

Eugene GIG April 09 Bulletin

Patricia Kortekaas will speak at our next meeting on April 9th. We meet from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene. Patricia is a Dutch Physical Therapist who specializes in Manual Therapy and Osteopathy for people and animals. She practices at her location in the South Hills together with four other Physical Therapists. One of her specialties is the impact of gluten on the endocrine and musculo-skeletal system. This area has been overlooked by the medical world for many years. The glyco-proteins in gluten, casein, soy and corn have a "Glue-ing" down effect on tissues and reduces the motilities of healthy structures. This shows up in various places, for instance in the right hip and shoulder, as an early sign of impaction. Later on, it can affect the adrenals, kidneys, thyroid and many other musculo-skeletal systems in a progressive manner. Patricia has developed manual therapy skills to "De-glue" the affected areas and restore them back to normal motilities and flexibilities.

DONATIONS FROM LOCAL RETAILERS

Our group is very fortunate to have so many local retailers who support us and generously donate many products for our raffles, snacks and goodies that we serve during our meetings. This month we'd like to thank two of those who donated products for our March raffles.

Evergreen Nutrition donated a gift bag containing a basic multi-vitamin, vitamin C, B-complex and fish oil capsules (over \$30 retail value). Paula, who is employed at Evergreen, has written a two-part newsletter on gluten intolerance for their customers and to let them know about GIG. Simply go to www.evergreennutrition.com/ and click on "view our archived newsletters", then January 2009 and February 2009, for the gluten-related topics.

Market of Choice donated a large variety of foods (\$44 retail value). The products included were:

- Choc. Decadence Fruit Bar
- Choc. Decadence Bar Cho. Espresso
- Nanas Cookies - Cranberry Orange, chocolate
- Nanas Bars – Choc, Vanilla
- Frankly Natural Bakers Gluten-Free Misty Mint Brownie
- Muruku Onion Round,
- Muruku Noodle style hot
- Cafe Yumm Sauce
- Annies LF Rasp Drs 8oz
- Larabars - Banana, Cherry, Pecan
- HSF Foods Shirataki Spaghetti
- Enjoy Life Very Berry Granola

We know you all enjoy these raffles, so if you ever shop at these retailers, let them know you're from Eugene GIG and that you appreciate their support.

CLASSES/CONFERENCES

Don't forget the **Autism Awareness Event** at the Lane Community College, Center for Meeting and Learning on April 8th, 2009.

<http://docs.google.com/gview?a=v&attid=0.1&thid=11f6242dc5ae1b7d&mt=application%2Fpdf>

The Celiac Disease Foundation will host its **Annual Education Conference & Food Faire** on Saturday, May 2, 2009, in Pasadena, California. Visit www.celiac.org to register and download the conference brochure. Early registration closes on Friday, April 10, 2009.

EVENTS

On Tuesday, April 21st from 6:30 PM – 8:30 PM, **That's My Farmer!** is having it's 10th anniversary celebration at the First United Methodist Church at 13th and Olive.

<http://www.glutenfreeeugene.org/Documents/ThatsMyFarmer.April2009.pdf>

Many of us who are gluten intolerant or have other food allergies choose to eat lots of fresh vegetables and fruits. **“That's My Farmer!** has been the catalyst for hundreds of households choosing to support local farmers, reduce their carbon footprint, eat fresh, healthy food, and keep their food dollars in Lane County.” It supports Community Supported Agriculture (CSA) which lets people buy produce directly from local farmers. Cost: \$5 - \$10 donation (all proceeds go to local food for low-income households). You'll get a chance to talk to the farmers, listen to live music, win door prizes, and have a good time.

TRAVEL INFORMATION

GlutenFreeTravelSite has added a major new section called **“Gluten Free Restaurant Menus”** to its website (<http://www.glutenfreetravel.com/restaurants>). Designed to help people on gluten-free diets find national and regional restaurants that offer gluten-free items on their menu, this new part of the website also benefits restaurants who have taken the time to accommodate the fast-growing Celiac community. For more information, or to search or submit reviews, visit **GlutenFreeTravelSite** (<http://www.glutenfreetravel.com>) today.

