

GRAINWISE & GLUTEN-FREE™

The Newsletter of the Nashville – Middle Tennessee Celiac Support Group

CSA Dissolved; Assets transferred to NCA

Our Celiac Support Group has been a chapter of the Celiac Support Association (CSA) since our beginning in 1992. The CSA Board reached a difficult decision to close after years of providing support to those with celiac disease. CSA went to the New England Celiac Organization (NECO) and asked if they could continue to support the CSA chapters. They agreed and then changed their name to National Celiac Association (NCA) to reflect their new national presence.

NCA has a close affiliation with the Harvard Medical School Celiac Research Program and the celiac centers at 3 major hospitals in Boston. These partnerships bring NCA up-to-date medical information as well as quick responses to any questions members and chapters may have as well as providing highly respected speakers at their annual celiac conference.

Come to our meeting 9/9/17 to meet the NCA Executive Director.



Next Meeting on Saturday, September 9, 1 - 3 pm WHAT DO YOU WANT TO LEARN ABOUT BEING GLUTEN-FREE?

What do you want to learn from our Celiac Support Group? **You** are needed to voice your concerns, your needs.

Our discussion will begin with **Tori Ross**, one of our group's founders, about why they set up this group. Then you will hear from **Lee Graham**, the **NCA Executive Director**, about the new NCA and how we can benefit from the national organization. Also, you will meet **Reeves Beller**, a Senior at MTSU in Entrepreneurship, who will be doing his internship with our group helping us identify new services and ways to support you as you are dealing with celiac disease or non-celiac gluten sensitivity and the gluten-free life. **See meeting details on page 2.**

Save the Date

November 11 Holiday Potluck

We provide turkey. Please bring your favorite side dish or dessert! So fun!

Our Regular Meeting Place

The Medical Office Building Auditorium is located at the corner of 22nd Ave. N and Patterson St. about a block from Centennial Hospital. The door is in the corner of the building. Go up stairs or elevator to level A.

Parking is allowed across the street in other medical offices that are closed on Saturdays.

Meet Lee
Graham,
Exec. Dir.
of the new
National
Celiac
Association



Lee joined NCA in 1997, became its president in 2006, and its Executive Director in 2014. She was diagnosed with celiac disease as a baby (which she was told she “grew out of”) and re-diagnosed in 1995. She experienced over 40 years of illness, fatigue, and struggles until finally, with a proper diagnosis, the gluten-free diet became a way of life.

Trained as an Experiential Facilitator, for many years she ran Values & Leadership Trainings and Group Dynamics Courses for non-profits around the country. She was the lead trainer for Communication & Conflict Management courses for inmates at both Framingham and Walpole State Prisons for seven years. She has been on the Board of Governors of the Dedham Country & Polo Club, and founded a day camp in 1992 which runs successfully to this day. Her experience lies with administration, company governance, consensus building, and conflict resolution. In her spare time she enjoys entertaining, playing tennis, walking, and reading. Her ultimate joy is being with her large and thoroughly delightful family.

The National Celiac Association remains dedicated to the mission of supporting, **educating and advocating** for individuals with celiac disease, their families and communities across the nation. Our grass roots approach hasn't changed in the 24 years we have been in business. You matter to us! We are here for the primary goal of serving the celiac and gluten-free community through **outreach and collaboration**. It is our passion, mission and bread and butter. (Gluten-free of course!)

Bring YOUR Ideas and
Suggestions to our Sept. 9
Meeting –
Discussion will be lively.

But that's not all! Katie's Plates will provide some lunch time snacks for our meeting on Sept. 9th. Come sample some of the items that they can deliver to your home for a special occasion or for your weekly gluten-free dining.



Katie's Plates is a gourmet meal-delivery service that brings healthy, fully-cooked meals right to your door. Each evening, you can receive hot dinner, lunch for the next day, or countless extra items that make eating healthy for yourself or the whole family a breeze. Never a dull dish with us- we constantly refresh our menu to keep your taste buds wanting more. And good news: it's almost always gluten-free! Place your order by Sunday, then sit back and enjoy a delicious week! Contact them at:
Instagram: @katiesplates
Facebook: @katiesplates
Website: www.katiesplates.com

Meet our Group's Intern

Hello! My name is Reeves Beller and like most of you I, too, am learning to live in a gluten filled world. Until I was 20 I didn't even know what gluten was, let alone how it would end up affecting the rest of my life. After 11 years and many doctor visits, I finally received the diagnosis and today I continue to struggle with the daily limitations of our diet and all the headaches that come with it.



I am a senior entrepreneurship major at MTSU and came up with the idea of doing an internship with the Celiac Support Group.

I've spent the last 4 years working at Macaroni Grill in Murfreesboro serving and assisting many families whose children or themselves are afflicted with our disease. I knew many people suffered but working there allowed me to see just how many people were as lost and confused as I.

I am now an intern in a quest for gluten freedom! Or just where the best places to eat safely are or how to maybe get the costs down on groceries. Together, I look forward to meeting all of you, hearing your stories, and finding a way to live more comfortably in this gluten "infested" world.

Reeves will be reaching out to you with surveys or telephone conversations to find out what you need our group to provide and he will be helping us improve our services to you!

What have we been doing since April?

