



British Columbia Celiac News

Summer 2023

Volume 15 Issue 2

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Canadian Celiac Association
L'Association Canadienne de la maladie coeliaque

Summer photography contest winner: Kathleen S, CCA BC Member

BC Celiac News: Summer 2023

Arica Sharma: Editor

If you find yourself to be on the nervous side, some celiac-like symptoms present themselves due to stress. A book that has helped me with my anxiety is: *The Mind-Body Cure: Heal Your Pain, Anxiety, and Fatigue by Controlling Chronic Stress* - by Bal Pawa, MD.

09 About Jules



Jules Oulton.
Certified Nutrition
Coach + Personal
Trainer.

15 MAY 16 is...



Celiac Disease
Awareness Day:
Recap of Jan's on
the Beach.

21 Nutrition Corner



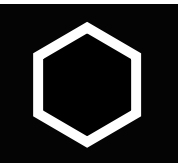
Jess Pirnak
explores neuro/
psychological
symptoms of CD.

26 Celiac Cruise



Elizabeth
Richards shares
her great celiac
experience.

30 Honeycomb.ai



Medical diets just
got easier to
navigate thanks
to this app!

SAVE THE DATE!



Upcoming Events

July 23rd @ 4:30pm



June 1st - June 30th
**Vancouver Half
Marathon**

Participate virtually as a
marathoner or as a donor!

Participant registration:
[click here](#)

Donors: [click here](#)

Contact:
runningglutenfree@bcceliac.ca

at Stanley Park's Second
Beach to enjoy a
picnic/ BBQ/ potluck.

Our amazing sponsors have
set us up with some delicious
food and drink!

All ages are welcome.

Must be 19+ to enjoy the
alcohol. Remember to renew
your CCA BC Membership to
get your hands on the
freebies because there are
going to be plenty!

Sponsored by:

Ghostfish and Lakefront
beers brought to you by

TruCraft Beverages

Grimm's Fine Foods

Promise Gluten Free

Quesava

Wendel's True Foods

eventRSVP@bcceliac.ca



June 14
5:30pm



[eventRSVP@
bcceliac.ca](mailto:eventRSVP@bcceliac.ca)

For up-to-date event listings, visit
bcceliac.ca or call (604) 736-2229



CLOUD 9
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Spring Up Your Baking!



Try this Cloud 9 Classic Lemon Bundt Cake

For the bundt cake, you'll need:

- 1½ Cups Cloud 9 All Purpose Baking Mix
- 1 tsp Baking Soda
- 1 Pinch of Salt
- 1¼ Cups Sugar
- 1¼ Cups Butter, softened
- 6 Eggs
- 1 Lemon's worth of juice and zest

For the Lemon Glaze, you'll need:

- 1 Cup Icing Sugar
- 2 Tbsp Lemon Juice

Easy to make instructions:

1. Preheat oven to 350°F
2. Sift together **Baking Mix**, **Baking Soda**, **Salt** and set aside
3. In a large bowl, cream together **Butter and Sugar** until fluffy
4. Add one egg at a time to the butter & sugar, mixing well with each incorporation
5. Gradually add sifted dry ingredients, juice from the lemon and the lemon zest
6. Scrape batter into a greased bundt pan, making sure to level out the batter in the pan
7. Bake for 45-55 minutes, or until an inserted skewer comes out clean
8. Once the cake is cool enough to remove from the pan, but still slightly warm, mix together ingredients for the lemon glaze, and drizzle over the cake!



Enjoy!

Naturally "Free-From" Mixes

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PRESIDENT'S MESSAGE

Those of you who have been reading for a while will know that every year I take part in Run The Year (though I walk...) where people all over the world run the total number of miles that equals the year date - so 2023 miles this year.

Mostly I walk alone with headphones in and a podcast or audio book as company, but sometimes friends or family join me and we put the world to rights as we stomp along! And every year as part of my Run the Year challenge I join the CCA BC team for our Vancouver run.