NEW FOODS/DRINKS

Merchant du Vin, located in Washington, is now importing a gluten-free Belgian ale made by Green's Brewery and a USDA Certified Organic apple cider that's naturally gluten free made by Samuel Smiths. The brewery was founded in 2004 by Derek Green, who is himself a celiac. Founded in 1758, Samuel Smith is a benchmark English cider maker.

http://www.merchantduvin.com/pages/5_breweries/greens.html

http://www.merchantduvin.com/pages/5_breweries/samsmith_organic_cider.html

This distributor has local beer wholesalers in the US who can sell Green's and Samuel Smith to any store, bar, or restaurant that has a state liquor license. (They are prohibited by federal law from selling directly to consumers.) If you cannot find either of these products at your favorite retailer, please have them contact Linda Sherlock at lindas@mdvbeer.com and she'll help be glad to help them.

These aren't new foods, but just a cost comparison for those who use rice or soy milk. Diane was recently shopping at Costco and found Rice Dream gluten free, organic rice milk (says gluten-free on the end of the case) for \$15.99 per case of 12 (\$1.33 each). Winco's is \$2.27 each. Organic Soy Dream Milk was \$12.99 for case of 12 (\$1.08 each). Since you have to buy a full case you might want to pool your resources and split one between several families.

Costco also has Food Should Taste Good multigrain, gluten free tortilla chips. A large 24-oz.bag costs \$6.29. I just discovered these and think they are quite tasty.

ARTICLES

At last month's meeting, Dr. Welker mentioned adrenal fatigue, but did not elaborate on it. Wendy Cohan has written a very informative article about the connection between celiac disease and adrenal fatigue. She lists a variety of symptoms that may be due to adrenal fatigue and discusses how you can easily be tested for this problem. The article is on the celiac.com website <http://www.celiac.com/articles/21761/1/For-Persistent-Fatigue-on-a-Gluten-Free-Diet-Consider-Adrenal-Dysfunction/Page1>

If you suffer from depression and have been told you have a chemical imbalance or it's genetic and runs in your family, Dr. Vikki Petersen has another answer. In her practice "she finds patients who are suffering from depression and anxiety to be gluten sensitive." In her article, she explains how gluten can cause depression.

<http://www.celiac.com/articles/21758/1/Gluten-Sensitivity-and-Depression/Page1.html>

LIBRARY CHECK OUT

There seems to be some confusion about how to check out the library books and tapes. When checking out books:

1. Put your name, address, phone number and email on the sign-up sheet located on the library table.
2. Remove the card from the back of the book (just like the old fashioned check out system before computers), sign your name and the date you check it out.
3. Put the card in the small purple box on the table.
4. Return the book at the next meeting. Remove the card from the box and put it back in the book.
5. Leave the book on the table so someone else can check it out.
6. If you miss the next meeting, you can put the book in a sack with Diane's name on it, and leave it in mail room next to meeting room. Be sure to leave it in a sack or someone besides Diane may take it.

When checking out tapes:

1. Sign name, phone number, date checked out and name of speaker on sheet of paper on table.
2. Return tape at next meeting and put a line through your name.

Magazines don't have to be checked out. We're using the honor system and ask that you return them to the library table when you're done so others can enjoy them.

MAGAZINES/NEWSLETTERS

Easy Eats—The Magazine for Gluten Free Living is celebrating their one year anniversary. This is a free online magazine with articles, cookbook reviews, recipes, cities to visit along with gluten free restaurant suggestions. It comes out every three months. This quarter they had a test of five energy bars which I found interesting. They rated them according to ingredients and, most important, taste. I also enjoyed the cookbook review. To read their reviews, sign up for a free subscription at <http://www.glutenfreemag.com/Home.html>.

Last year, Mary Findley (Mary Moppins), one of our members, spoke to our group about cleaning tips based on her book *The Complete Idiot's Guide to Cleaning*. She now has a free newsletter. You can sign up for it on her website <http://www.goclean.com/>. This month she gives ideas about "green cleaning" as well as a few ideas for healthful living.