Our last meeting, April 8, was **Let's Bake!**. A team of our experienced members talked about converting recipes for your favorite recipes to be gluten-free and about making some gluten-free mixes even better. Plus, we had a Bake Sale so you could buy home made cupcakes, breads, and cookies. Yum!

May 24th was our next MeetUp group dinner, an Asian Sampling Dinner at Eastern Peak on Thompson Lane.

We enjoyed a sampling of soup, sushi, a rice dish, and a noodle dish from the Thai and Japanese cuisines, plus green tea ice cream for dessert.



Unfortunately, our June 4th Summer Swim Party and Luau had to be cancelled. We had a low number sign up and then it ended up raining that afternoon. We'll try next year.

The next MeetUp Dinner was August 24th when a small but mighty group went to Miss Saigon to try Vietnamese cuisine. We each ordered off the menu, so there were lovely vegetarian and meat dishes with noodles or rice. We can recommend this as a place where you can get gluten-free meals, but you do need to



make sure that you select your meals with care so that you enjoy the meal.

So recently we've done Indian, Ethiopian, Mexican, and French. Maybe we'll try American next time. What do you suggest we try for our next MeetUp Dinner? Burgers at FLIP or Red Robin? AMOT again? Give us your ideas and don't forget the Holiday Potluck on November 11. It's our favorite meeting!

GLUTEN-REMOVED / REDUCED BEER: SAFETY CONCERNS FOR THOSE WITH CELIAC DISEASE

DIETITIAN'S CORNER: by Lori Welsead, RD, MS IMPACT, a publication of the University of Chicago Celiac Disease Center, October 2016 -- Courtesy of Janet Y. Rinehard, Chairman, Houston Celiac Support Group's recent newsletter.

The topic of gluten-free or gluten-removed beers is on the minds of many celiac patients and is the subject of numerous online posts and blogs. Is gluten-free or gluten-removed beer safe for people with celiac disease? Regular beer is derived from wheat, barley or rye. Can beer be made gluten free with an alternative grain? Yes, made from a gluten-free source, beer can in fact be gluten-free. **Gluten-removed or gluten-reduced beer (GRB) is another matter, however. The jury is still out, but at the moment we cannot say that GRB is safe for people with celiac disease.**

Gluten-free beer is derived from grains other than wheat, barley or rye, so it can be gluten-free. GRB beer, however, contains malt, which is derived from a gluten-containing grain, barley. Gluten-free beer is regulated by the Food and Drug Administration (FDA). GRB, like all malt beverages, is regulated by the Alcohol and Tobacco Tax and Trade Bureau (TTB). The gluten-free standard of 20 ppm set by the FDA does not apply to the TTB. More importantly, there is currently no technology available to adequately assess the gluten content in a GRB Conventional ELISA testing, used to test gluten quantities in food, is not useful in testing GRB: The process used to "remove" gluten from beer, hydrolysis, breaks apart the proteins that would normally be detected by ELISA technology into smaller fragments that evade detection.

Any beverage that initially contains barley cannot be labeled as gluten free. In these cases, beers that have been manufactured to remove gluten may state: "*Processed to remove gluten*", as long as the following statement is also included on the product label or in advertising: "*Product fermented from grains containing gluten and processed to remove gluten. The gluten content of this product cannot be verified, and this product may contain gluten.*" 1

Tricia Thompson, RD, of The Gluten-Free Watchdog, has published more detailed information about the processes behind creating GRB.

Many patients claim to tolerate GRB well. It is important to remember, however, that lack of symptoms does not indicate that celiac disease is not active.

We know that celiac disease becomes active, regardless of symptoms, when as little as 100 mg of gluten is ingested over the course of a day. This is the equivalent of 1/64 of a teaspoon of flour. Research has shown that as little as 10 mg of gluten can activate the disease in some people. In either case, a very small amount (10-100 mg) is necessary to make celiac disease active and to put someone with it at risk for serious complications.

It is important to keep in mind that while some patients have no symptoms, gastrointestinal or otherwise, and do not know if they have inadvertently ingested gluten, others are exquisitely sensitive to ingestion, resulting in extreme symptoms of diarrhea, abdominal pain, cramping,

gas, bloating or even vomiting. In any case, repeated ingestion of gluten above the safe threshold of 20 ppm causes damage in the small intestine.

The University of Chicago Celiac Disease Center has been working with the Gluten Intolerance

Group to improve the ability to accurately test these products, and the results of our research will soon be available.

At this time, however, it is still impossible to know exactly how much gluten remains in GRB. Therefore, The University of Chicago Celiac Disease Center currently does not advocate consuming these products.

1 Department of the Treasury, Alcohol and Tobacco Tax and Trade Bureau, TTB Ruling Number: 2012-2 May 24, 2012. Interim Policy on Gluten Content Statements in the Labeling and Advertising of Wines, Distilled Spirits, and Malt Beverages <http://www.ttb.gov/rulings/2012-2.pdf>

Is Barley-Based "Gluten-Removed" Beer Safe for People with Celiac Disease? A Special Report by Tricia Thompson, MS, RD of Gluten Free Watchdog www.glutenfreewatchdog.org

Please call Carol Ann Baily to discuss your involvement with our Chapter for 2018.

Phone me at 615-478-9998 or email to: carolannbaily@gmail.com

Check Us Out on Facebook!

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

Our Website includes a Calendar and Medical Articles —

www.nashvilleceliacs.org

