



NEWSLETTER
Celiac Sprue Association - Northern Colorado Chapter
A chapter affiliate of the Celiac Sprue Association/USA, Inc.

VOL. 4, ISSUE 6
November, 2008

WE ARE CELIACS HELPING CELIACS. GET INVOLVED. STAY INVOLVED.

CSA/USA, Inc.
#77

Spoon up fun and yum at our annual GF Chili Supper!

Chase the Chill with Chili Nov. 6

Veggie, white bean, elk, bison, and more. The kettles are bubbling with your favorite fall chilies. Bring your family for a memorable GF chili-supper potluck. Come early and peruse our library resources and our bulletin board.

Who: EVERYONE IS WELCOME
When: 6:30 P.M., (new time) THURSDAY, NOVEMBER 6
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538
Bring ONE: GF Chili, GF Garnishes, GF Cornbread/Other GF Breads
GF Crackers, or GF Dessert

At least 2 copies of your recipes — details on page 2

If you're newly diagnosed, you needn't cook. Just come and enjoy the supper.

GENERAL INFO

MEETINGS

7 p.m. the 1st Thursday
of Jan., Mar., May, Sept., and Nov.

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland 80538

MEMBERSHIP DUES

Donations gladly accepted

NEWSLETTERS

Provided by e-mail or mail. To sign up,
Email: Gina Mohr-Callahan, nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy B.
Loveland: Dave S.
Greeley: Monica H.
Estes Park: Kat L.

EMAIL ADDRESS nococeliac@yahoo.com

WEB <http://www.northerncoloradoceliacs.org>

THANK YOU!

To: **Diane Moyer, MS, RD, CDE**, for the very informative celiac-disease presentation at our September meeting.

To: **Seth Mendelsohn of Simply Boulder** for providing the yummy GF sauces/treats at the last meeting.

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POSITION AVAILABLE

"Wheat-Free Gourmet" Mary Capone will be selling her new cookbook, *Gluten-Free Italian*, during our chili supper Nov. 6. The cookbook is \$24.95 (including tax).

GLUTEN-FREE CHILI SUPPER NOVEMBER 6

6:30 p.m., (new time), All Saints Episcopal Church, 3448 North Taft Ave., Loveland

If you're newly *diagnosed*, you needn't make a GF dish. Just come and enjoy the potluck. Members: Please bring **one** gluten-free dish to share. Choose from: GF chili, GF crackers, GF cornbread or other GF breads, GF chili garnishes (such as cheese, sour cream, onions, limes, cilantro, etc.), or GF dessert. Water and table settings will be provided. If you're *bringing a GF dish*, please come at least 5 minutes early to ensure you have plenty of time to find a place for your dish. We'd like to begin promptly at 6:30. Please note the following recipe-card instructions:

RECIPE-CARD INSTRUCTIONS: Please bring 2 (or more) copies

Please complete the recipe card below. Be sure to include the brand names of the ingredients used in your recipe. Please make at least 2 copies of your recipe. (Feel free to make more copies to share with others that evening.) Place 1 copy of your recipe in the large envelope marked "2008 CHILI SUPPER RECIPES." Place additional recipes with your item at the potluck. If you bring a prepackaged item or one prepared from a mix or , please bring the package and place it by the dish. If your recipe is from a cookbook, please acknowledge the author and write the recipe in your own words to avoid copyright infringement. Thanks for sharing!

GF RECIPE CARD

Name of Dish:

Ingredients: *(Please list the brand names of the ingredients used in your recipe. Listing brand names helps new gluten-free eaters to recognize gluten-free brands and helps those who have additional food allergies make informed decisions on which dishes to sample.)*

Cooking Instructions:

Shared by:

Phone:

Is this recipe from a cookbook? (circle one) YES NO If yes, please list the cookbook and page number here:

Gluten-Free Product List Available

The 2007 edition of the Denver Metro Chapter Gluten-Free Product List is now available!