RECIPES

When I first was diagnosed I tried the commercial breads available. Back then there weren't many and, to me, they all tasted terrible. I decided to make my own so I got Hagman's recipe book. Being a busy mom and working full time, I wanted a bread maker. I bought an inexpensive one that I used for years. It wasn't programmable and had a small paddle. I finally decided to upgrade. I chose an inexpensive Breadman TR555 model. It does not have a gluten free, programmable setting. You can select loaf size, crust darkness and rapid rise for a shorter cooking time. Since GF bread should only rise once, I take the paddle out after the first mixing. It's a little messy, but if you put margarine on your hand and spatula, it's pretty easy. I've had this machine 2 years and have been very satisfied. Although I think it would be wonderful to have a machine with a gluten free setting, I'm not willing to pay the price for the higher end machines.

I know everyone has enjoyed the bread Diane makes for our raffles. I use her basic recipe, but add a number of different flours for protein, fiber and taste. I also make mine dairy free.

Dairy-Free Gluten-Free Bread for Bread Machines

Mix the following in a bowl:

- 1 c brown rice flour
- 1/3 c quinoa/sorghum flour mix (I use half of 1/3 cup each)
- 3/4 c white rice flour
- 1/3 c tapioca flour
- 1/3 c potato starch
- 1/8 c millet flour
- 1/8 c amaranth flour
- 3 tbsp packed brown sugar
- 1 tbsp xanthan gum
- 1 1/2 -2 tsp salt
- 1 1/2 tsp Red Star Bread Machine yeast (use 2 tsp if using another brand)

Mix the following until frothy:

- 2 large eggs (at room temp or put in a bowl of warm water while mixing dry ingredients)
- 1 1/4 c warm water (you could use a rice milk and water mix)
- 2 tbsp canola oil

My machine says to put wet ingredients in first and then dry on top. Follow your machine's instructions for adding ingredients. If your machine doesn't have a gluten-free setting, remove the paddle after the first mixing when it's supposed to start to rise.

Once the bread is done, remove immediately from the pan or the bread will get soggy. Let it cool completely and cut into slices. (Sometimes I can't wait and cut it warm so I can enjoy a slice). Freeze slices if you aren't going to eat it all immediately.

Tips for making this bread:

- Be sure all ingredients are room temperature.
- Stir dry ingredients together with a whisk.
- Whisk wet ingredients until frothy.
- When you first start your machine, use a spatula to help the ingredients mix.

- If you don't have a gluten free setting, remove the paddle after the first mixing cycle. Push dough back down to fill in hole. Smooth the top. Close machine lid.
- When bread is done, remove immediately from pan.

Another tip: I like to mix the flours for several loaves at one time. I use a wide mouthed mason jar, add the flours (do not add any other dry ingredients) to each container, put on the lid and shake to mix, label and store jars in the freezer. It's necessary to either freeze or refrigerate them because the flours can become rancid, especially if you don't use them for several months.

Ever go to a movie, smell the popcorn and wish you could buy a bag? Gluten-Free Living magazine (number 1/2009) investigated movie theater chains and found that most have gluten free popcorn. They stated that Regal and Cinemark theaters confirmed their popcorn is gluten free. Prefer movies in your own home? Then make easy microwave popcorn and save money using the magazine's recipe.

- Buy popcorn kernels
- Put ¼ c in a brown paper lunch bag with salt or other seasonings.
- Add 1 tsp oil. Fold the top of the bag over and staple twice (the magazine states that the staples won't ignite in the microwave).
- Gently shake bag and put in microwave.
- Heat 2-3 minutes and remove when there are 3-5 seconds between pops. Curl up and enjoy.

UPCOMING SPEAKERS

- May 14th Alisha Wimberly, Nutritionist O Nutrition (U of O group). She will give a talk and bring healthy recipes and samples.
- June 11th Wendy Cohan, RN will give a cooking demo.

For more information call Diane 343-0459 or email at dianecon@comcast.net