I hope that you will consider joining us this year as we continue to raise money for local initiatives in the celiac community like medical outreach, GF education and peer support. The Vancouver Half Marathon, 5k and kids race takes place on June 25th in-person.

We are participating *virtually*, meaning you can "race" at any time, any place between June 1st and June 30th. We'd love you to join our team, alternatively you can support one of our team members with a sponsorship donation:

If a race isn't your type of thing, then make sure you join us for our inaugural gluten free picnic at **Second Beach, Stanley Park, Vancouver on July 23rd from 4:30pm.** We are planning games and activities for all ages, samples and treats for everyone to enjoy and who knows, maybe we will sing "Happy Birthday" to mark our Chapter's 40th anniversary.

Remember to send your feedback and ideas for the magazine to newsletter@bcceliac.ca

Your Board wishes you all a wonderful summer and we look forward to hearing about your GF hits and misses around the province and the rest of the world when you get back from your travels and staycations.

This was me celebrating completing my 2022 miles last year - it was a close run thing as I finished on December 31st!



-Julie



Gluten Free



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Korean BBQ Burrito

PREPPING TIME: 70 MIN

COOKING TIME: 10 MIN

Ingredients

- 900g sirloin steak, thinly sliced 0.5cm thick pieces
- Vegetable oil for cooking
- GF tortillas, large burrito size (Promise, or La Tortilla Factory are great!)
- Cooked white or brown rice
- Kimchi, chopped (good for your gut!)
- Cilantro, chopped
- Green onions, sliced

Marinade:

- 1/4 cup Lee Kum Kee GF Soy Sauce
- 1/3 cup sugar

Dressing:

- Lee Kum Kee GF Sriracha Mayo



Directions

1. Place sirloin steak, Lee Kum Kee GF Cooking Soy Sauce and sugar in a bowl. Let marinate in the fridge for an hour.
2. Heat a nonstick skillet over medium high heat. Add a little vegetable oil. Sear thinly sliced sirloin steak pieces until caramelized on the outside but still juicy and tender on the inside. Set the cooked steak aside to rest for 5 minutes. Chop the beef into cubes.
3. Heat tortillas in a dry skillet over medium heat until soft and pliable.
4. Squeeze Lee Kum Kee Sriracha Mayo in the middle of the tortilla. Layer rice, chopped kimchi, cilantro, green onions and beef.
5. Add more Lee Kum Kee Sriracha Mayo if desired, then fold the short sides of the tortilla over the burrito filling. Then using the tortilla end closest to you, wrap the tortilla over the filling, tucking it under the filling and rolling tightly away from you to close the burrito.
6. Repeat with remainder of ingredients. Serve warm and enjoy!

CANADA'S FAVOURITE GLUTEN-FREE BEER.

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ENCHILASAGNA

ENCHILADA SAUCE INGREDIENTS

- 1/2 cup avocado oil
- 3 tbsp chili powder
- 3 tsp chipotle powder
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp dried oregano
- Dash of cinnamon
- Ground pepper
- Salt
- 2 tbsp all-purpose gf flour
- Squirt of tomato paste
- 3 + cups stock

ENCHILADA SAUCE DIRECTIONS

1. Mix flour and spices in a bowl.
2. Heat oil in sauce pan and add flour and spices. Cook until spices begin to crackle.
3. Slowly whisk in oil in to prevent lumps.
4. Cook 1 minute or until the colour begins to darken.
5. Add stock and whisk well.
6. Add tomato paste.
7. Cook another 6+ mins, whisking as needed.

The sauce will slightly thicken as it cools, if you've added too much stock you can let it cook longer which will reduce it further.