You can purchase the product list at Denver Chapter meetings for \$7. It is also available by mail for \$10. (Contact Don Smith at 303-794-7258.) The Northern Colorado Chapter offers the books for \$9. The extra \$2 helps our chapter secure funds that enable us to purchase the product list books and make them readily available to our members. Because we operate on donations, the \$2 extra per book also aids in covering chapter expenses when necessary: meeting-room rental, picnic pavilion rental, web-site fees, paper products, water for meetings, and library procurement. To purchase the product list, contact Dave S. in Loveland at 970-669-4233 or Judy B. in Fort Collins at 970-493-9674. The product list is available for purchase at all chapter meetings. **Thank you for choosing to help support the Northern Colorado Chapter #77!**

Dr. Peter Witt to Host Celiac-Disease Q&A at January 8, 2009 Meeting

Loveland/Greeley gastroenterologist Dr. Peter Witt will be our guest speaker during a celiac-disease Q&A session at our January 2009 meeting. Mark your calendars and watch for program details in the next newsletter.

We Still Need You!

Just after celiac-disease diagnosis, new members need the camaraderie of our chapter more than ever. But often, when members feel they're ready to handle the gluten-free life on their own, they leave our chapter behind. So, we're asking you: Please. Don't go. Stay. Share your knowledge, expertise, and experiences with others. We need your energy and your insights. And just maybe, you'll want to join our board of directors and plan the future course for our chapter/members. It's an exciting task, and we just can't do it without you.

Positions available: **Treasurer:** Term starts 9/08 — Treasurer manages chapter expenses/maintains financial records. **Publicity Coordinator:** Term starts 11/08 — Publicity coordinator writes and sends meeting announcements to local media and Denver chapter. **Chairperson:** Term starts 8/09 — Chairperson conducts general membership meetings, schedules and conducts board meetings. Our future success depends on volunteer help. For more information about joining our chapter's board of directors, contact Susan S., nococeliac@yahoo.com.

Keep This Newsletter Coming

Have you told us lately that you want to be on our chapter roster? We're still waiting to hear from many of you! If you are an active member and want to continue to receive email newsletters and meeting reminders, please reply to this newsletter email reminder with "**keep me on the list**" in the subject line. If you *occasionally* want information on our group's activities and want to avoid email reminders, or if it is more convenient for you to view the current and archived newsletters on our website at <http://www.northerncoloradoceliacs.org>, there is no need to respond to this email. Thanks for helping us update our roster.

Got News? Mark Your Calendars for Newsletter Deadlines

We need your news items for our newsletter. The deadline for submitting news items is the **15th of the month before our next meeting**. For example, our next meeting is in January. The corresponding newsletter deadline is December 15 (Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15). Send your items to: nococeliac@yahoo.com.

National CSA to Provide CSA Donation Receipts

Need a receipt for local CSA donations? Send your CSA donations directly to the national office in Omaha, *earmark them for our northern Colorado Chapter 77*, and you'll receive a tax-deductible receipt. National CSA address: Celiac Sprue Association, P.O. Box 31700, Omaha, NE, 68131-0700.

Celiac Sprue Association/USA in Omaha, Nebraska publishes the *Lifeline* newsletter that provides the latest research, current and forthcoming new information regarding CS/DH, testimonies and recipes. Membership provides the quarterly newsletter, excellent patient support via the phone, website and written materials. The CSA Gluten-Free Product Listing provides a listing of gluten-free products available through food manufacturers, over 400 telephone numbers and 75 websites, expanded glossary (*Member, Heather S. uses this part of the Product Listing often!*) and grain terms.

Join the national Celiac Sprue Assoc./USA and at the end of the year our chapter receives a rebate of \$3 per member. Another great way to help us continue to be "Celiacs Helping Celiacs". Visit <http://www.csaceliacs.org> or call toll-free (877) CSA-4-CSA.

