

## Eugene GIG May 09 Bulletin

Our next meeting is on Thursday, May 14th from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court. Our speaker will be Alisha Wimberly who is a Nutritional Therapy Practitioner. She will discuss her general approach regarding nutrition, with an emphasis on staying healthy by including good fats in our diet. Alisha will be debunking the current view about fats and talk about their roles in the body as well as in healing processes. She will also talk about research supporting her views. A question and answer period will follow the presentation.

### ***GIG AT WORK***

We received a letter from GIG National that said "worldwide May is Celiac Awareness Month." Canada, who has celebrated it for years in October, has even moved their recognition to May to be in union with the rest of the world. Unfortunately, the one hold out is Pennsylvania who decided to change it to April. This was contrary to all those who worked so hard to make May the Celiac Awareness month not only in the US, but worldwide. We were asked to write to our state legislators asking for their support of May as Celiac Awareness Month. The Eugene branch of GIG was successful in getting Governor Kulongoski to sign a proclamation that states May is to be Celiac Disease Awareness Month in Oregon.

The Gluten Intolerance Group of North America presented Chicago Restaurant Partners and McCormick Place convention center a certificate of **Gluten-Free Food Service Accreditation** for the Care Free Café, as part of the Thrive Allergy and Gluten-free Expo. McCormick Place is the first convention center to undergo this certification process by GIG. Chicago Restaurant Partners plans to continue working with GIG to expand the accreditation to locations through the McCormick Place complex. **Gluten-Free Food Service Accreditation** is a program of GIG that works with food services of all types to meet core **Best Practices** for safe gluten-free food production and service. Customers can feel confident that these businesses have an understanding of their needs and the ability to prepare safe, gluten free meals.

### ***CONFERENCES***

One last reminder that the GIG Annual Education Conference is being held in Seattle on June 5 and 6<sup>th</sup> (the 4<sup>th</sup> is leadership training only). Members can attend one or both days. Saturday is the Teen program. To see all the details visit <http://www.gluten.net/events.php> and scroll to conference info and register online.

### ***LIBRARY NEWS***

The library has recently acquired two new books:  
*The Gluten Free Kitchen* by Roben Ryberg  
*The Complete Idiot's Guide to Green Cleaning* by Mary Findley

We'd like to thank Mary Findley for her generous donations. Last month she donated her new book to our library. She also gives us a percentage of all products she sells to our members. Last month it was \$24.00.

### ***FOODS/SUPPLEMENTS***

If you use Bob's Red Mills Gluten Free Oats, but haven't been able to find them in the stores lately, here is the email I received after contacting them. "Thank you for your email. We actually just added this product back onto our website this week. We recently received a large shipment of the GF Rolled oats and they are now online for you to purchase. Stores near you will probably start to carry them in a month or so since they have to wait for their distributor to order them from us and then deliver it to them." Bob's has been cheaper than other brands, so I'm glad to see they will be available again.

The Associated Press reported that Starbucks will start selling a gluten-free pastry in all its U.S. stores on May 5th. The pastry, called Valencia Orange Cake, will be sold in individually wrapped packages for \$2.25 each. The product will be made with seven ingredients, all 100 percent gluten-free.

Evergreen Nutrition carries the entire line of COUNTRY LIFE supplements, which is certified gluten-free by GIG's Gluten-Free Certification Organization (GFCO). You can buy them at 20% off until the end of May.

### ***ONLINE FOOD SOURCES***

Jules Gluten Free ([www.julesglutenfree.com](http://www.julesglutenfree.com)) sells an all purpose flour plus several cookbooks. All products are certified allergy-free (free of the top 8 allergens including gluten, wheat, nuts dairy, and soy), are GIG certified gluten free, and Kosher certified. They are extending a special offer to celiac support groups. For \$29.95 you receive: a five pound bag of all purpose flour, eCookbook (145 gluten free recipes) and free shipping and handling. This offer is not available to everyone, so order through the link below:

<http://www.julesglutenfree.com/ProductDetails.asp?ProductCode=SPECIAL-4x5>

Kay's Naturals ([www.KaysGlutenfree.com](http://www.KaysGlutenfree.com)) is another online resource selling snacks and cereals "with a better balance of soy protein, fiber, carbohydrates, and good fats". They, too, are offering a special. If you order now using code "**GFsupport**" you'll get 30% off of their listed price.

## **RESOURCES**

Although our in-house library is growing, it doesn't quite match the Eugene library. I just checked the library for gluten free resources and it has 5 pages of gluten free cookbooks and informational books on celiac disease.

## **ONLINE RESOURCES**

### **Patients and Professionals for Customized Care**

Many celiacs use compounded medicines because sometimes that is the only way to obtain ones that are gluten free. Others need specialized medicines such as bioidentical hormones that aren't available from standard pharmacies. Wyeth and other pharmaceutical giants are aggressively lobbying FDA and Congress to restrict your access to bioidentical hormone replacement therapy (BHRT) and other compounded medicines.