LASAGNA INGREDIENTS

- Avocado oil
- Promise GF tortillas
- Shredded roast chicken
- Cooked mushrooms
- Cooked onions
- Raw onions
- Cheese
- Pickled jalapenos
- Black beans tossed in crushed dried chili peppers - try ancho or habanero

DIRECTIONS

1. In a baking dish, put a little oil and enchilada sauce at the bottom and cover with tortillas
2. Layer chicken, beans, cooked and raw onions, cooked mushrooms.
3. Ladle sauce all over and cover with shredded cheese.
4. Add another layer of tortillas, put sauce on them (they soak up sauce and you don't want them too dry).
5. Repeat layering from step 2 and add another layer of tortilla and sauce.
6. Top with a generous layer of cheese.
7. Bake at 350 for 20 minutes covered.
8. Then bake 10 minutes uncovered.
9. 2 minutes under the broiler (optional).



PHOTO SOURCE: FOOD NETWORK

ABOUT

JULES OULTON

Growing up, Jules Oulton's dream was to become a personal trainer. Always active and fit, Jules danced for more than 12 years. But something suddenly changed. She experienced such acute pain in the joints and muscles throughout her body that she could barely move. She saw her doctor in April 2020 who suspected that Jules had some type of auto-immune disease. By June, Jules learned she had celiac disease.

Adhering to a gluten free diet helped to diminish the pain, but by adding weight training, Jules was able to greatly reduce the inflammation and recover her physical health.

Jules decided to pursue her dream and earned both a Certified Nutrition Coaching Certificate and a Certified Personal Trainer Certificate from the National Academy of Sports Medicine. Jules fully understands the challenges from having celiac disease and the devastating consequences of chronic pain. She is keen to help kids, teens and adults build their physical strength and emotional well-being through a healthy lifestyle.

I AM DIAGNOSED WITH CELIAC DISEASE
I AM PESCATORIAN
I AM A BODY AND SKIN POSITIVITY ADVOCATE
I AM PART OF AND AN ALLY OF #LGBTQIA+ COMMUNITY

JULESOULTONFITNESS@GMAIL.COM
*LOCATED IN LANGLEY, BC



"I wanted to create a space for and with clients that is FULL of inclusivity and FREE of judgement. An environment that breaks fitness and nutrition stereotypes, and encourages listening to your own body."

alkeme

gluten free sourdough



"This is the **best** tasting
gluten free bread **I have ever had!**
It is also nice to see gluten free bread
that doesn't have a million different
additives in it! Thank you!"

- Catherine T.



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March - May 2023

Board Highlights

- MAR 05** We held our Annual General Meeting on March 5th at the New Westminster Library. Those in attendance learned all about the procedures and operations pertaining to Board activity for the last year. Members had the opportunity to vote to elect the 2023 BoD. We all met the team from Quesava and got to taste test some new products and provide feedback. Thank you to Delish and Glutino for their donations of goodies!
- MAR 09** Save-on-Foods Nutrition tour in Coquitlam: New celiacs were happy to meet with Julie, our President and walk the aisles to learn more about tricky product labelling and what is safe and nutritious for those with celiac disease.
- MAR 24** 6 celiacs and 4 advocates met at Bin4 Burger Lounge at 2996 Granville Street to enjoy happy hour and drinks! If you haven't tried Bin4 yet, note that the staff is friendly, knowledgeable and that the food is delicious!
- MAR 29** The Cactus Club Cafe in Coquitlam Centre hosted a group of celiacs and their loved ones for an evening filled with great celiac-safe food and conversation!
- MAR 31** Membership Prize Draw! Elaine K. from Surrey was the lucky CCA BC Member for the March prize draw! She enjoyed her \$25 gift card at Jan's on the Beach May 16th to celebrate!
- APR 05** UBCeliacs enjoyed treats from Glutino and Cloud9 Gluten Free during their support meet!
- APR 20** Registered Dietitian and CCA BC Board Advisor Jess Pirnak joined our BC-wide support group to answer our burning celiac questions. We've included some notes in our Support Update page - read on!
- APR 25** Jasmine Sidhu, CCA BC Director, was interviewed by CKNW radio! She spread awareness to the public, covering topics about celiac disease, and being a parent to a celiac child.
- APR 30** Thank you to TruNOSH Cafe & Marketplace for donating a \$25 gift card for our Monthly Membership Prize Draw. Congratulations to Michael L. from New Westminster, the lucky winner!
- MAY 01** May is Celiac Disease Awareness Month! This year our sponsors spoiled us with one giveaway after another! Alkeme and Cloud9 both offered a prize pack contest. GluteNull and Origins Bakery offered a 15% discount for the whole month. Our Summer photo contest was held, the winner is the front cover of this edition! Thank you to all who submitted your beautiful shots!
- MAY 16** Thank you to Jan's on the Beach & Ghostfish Brewing for making our Celiac Awareness Day dinner a fantastic success! 60+ of us got together and mingled. We all learned about more great celiac-safe spaces to enjoy! Read on for complete details.
- Surrey, Richmond & Port Moody all lit up GREEN in honour of Celiac Awareness Month!
- MAY 31** Membership Prize Draw! Are you the lucky winner? Be sure info@bcceliac.ca is on your safe-sender list so you don't miss the notification!