CSA/USA, Inc. is a member-based 501 C (3) non-profit organization dedicated to helping individuals with Celiac Disease and Dermatitis Herpetiformis worldwide through education, information and research.

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Gluten-Free News Bites

New GF Books in Our Library

Check out these new books in our chapter library:

Gluten-Free Girl — by Shauna Ahern; *Gluten-Free Quick and Easy* — by Carol Fenster; *Living Gluten-Free Answer Book* — by Suzanne Bowland; *The Gluten Connection* — by Shari Lieberman, Ph.D.

Fort Collins Mancino's Pizza and Grinders Introduces New GF Menu

Mancino's Pizza and Grinders — 2601 S. Lemay, #30, Fort Collins — has teamed up with Longmont's dedicated gluten-free bakery Sweet Escape Pastries to offer gluten-free grinder sandwiches and pizzas. The new GF menu includes eight GF grinder sandwiches and a variety of pizzas, including pizza by the slice. For more information, contact Mancino's, 970 229-0999 or Sweet Escape Pastries, <http://www.sweetescpastries.com>, 720 204-2062.

Scope Out the "Big GF Chill" at Granny's Gluten-Free Zone

Baby, it's cold *inside* at Granny's Gluten-Free Zone, 4916 W. Eisenhower Blvd., Loveland (near the Devil's Backbone on west-bound Highway 34). Granny's GF freezers are stocked with new GF frozen dinners and GF frozen desserts by Purely Decadent. Granny's also has Montana flour blends, quinoa flour, and other GF baking supplies. Holly Thompson's GF pies can now be ordered for the holidays, and An Outside the Breadbox order still arrives Thursdays at 1 p.m. For more information, contact Granny's Gluten-Free Zone at 970 669-9986 or check out Granny's website at <http://www.grannysglutenfree.com>.

"Wheat-Free Gourmet's" Gluten-Free Italian Cookbook Now Available

Boulder gluten-free cooking teacher Mary Capone — the "Wheat-Free Gourmet" — has released her new cookbook, *Gluten-Free Italian*. It contains 141 GF recipes including Tuscan Tiramisu, Lobster Risotto, and Chicken Parmesan. Many recipes include dairy-free/casein-free variations. To order, visit: <http://www.wheatfreegourmet.com> or pick one up at the November 6 meeting. The book is \$24.95, including tax.

Arbonne GF Product Information Available at Our Meetings

Searching for GF skin-care, hair-care, and cosmetics? Arbonne area representatives Christa Ahrens and Deanne Mulvihill plan to have GF product literature, business cards, and samples at our chapter resource table during our meetings. For more information, contact Ahrens at 970 218-7174 or Mulvihill at 970 481-8066.

Celiac Disease in the News

October has been designated as "Celiac Awareness Month," and in the last 30 days, not only *Parade* magazine (9-28-08) but *The New York Times* (10-10-08) reported on celiac disease as a severely under-diagnosed malady. The word is getting out!

New GF Products Hit the Market

We've recently received three announcements about new gluten-free products now available: The **Gluten-Free Cookie Lady**, based in Scottsdale, AZ — <http://www.glutenfreecookielady.com> — sells GF cookies by mail. Cinderella Sweets, Inc., just introduced the **Shabtai Gourmet** brand — <http://www.shabtai-gourmet.com> — a new line of gluten-free casein-free, lactose-free, soy-free, corn-free, and dairy-free cakes and cookies. **Maggie's Gluten-Free Goodies** — <http://www.maggiesgfgoodies.com> — has introduced a new line of easy-baking mixes for sugar cookies, brownies, and chocolate chip cookies.

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GF Cooking Classes in Northern Colorado

10-29-08 Great and Gluten-Free — 6:30-7:30 p.m. Littleton Whole Foods, 5910 S. University, Littleton. Peter and Kelli Bronski — <http://www.noglutenproblem.blogspot.com> — teaches how to create a custom GF flour blend and use it to make GF pancakes and waffles. To register, call 303-798-9699. Free.

