

nca
National
Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

May 2019

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Brunch Picnic! June 15

We have reserved the picnic pavilion at River Park in Brentwood for a picnic on Saturday June 15th from 10:00 am – 12:30 pm. We owe special thanks to Gretchen Mansourian, one of our members who is a Brentwood resident, for making this reservation for our group. We hope to avoid the mid-day heat and also enjoy a fun brunch picnic, a little different from last year.

Please bring a brunch dish to share that serves 10 – breakfast casseroles, hash browns, cheese grits, bacon, sausage rolls, GF biscuits or pastries, fruits, etc. Also, please bring the beverages that your family prefers.

We will provide the paper products – plates, tableware, napkins, cups, etc. and the ice for the drinks.

We hope you can bring your whole family for a super gluten-free brunch and meet others who are living gluten-free with celiac disease or non-celiac gluten sensitivity.



River Park in Brentwood (37027) is located at 1100 Knox Valley Drive, just off Concord Rd, a short distance east of I-65 and the WSM Broadcasting Tower.

The Picnic Pavilion is part of 46 acres including a two-mile bikeway and walking path along the Little Harpeth River, connecting Crockett Park on one end and Concord Park at the other.

VU Celiac Center Dietitian, Emily Garmer, Presented Recent Research for Celiac Disease at our April Meeting

Emily Germer, the Registered Dietitian at the Vanderbilt Medical Center's Celiac Disease Center, highlighted some of the new research, trials, and new celiac information during her presentation at our meeting of April 13th.

She discussed some of the possible situations that might trigger celiac disease. A recent observational study published in *Gastroenterology* discussed the exposure to antibiotics in the first year of life that may be a risk factor for the development of celiac disease. The gut microbiota evolves drastically in the first years of years of life and stabilizes at ages 2 to 3. This may allow gluten peptides to produce an immune response. This is just one of the many environmental factors that could allow genetically susceptible people develop celiac disease.

Garman also reviewed the common ways people are helping to reduce symptoms from gluten. Some people are using charcoal, probiotics, gluten enzymes, or digestive ease products to help lessen the symptoms. However, there is no proof that any of these products actually work. In fact a lot of these products have gluten in them or adverse side effects with other medications. For example, charcoal can prevent other medications from being absorbed and increase constipation.

She also discussed current celiac drug trials. The Nexvax2 is the current vaccine that is a disease-modifying therapeutic approach for celiac disease in clinical development today that has the potential to enable patients to return to a normal diet. It causes an immune response in patients with celiac disease who carry the immune recognition gene, HLA-DQ2.5, which accounts for the condition in 80% to 90% of patients. It prevents T-cells from causing inflammation in the small intestine, but will need booster shots over time to keep up the tolerance against gluten. It is a current research study that is going on in Nashville, but a gluten challenge with a T-cell mediated response is needed to participate. Patients must also have positive celiac bloodwork, EGD with positive biopsy, and the HLA-DQ 2.5 genetic component.

Another celiac drug undergoing trials, Larazotide Acetate, is a tight junction modulator. When a person with celiac ingests gluten, the gluten causes opening of the "tight junctions". This allows for inflammation to eventually damage the villi. This drug may help keep these junctions closed thus reducing intestinal inflammatory response to gluten. The Vanderbilt Celiac Clinic will be doing a trial with this drug, but they do not have the specifics yet. However, you must be a patient in the VU Celiac clinic to participate. So if you are interested in participating in this trial, you should get a referral to the clinic so you can be evaluated and enrolled in the study if you meet the criteria for the study.



Meetups provide an opportunity to try new restaurants and dine out safely

Seven of our members met for dinner at **Anatolia Turkish Restaurant** on **Sunday evening, March 31st**. We enjoyed Turkish specialties such as lamb or sea bass with delicious mixed vegetables.



On **May 5**, we drove out to Nunnely, TN to the **Pinewood Kitchen and Mercantile** run by Mee McCormick. She and her husband run a farm with fresh produce and raise pigs and cattle. They are the quintessential “farm to table” restaurant. All their food can be prepared gluten-free and most things are also available dairy free.

They feature a **Friday Night Gluten-Free Fish Fry** and Gluten-free Fried Chicken with French toast for **Sunday afternoon brunch**. We had half of those who responded who wanted the fish and the other half the chicken. So, the Pinewood Kitchen offered to prepare both the fried fish and the fried chicken on a Sunday afternoon for our group. Thirteen of our members drove about an hour west of Nashville to “downtown Pinewood”. We feasted on fried fish or fried chicken. Some even ordered a GF sandwich.



