

GRAINWISE & GLUTENFREE™

The Newsletter of CSA Nashville – Middle Tennessee Chapter # 76
Celiac Support Association



What's Gluten Doing in MY SHAMPOO?

– A Presentation on the hidden gluten ingredients contained in shampoos, conditioners, skin care products, and cosmetics

What do you mean there is gluten in my eye makeup? Why is my new conditioner making my scalp have sores? What's gluten doing in my shampoo, skin lotion, or lipstick?

Next Meeting
April 9 1-3 pm

Meeting Location for
our Meetings

Our regular meeting place is in the Medical Office Building Auditorium. The entrance is located at **the corner of 22nd Ave N. and Patterson St. (Use 2200 Patterson for your GPS.)** about a block from Centennial Hospital.

The entrance is sometimes a little hidden behind the shrubs at the door. Come in that door, go upstairs or take the elevator to Level A for the Auditorium.

A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.

Save the Date!

May Meeting
Sat. May 14, 1-3
What you need to know about GF baking – muffins, pies, and breads.

Sept. Meeting
Sat. Sept. 10, 1-3
We are inviting the VU Celiac Center dietician.

Holiday Potluck
Nov. 12, 12:30 pm
Please bring sides and desserts for our gluten-free turkey dinner.



What's Gluten Doing in MY SHAMPOO?



Most of us who are eating gluten-free have not thought about the contents of the products we use on our skin or hair. Often those products end up inside us as our fingers touch them and then touch our mouth, nose, or eyes.

At our meeting on Saturday, April 9, we will explore the many gluten-containing ingredients in the variety of products you may use on your hair, skin, and face. If you have already found good gluten-free products you can recommend, bring them with you for “show and tell”.

Come find out what to look for in these kinds of products so that you can avoid contamination and/or skin reactions. Learn how to read those minute listings of ingredients on these body products: shampoos, conditioners, lotions, and cosmetics.



Many people who have stopped using these products containing gluten have experienced improvements in their scalp and their skin. Others swear that they no longer have symptoms of cross contamination that they previously had. Please plan to attend.



Our Nashville/Middle Tennessee chapter of the CSA provides local programming and a chance to meet others who are also living gluten-free. But the national CSA provides many services. When you become a member of the national CSA, you will receive a lovely monthly magazine complete with information from dietitians and doctors. It includes a dozen recipes -- including flat bread, Brazilian cheese bread, Italian wedding soup, turmeric tomato soup, roasted cauliflower, and a white bean soup this month.

Lifeline also includes book reviews of both cookbooks and those on gluten-free living. There's a monthly column with gluten-free travel advice. Plus a section for Youth with tips for dealing with children who have celiac. There's even a listing of nine gluten-free summer camps for children.

The *Lifeline* magazine, plus all the online services, including their recipe collection of over 400 recipes, is just \$35 a year, or \$30 for an electronic version rather than the mailed magazine. You would be wise to join.

All you have to do is visit their website to access the information and to join up: www.csaceliacs.org

Chapter News

Dr. Dawn Wiese from the New Celiac Center

At our January meeting, Dr. Dawn Wiese, the Director of the new Celiac Disease Center at Vanderbilt Medical Center, provided updates on the latest research in celiac and gluten sensitivity. She told us of the plans for comprehensive care for those diagnosed with celiac or with non-celiac gluten sensitivity at the new Celiac Center. She also encouraged those who have been living a gluten-free life but suffering continued symptoms to be re-evaluated with the new techniques that are now available there. Her PowerPoint is available to members upon request.



Gluten-Free Dinner at the AMOT Eatery



The Nashville Gluten-Free Dinner Club Meetup Group and our Celiac Support Association Chapter have merged as of February 2016.

Our first dinner event was held at Nashville's first exclusively gluten-free restaurant, A Matter of Taste (AMOT Eatery) at 1100 Fatherland St. in East Nashville on Wednesday evening, March 30th. Several members had tried their burgers, fries, brunch fare, and other delicious offerings.

We asked Chef Charlotte to provide us a sampling of their dinner items. We were able to sample two sides, three main dishes, and two dessert items. Sorry that we didn't make the newsletter with the dinner, but we sent out an email to members about two weeks before the dinner.

If you are interested in more dining out events, you might want to join the Meetup group so that you get advance notice of these events. There's no cost to join the Meetup group. Here's the link. <http://www.meetup.com/NashvilleGlutenFree/>

Little Mosko's Muncheonette Now Open

Lauren Moskovitz has been baking gluten-free since 2009. She has moved beyond selling online from her home kitchen and now has a breakfast and lunch place in the Entrepreneur Center at 41 Peabody St. **Lauren has agreed to provide some yummy samples of her baked goods for our meeting in April. So be sure to come so you can try those Little Mosko's goodies.**





Check out our website

You can see the contact info for our Board members. You can also see Calendar of Events plus medical articles of interest to those with Celiac and non-celiac Gluten Sensitivity.

www.nashvilleceliacs.org

Join our Gluten-Free Dinner Club too:

<http://www.meetup.com/NashvilleGlutenFree/>

We're also on Facebook at

www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

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