11-1-08 +11-02-08 Gluten-Free Italia — 2-6 p.m., Stir It Up Cooking School, 1140 S. Lashley Ln., Boulder. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — takes you deep into the Italian countryside in this two-day, hands-on class exploring the cuisines of Italy. Her menu includes: Garlic Popovers, Potato Gnocchi, Capone's Roasted Pork Bolognese Sauce, and Tuscan Tiramisu. To register, call 303 807-0050 or email info@wheatfreegourmet.com Cost \$220 for both days; \$115 for one day.

11-5-08 A Gluten-Free Thanksgiving: Celebrating with Stuffings and Sides — 6:30-8 p.m., The Vita Shack, 346 E. Mountain Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — shares 9 years of GF tips to help you reinvent the classic Thanksgiving side dishes you've been longing for. Her menu includes: Cornbread Dressing with Dried Cherries, Bell Peppers, and Sausage; Chipotle-Lime Yams; Mashed Plantains with Candied Pecans and Toasted Coconut; Broccoli with Horseradish Breadcrumbs and Roasted Garlic. To register, call 970 221-3004 or email gina@glutenfreefork.com. Cost \$20.

11-16-08 Gluten-Free Thanksgiving Favorites — 12:30-2:30 p.m., Whole Foods Salud Cooking School, 2201 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — sillyyakchick@yahoo.com — helps you re-learn how to make Thanksgiving favorites with a gluten-free twist. Her menu includes: Hot Herb Rolls, New Green Bean Casserole, Fruited Stuffing, Pumpkin Muffins, and Old Fashioned Pumpkin Pie. To register, call 970 267-9200. Cost \$28.

11-16-08 Gluten-Free Baking for the Holidays — 2-6 p.m., Stir It Up Cooking School, 1140 S. Lashley Ln., Boulder. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — shares the secrets of making delicious GF breads, rolls, pies, and desserts. Students will learn several variations of Artisan Dinner Rolls, and other classics. Her menu includes: Garlic Herb Dinner Rolls, Crusty Popovers, Savory Sweet Potato Torte, Maple Pecan Pie with Spiced Whipped Cream, and Pumpkin Coconut Flan (dairy-free/casein-free menu available). To register, call 303 807-0050 or email info@wheatfreegourmet.com Cost \$115.

11-19-08 How the Gluten-Free Holiday Cookie Crumbles — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — teaches tricks for baking GF cookies you'll be proud to serve at any holiday event (or to give as gifts!). Her menu may include: Ginger Snaps, Sugar Cookies, Chocolate Fudge Cookies, and Oatmeal Cookies. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

12-4-08 Gluten-Free Unwrapped: Tips and Tricks for Fool-Proof Holiday Baking — 6:30-8 p.m., The Vita Shack, 346 E. Mountain Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — shares the secrets of fabulous gluten-free holiday baking. Her menu may include: Steamed Cranberry Pudding with Mexican Cajeta Sauce, Pecan Pie, and Pumpkin-Pepita Muffins. To register, call 970 221-3004 or email gina@glutenfreefork.com. Cost \$20.

12-7-08 Scrumptious GF Holiday Cookies, Cakes, and Confections — 2-6 p.m., Stir It Up Cooking School, 1140 S. Lashley Ln., Boulder. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — teaches the art of baking GF cut-out cookies, French madeleines, gourmet cakes, and aromatic confections. Her menu includes: Chocolate Rollout Cookies with Peppermint Candy Brittle, Lavender Madeleines, Rose-Infused Dark Chocolate Truffles, Orange Cardamom Tea Cake with Lemon Curd and Butter Cream Frosting. To register, call 303 807-0050 or email info@wheatfreegourmet.com Cost \$115.