GHOSTFISH BREWERY
RESTAURANT & TAPROOM
2942 1ST AVE S | SEATTLE

Ashok and Sarita Folga, are a couple who have a deep passion for craft beers and spirits. They strongly believe that everyone, including those of us with celiac disease, should be able to enjoy a variety of exceptional craft beers at competitive prices.

“We are grateful for our long-time Partnership with the CCA BC as we bring world-class gluten free beer for all to enjoy”

Through their company, TruCraft Beverages, Ashok and Sarita have been bringing their “top picks” to Canada since 2005. But when they realized that beer choices for those with CD were very limited, they had a new mission...to find delicious, truly gluten free beers (not simply gluten-reduced beers) that matched

the quality of the other beverages they carried. They struggled until they discovered Lakefront Brewery’s New Grist beer at a Toronto beer show in 2010. TruCraft became the authorized Canadian distributor of New Grist, as well as Lakefront’s other GF beer, La Gosa Rita (which won gold for the best gluten free beer at the 2022



NEW GRIST

Cans allow beer to cool faster; they are safer, more durable, and eliminate degradation of beer from light and oxygen; and they are lighter and easier for customers to take with them when camping, heading to the beach, a picnic, etc. The new tall, pint-sized cans of New Grist and La Gosa Rita will be sold in 4-packs, just like Ghostfish’s beer.

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GHOSTFISH BREWING CO. DEDICATED GF BREWERY & PUB



World Beer Cup in Minneapolis), and has recently added Seattle's Ghostfish Brewing's beers (all of which are GF) to its line-up.

New Grist and La Gosa Rita are made from GF ingredients. Each batch that is brewed is tested for gluten before it is fermented; a sample of each batch is sent to a lab at the University of Nebraska to confirm that no gluten is present. Like many other beers and beverages, New Grist, which has traditionally been in bottles, is now in cans.

Cans allow beer to cool faster; they are safer, more durable, and eliminate degradation of beer from light and oxygen; and they weigh less, making them easier to transport for fun activities all year! The new tall, pint-sized cans of New Grist and La Gosa Rita will be sold in 4-packs, just like Ghostfish's beer.

Ghostfish Brewing Company is a fully dedicated GF brewery and pub. The beers are made from GF grains that have been processed in a dedicated GF facility.

Ghostfish's Grapefruit IPA, Watchstander Stout, Shrouded Summit Belgium White Ale, and Meteor Shower Blonde Ale are available regularly, and from time to time, limited quantities of seasonal/small batch beers are brought in.

While some gluten free beers are made from grain syrups, Lakefront and Ghostfish beers are made from whole grains such as millet, sorghum and rice, which are germinated and roasted. The use of whole grains helps to give these beers

deeper aromatics, extra fullness and flavour, etc.

Ashok and Sarita have been one of CCA BC's strongest and most active Corporate Partners for more than a decade.

Most recently, they made our Celiac Day Celebration Dinner at Jan's On The Beach extra special with a beer tasting. They look forward to continuing to work with us and making first-class gluten-free beers become more available in BC and Canada.