Pavlova – an elegant and divine dessert named for a ballerina is a meringue, whipped cream, and fresh fruits

Ingredients:

- 4 [egg whites, at room temperature](#)
- pinch [kosher salt](#)
- 1 cup [sugar](#)
- 2 tsp [cornstarch](#)
- 1 tsp [white wine vinegar](#)
- 1/2 tsp [vanilla extract](#)
- [Sweetened Whipped Cream](#)
- 1/2 pint [fresh strawberries, hulled and sliced](#)
- 1/2 pint [fresh blueberries](#)
- 1/2 pint [fresh raspberries](#)
- [Triple Raspberry Sauce](#)



Instructions:

Preheat the oven to 180 degrees F.

Place a sheet of parchment paper on a sheet pan. Draw a 9-inch circle on the paper, using a 9-inch plate as a guide. Turn the paper over so the circle is on the reverse side. (This way you won't get a pencil mark on the meringue.)

Place the egg whites and salt in the bowl of an electric mixer fitted with a whisk attachment. Beat the egg whites on high speed until firm, about 1 minute. With the mixer still on high, slowly add the sugar and beat until it makes firm, shiny peaks, about 2 minutes.

Remove the bowl from the mixer, then sift the cornstarch onto the beaten egg whites, add the vinegar and vanilla, and fold in lightly with a rubber spatula.

Pile the meringue into the middle of the circle on the parchment paper and smooth it within the circle, making a rough disk. Bake for 90 minutes. Turn off the oven, keep the door closed, and allow the meringue to cool completely in the oven, about 1 hour. It will be crisp on the outside and soft on the inside.

Invert the meringue disk onto a plate and spread the top completely with [Sweetened Whipped Cream](#).

Combine the strawberries, blueberries, and raspberries in a bowl and toss with about 1/2 cup of [Triple Raspberry Sauce](#), or enough to coat the berries lightly.

Spoon the berries carefully into the middle of the Pavlova, leaving a border of cream and meringue. Serve in large scoops with extra raspberry sauce on the side.

Webinars and Podcasts of Interest

Last Updated On May 3, 2019

Gluten-Free Watchdog will provide four [Calls to Action](#) for Celiac Awareness month. Watch her first one now.

Did you catch the [Good Morning America coverage](#) of the recent study highlighting concerns when eating out?

This podcast discusses elusive [symptoms of celiac disease](#).

Gluten in Medicine Disclosure Act of 2019

Last Updated On April 10, 2019

BIG NEWS THIS MONTH! NCA is proud to have helped develop the language of a Bill proposed to the Congressional floor on April 3, 2019.

[H.R. 2074, The Gluten in Medicine Disclosure Act of 2019](#) was introduced by Representatives Tim Ryan (D-OH) and Tom Cole (R-OK). **If passed, this Bill will mandate that gluten be labeled on prescription medications, helping all those in the gluten-free community.**



Please support this Bill by calling or writing to your local representatives and asking them to sign on to support it.

Click here to [find your representative](#). For more information, including a list of the current co-sponsors, [visit congress.gov](#).

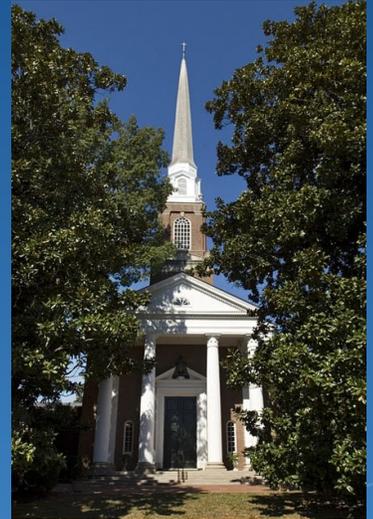
Upcoming Events for NCAT at our new location- Meeting on September 14; Holiday Potluck on November 16!

The September meeting and the Holiday Potluck in November will both be at the new location at Westminster Presbyterian Church, located at 3900 West End Ave, just a few blocks west of I-440.

Take whatever route you prefer to West End Ave. and Mayfair Ave, to the west of the Church. Turn into Mayfair Ave., off of West End Ave. There are a few disabled parking places to the right, along the street. There is a nice large lot across Mayfair on the left for everyone else. Just to the right of the disabled parking places, there is a ramp leading down to the door of Goodpasture Hall where we will be meeting. We'll put out signs for the Celiac Meeting so you can see the ramp and go directly to the meeting room. If you have any problems, call Carol Ann Baily, 615-478-9998, to get directions.

We set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 16 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year!



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