come and enjoy.



But if you can bake and bring 3 dozen of your favorite cookies and a few plastic containers, you can bring home 3 dozen different cookies made by other members. The exchange is open to all who bring 3 dozen cookies.

If you would also bring a few copies of your recipe, those who want to share recipes will be able to add to their holiday cookie recipe collection.

Gluten-Free Beer Tasting and Tuscan Tapas at Mirko Pasta was Another Success

On Sunday, October 12, our CSA chapter once again joined up with Nashville's Gluten Free Dinner Club for an opportunity to taste several gluten-free beers paired with Tuscan tapas. Angela Adams, one of our members, introduced our group of 15 to a new restaurant, a pasta restaurant, that is willing and able to prepare gluten-free dishes, even pasta dishes. They also provided a matching beer or cider with each of the 5 tasting courses. It was a delightful evening of Tuscan tapas and gluten-free beers not available generally in Nashville.

Exploring the Microbiome

On September 20th we heard from two of Nashville's own experts on the bacteria within the digestive tract. They shared their perspectives on how our gut microbiome affects our health.

Science is on the threshold of significant discoveries about not just the human genome, but also the genome of our microbiome. Our microbiome is the 90% of the cells in our body that are "not us", but we couldn't live without those organisms.

Dr. Howard R. Mertz has been a partner in Nashville Gastrointestinal Specialists since 2003, is past President of the Tennessee Society for Gastroenterology and Endoscopy (TSGE), and Clinical Assistant Professor, Vanderbilt. **Dr. David Shifrin** is a member of The American Society for Cell Biology and author of numerous scientific articles on host-microbe interactions in the small intestine and the mechanics of intestinal absorption of nutrients.

We learned of the physical changes in the structure of the gut lining with celiac disease, infections, and other autoimmune disorders. There are hundreds of species of bacteria present in our GI tract; some of which produce vitamins we need like K, riboflavin, and biotin. Those "good" bacteria compete against and suppress toxic ones, e.g. Clostridium difficile. They also train the immune system to tolerate normal flora, attack novel bacteria, and secrete protective antibodies.

We also heard about the results of experiments with obese mice who received transplants of gut bacteria from thin mice and lost weight, as well as evidence that obese humans tend to have different bacterial balances than fit humans.

Free Shipping Offer from GlutenTox

GlutenTox Home offers a test kit that lets you test for gluten contamination on foods, beverages, even cosmetics and personal care products. It detects the most toxic fragment of the gluten molecule up to 5ppm. You can set the test for either 20 ppm or 5 ppm. It requires no special equipment and produces a reliable answer in less than 20 minutes. You can order online at : <http://glutentox.com> or by phone at 866-509-4482. GlutenTox is offering a discount code for free shipping until Dec. 15 : **csa76** -- to insert at checkout or on the phone.

Meeting Location

Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium, located at 2200 Patterson Ave., the northwest corner of 22nd Ave. North and Patterson, behind the bus stop shelter. The door faces the corner and is set back and surrounded by bushes.

Directions

From I-40, take Church St., exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., Turn right, go 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 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 the lobby to the short flight of stairs, or stay to the right and take the elevator up 1/2 level. Select "Button A" for the Auditorium.

CSA CHAPTER OFFICERS/ADVISORS

Chair — Carol Ann Baily, carolannbaily@gmail.com 615-478-9998

Secretary — Jack McFadden, jack.r.mcfadden@gmail.com 615-579-3600

Treasurer — Ruth Root, mahgieroot@aol.com, 615-385-1066

Publicity — Angela Adams, angela@amerikeyrealty.com 615-586-3968

Newly Diagnosed Coordinator – Peggy Czyz, GFPeggyTN@bellsouth.net, 615-646-2905

Social Media Advisor — LeeAnn Love, evolnnaeel@gmail.com

Chapter Advisor – Cheryl Chamberlain, GFCCherylTN@comcast.net 615-591-9622

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

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

Check us out on Facebook

<https://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898>

NEW WEBSITE UP AND RUNNING -- CHECK IT OUT!: <http://www.nashvilleceliacs.org/>