12-10-08 Ring in a Gluten-Free New Year! — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — explains how to throw your own gluten-free New Year's celebration. This is the ultimate GF appetizer class. Her menu may include: Crostinis with Shrimp and Curry Mayo, Chipotle Crab Quesadillas, Kahlua Brie with GF Crackers and Fruit, Hot Green Chile Dip with Baked Corn Tortillas. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

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THE LAST WORD: *Experiences and Ideas from Our Members*

FOOD COMBINING — A LIFESTYLE CHANGE THAT WORKED FOR ME!

by Heather S.

This summer I found myself faced with the same bloating and lethargy that I'd experienced before my celiac diagnosis. I had my tTGA levels checked and they were all normal. I went to a local GI doctor and he diagnosed me with IBS and sent me home telling me there was really nothing I could do. I was not willing to accept his diagnosis and sought help from another source. To my surprise and delight I found FOOD COMBINING.

Dr. Ben Galyardt, a chiropractor and applied kinesiologist, walked me through life on a gluten-free, dairy-free regimen that included a way of combining foods.

Wikipedia defines **food combining** this way:

The term for a nutritional approach that emphasizes the importance of properly combining foods, as well as that of properly timing their consumption. The most important rule of food combining is not to mix at the same meal carbohydrate-rich foods such as bread, cereals, carrots, beetroot and protein-rich foods such as meat, milk, eggs, beans, nuts and seeds. Another important rule is to always eat fruit alone and wait 20-30 minutes before eating another meal so that the fruit has time to pass through the stomach. One should also refrain from drinking liquids with meals. Twenty minutes after you drink it's safe to eat, and 20 minutes after you eat it's safe to drink again.

After eating this way for three months, I am happy to say that I am symptom-free! No more gas, no more bloating. In combination with my home yoga practice, the fat basically melted off of my body. I went from a size 12 to a size 6/8. I am back to my pre-pregnancy, healthy weight and feel like the real me again. I sleep great and have more than enough energy to get through the day.

I found some good books at Vitamin Cottage as well as lots of information on the Internet. I'm still learning a great deal about the lifestyle, but I've been feeling so terrific that I wanted to share it with all of you. For years I'd been wishing someone could tell me what to do to feel better. I didn't want to be throwing pharmaceuticals at a problem that shouldn't have been there in the first place. I found the answers I was looking for at Dr. Galyardt's office. I highly recommend his practice. He listens, he's wise, and he cares. His office is at 110 West Harvard St., #2, in Fort Collins, CO 80525. The office phone number is 282-1173.

I've also added some fun raw foods to my diet. Vita-Shack in Fort Collins serves the best raw meals! You've got to try Taco Tuesdays, Pizza Thursdays, or the Luscious Lasagna on Monday and Saturday. Everything is gluten-free, dairy free, and it's just out of sight!

My massage therapist also recommended a drink called kombucha tea. It's sold locally at Whole Foods, Vitamin Cottage, Sunflower Market, and the Food Co-Op. It helped heal my gut and continues to help me sustain my health.

If you are still plagued with bloating or lethargy and just know there's something else going on with you besides celiac sprue, maybe food combining could help you, too.

For one version of a food-combining chart, go to <http://www.alderbrooke.com/chart.htm>. The best series of food-combining cookbooks is by Suzanne Somers. She's got six of them out now. The one I started with is *Eat Great, Lose Weight*.

Happy Combining! Questions? Contact me at nococeliac@yahoo.com Here's what a normal day's meals look like for me:

When I wake up I drink 1 or 2 glasses of water and I wait 20-25 minutes before I eat breakfast.

Breakfast: Sauté a little onion, garlic, kale, and sea salt in a skillet. Add two eggs and scramble.

Snack: Fruit

Lunch: Chicken or beef with veggies over a bed of greens (I eat a lot!)

Snack: Fruit

Dinner: Veggies over a bed of greens

I like to go to bed a little hungry. I have a glass of water before I go to sleep. Sleeping well comes easy when I have a quiet and happy tummy.

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