<http://www.iacprx.org/site/PageServer?pagename=P2C2> is the online home of Patients and Professionals for Customized Care (P2C2). It brings together people who know that compounded medicines are a critical part of modern, individualized healthcare and gives them the tools to win the fight to keep their access to compounded medicines. With a free membership to P2C2, you can receive an electronic newsletter to stay up-to-date on the latest news and information affecting your ability to prescribe or be prescribed compounded medications. You can also sign up for their Action Alerts so you can write your representative in Congress or even your local newspaper editor to let them know that you rely on compounded medicines and that you are committed to making sure they remain available.

### **The Gluten Free Registry**

The Gluten Free Registry™ site is a free resource to help people find gluten-free friendly businesses such as restaurants, bakeries, caterers, grocers and more. You can search their database of over 13,800+ business locations to find one near you or your travel destination. They also have an interactive map, community driven reviews and ratings, an events calendar, GPS point-of-interest files, and a print magazine.

Diane noticed that they had Chili's on their site. Several people have gotten sick after eating there because cross contamination is a problem. When Diane asked the Registry about this, they said "*We sometimes get questions why we leave some poorly performing businesses on our site. For example, Chili's has some very mixed reviews. We want the public to have visibility of the community feedback so they can make a more informed decision about whether dining at that particular restaurant...is appropriate for their individual needs.*" Because this site does not guarantee that the businesses are gluten-free, it's important that you read comments and ratings from people in the gluten-free community and check with the business yourself before deciding if it is appropriate for you.

## **ARTICLES**

### **Growth of Gluten Free Food and Beverage Market**

Here is good news for everyone who follows a gluten free diet. According to market research publisher Packaged Facts in their brand-new report, "The Gluten-Free Food and Beverage Market: Trends and Developments Worldwide, 2nd Edition", the market for gluten-free food and beverage products grew at a compound annual growth rate of 28 percent from 2004 to 2008, to finish with almost \$1.6 billion in retail sales last year. To meet consumer demand, more than 225 marketers introduced new gluten-free products into the United States in 2008.

Packaged Facts projects that the coming years will experience double-digit growth due to an overwhelming number of positive factors, the most important of which is the existence of more gluten-free products in stores through both product introduction and the conversion of existing products to gluten-free status. By 2012 the market is expected to reach about \$2.6 billion in sales.

*"Evidence shows that the patients that comprise the celiac community are not willing to be passive sufferers. Their passion to live a full life without gluten must be considered one of the most powerful driving forces in the market,"* says Tatjana Meerman, publisher of Packaged Facts. *"The fact that approximately 3 million Americans suffer from celiac disease does not mean that only they are buying gluten-free. Those others suffering maladies relieved by going gluten-free and their ensuing mobilization and activism have focused a great deal of attention on gluten-free eating."*

Their entire report can be found at

[http://www.progressivegrocer.com/progressivegrocer/content\\_display/supermarket-industry-news/e3i781c3e0a48f6c1c2ef79100163697756](http://www.progressivegrocer.com/progressivegrocer/content_display/supermarket-industry-news/e3i781c3e0a48f6c1c2ef79100163697756)

We can only hope that with increasing demand the cost of gluten free foods will come down.

### **Osteoporosis and Celiac Disease**

Osteoporosis can develop as a complication of untreated celiac disease. The small intestine absorbs nutrients, such as calcium, which is necessary for building and maintaining healthy bones. Even people with celiac disease who consume enough calcium can be deficient in this nutrient. Low bone density is common in both children and adults with untreated and newly diagnosed celiac disease.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases published a report in January 2009 discussing "Conditions and Behaviors that Increase Osteoporosis Risk." If you would like to learn more about this problem read their paper at

[http://www.niams.nih.gov/Health\\_Info/Bone/Osteoporosis/Conditions\\_Behaviors/ceciac.asp#b](http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Conditions_Behaviors/ceciac.asp#b)

### ***RECIPE***

#### Oat Flour Cake

Adapted from COOKS.COM

1 c. GF rolled oats	1 1/2 c. GF oat flour*
1 c. hot water	3 tsp. baking powder
2 beaten eggs	1/4 tsp. soda
1/4 c. sugar	1/4 c. chopped raisins or dates (optional)
1/4 c. molasses (may substitute for honey)	1 c. chopped nuts (optional)
1/4 tsp. salt	

Place rolled oats in mixing bowl and add hot water; cool. Add beaten eggs, sugar, molasses, salt; mix well. Add oat flour, baking powder and soda and rest of ingredients.

Pour into greased 10-inch loaf pan; let stand in warm place for 20 minutes. Bake in preheated oven at 350 degrees for a total 45 minutes. Cover with foil the first 20 minutes. Then remove foil and bake rest of time (25 minutes). For cupcakes, bake 20 minutes with foil and 20 minutes without for a total of 40 minutes.

\* Oat flour can be made by grinding whole oats (oatmeal) in blender or food processor.

### ***UPCOMING SPEAKERS***

June 11th Wendy Cohan will give a cooking demo.

July 9th Kenneth Welker, MD

Aug 13th Patricia Kortekaas, Physical Therapist

Sept.10th TBA

Oct. 8th Mary Findley She will talk about what she learned when writing her new book, *Green Cleaning*, regarding labeling issues and toxic chemicals in cleaners and even hair shampoo.

For more information call Diane 343-0459 or email at [dianecon@comcast.net](mailto:dianecon@comcast.net)