

# GRAINWISE & GLUTEN-FREE™

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



## Holiday Potluck 12:30–2:30 Saturday, November 12

Your whole family is invited to our annual Holiday Potluck. **Just bring a GF side dish to accompany turkey – salad, veggie, dressing, potatoes, or desserts, plus your family’s favorite beverage.** We’ll provide the turkey, plates, cups, dinnerware, and napkins.

Tag your dish so others will know the ingredients – especially if it contains dairy or nuts. Some of our members are sensitive to other items.

## Turkeys to Cook!

Whole Foods donates the turkeys for our annual event, but we have to cook them!

So we need 3 volunteers to cook one turkey each to bring to the potluck already sliced and ready to serve. Can you help? Call 615-478-9998.

# HOLIDAY POTLUCK IS GOOD EATING!



## Did You Miss Our September Meeting?

At our last meeting, Megan Johnson introduced us to Wildtree’s spice mixes and oils to create marinades and sauces that are gluten-free, organic, and non-GMO. She had found that Wildtree’s menu-planning options and freezer meal workshops were the solution to her problem of fixing quick meals during the week while working and caring for her new infant son. Megan demonstrated how to prepare in advance meals so that they could be quickly prepared by taking from the freezer and popping on the grill or in the oven, or even a slow cooker during the day.

Megan showed several recipes including Grilled Asian Ginger Chicken or Veggie Skewers and great tasting Rodeo Burgers. I purchased the amount of spices and grapeseed oil to make four different dinners for just

\$10 that day. I made the burgers last week that were delicious. Can’t wait to try the chicken skewers!



Save the Date!

**Come meet the VU Celiac Center’s Dietician  
Saturday, January 28, 2017 -- 1:00 – 3:00 pm**

We are moving our January meeting from our usual second weekend to the 4<sup>th</sup> weekend because our speaker will be out of town when we would normally meet. But we wanted you to meet the VU Celiac Center’s new dietitian, Sarah Ferguson.

## Come meet Sarah Ferguson, RD, LDN

Saturday, January 28, 1:00 – 3:00 pm

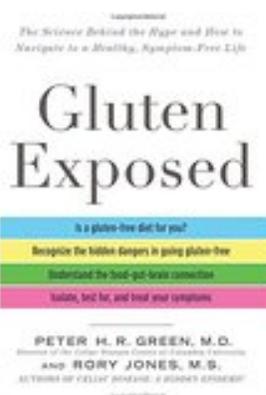
Sarah Ferguson graduated from Indiana University with a double major in Community Health and Dietetics and completed her dietetic internship at Vanderbilt University Medical Center. She has specialized in gastrointestinal diseases. She is now the dietitian for Vanderbilt's Celiac Disease Clinic and she works with individuals who have Inflammatory Bowel Disease (IBD) at Vanderbilt's IBD Clinic. At the Celiac Clinic, she provides counseling, education, and support to patients with celiac disease. She is passionate about nutrition and loves working with patients to promote balanced eating and healthy lifestyles.

She will speaking on *Overcoming the Challenges of a Gluten-Free Diet*. She will identify which nutrients are lacking in gluten-free foods and where we can find those nutrients elsewhere to make sure they are in your diet.



## Check out a book from the Library – They have more than 80 of them!

Since 2013, the Nashville Public Library has added more than 80 books about living a gluten-free life. There are lots of cookbooks for baking breads and desserts, preparing vegetarian and vegan dishes, and basic gluten-free recipes. There are also books about the reasons to go gluten-free. A good introduction to all the factors of dealing with gluten is a book titled *Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healing, Symptom-Free Life* by Peter H. R. Green, M.D. and Rory Jones, M. S. This team of a science writer and a leading physician dealing with patients with celiac disease produced a book that explains the illness and then helps ordinary people improve their lives with all the information about testing, diet, supplements, as well as other conditions that can be related to gluten sensitivity and the problems that can come with a gluten-free diet.



The first section defines the problem with simple explanations of the science of testing and diagnosis. The next describes what is going on in the gut. The third area probes the various triggers that lead to celiac disease or gluten sensitivity. Then they discuss the various disorders related to celiac disease. Next, they look at the brain-gut-gluten connection – dealing with the autism spectrum, Schizophrenia, and brain fog. Finally, they present some sound advice for navigating the gluten-free life and the myths and misconceptions we deal with. They discuss healthy gluten-free eating. Martin J. Blaser, M.D., author of *Missing Microbes*, says: “This is a very useful book and fully digestible!”

# Please Renew Your Membership

Look at your mailing label to see your renewal date. If it has already passed or will come up soon, please go to the website address below where you can download the membership form. Fill it out and bring it with you to the potluck. Or you can mail it in with your \$20 check to the address on the form:

<http://www.nashvilleceliacs.org/membership>

## OFFICER POSITION OPEN TO INTERESTED MEMBERS

Most of our officers have agreed to continue on for 2017. We have two officers who need to step down at this time. We need a person who would like to meet with newly diagnosed people who find our website and who request more information about dealing with the gluten-free diet. Also a person who could help get the word out to the public about our meetings. Would you be able to help out with one of these tasks?

If you could fill a position or are interested in other ways to serve, please contact Carol Ann Baily at 615-478-9998 before the potluck to discuss these opportunities.



Our Website includes a Calendar and Medical Articles —  
[www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

Check Us Out on Facebook!

[www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898](https://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898)

Nashville-Middle Tennessee Chapter #76  
CELIAC SUPPORT ASSOCIATION, USA, INC  
P O BOX 159312  
NASHVILLE, TN 37215-9312  
ADDRESS SERVICE REQUESTED