SAMPLE DEDICATED GF BEERS JULY 23

FOR DETAILS
CONTACT
EVENTRSVP@
BCCELIAC.CA



Jan's on the Beach with a Ghostfish Brewing tasting - May 16, 2023
Val, Sarita, Ashok, Pushpa, Julie, Arica, Sasha & Ravneet



CELIAC AWARENESS DAY



A Trip to The Beach



Jan's on the Beach



Prizes



White Rock Pier

On May 16, we marked our calendars to dine at Jan's on the Beach to celebrate Celiac Awareness Day. The celebration continued by strolling along the White Rock Pier to see the green lights.

Jan's on the Beach

Upon our arrival, Jan's on the Beach welcomed us, the BC Celiac Association, with green balloons and a beautiful sign. Each guest received a t-shirt commemorating the CCA's 50th anniversary, a goodie bag filled with treats, vouchers, and a green ribbon representing Celiac Awareness Day. On their way to their seats, guests glimpsed the extensive menu full of GF choices, from fish and chips, crispy onion rings to fresh mussels. Among the laughter and joy in the restaurant along the beach side were discussions about trending celiac disease topics. While guests ate their meals, Goshtfish Brewery offered samples of 4 different **gluten-free** (not gluten reduced!) beers. Many of us simply continued to order what we sampled to pair with our meals!



Vanishing Point Pale Ale: Biscuit, noble hop spice, toffee and sweet malt.



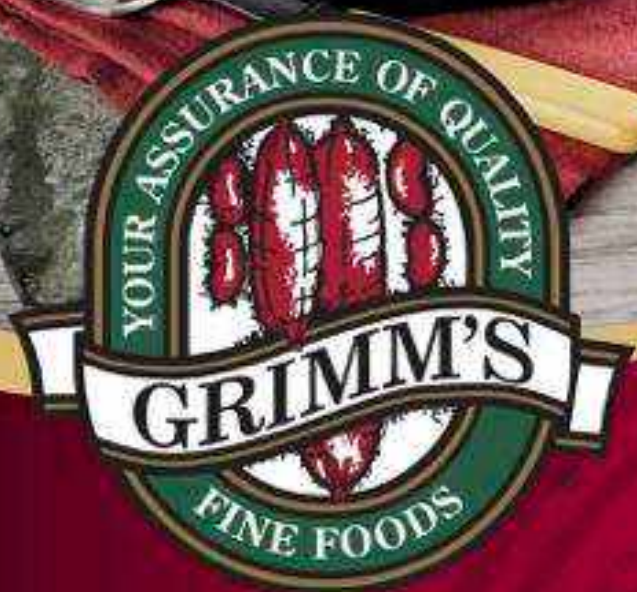
Grapefruit IPA: Grapefruit flesh + pith, candy, peach ring and stone fruit.



Watchstander Stout: Baker's chocolate, almond, light baking spice, slight dark fruit and light roast.



Kickstep IPA: A classic Northwest-style IPA w/ aromas + flavours of melon, tangerine, light pine, sweet grass and bread crust.



Our Smokies and Wieners are proudly Gluten Free. Enjoy them on your BBQ all summer long! Look for our Sizzlin' Smokies & Wieners, Bavarian Smokies and European Wieners at your local grocery store.

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Prizes!

The three prizes consisted of two fifty-dollar gift cards from Nature's Fare and a gift basket from GluteNull.



Debbie M



Stevie A



Marion C

White Rock Pier

As the sun set, guests headed to the pier to see the glowing green lights.



A BIG THANK YOU TO OUR SPONSORS!



- Choices Markets
- Ghostfish Brewing
- GluteNull
- Infusion Soy Sauces
- Jan's on the Beach
- Nature's Fare
- O'Doughs
- Piccola Cucina
- Promise Gluten Free
- Queen St. Bakery
- Schär
- Sweet Nutrition
- Wendel's True Foods

Jan's on the Beach, serving up hot meals and cold Ghostfish brews!

CCA BC Members receive 10% OFF, complete details at bcceliac.ca/membership

14989 Marine Dr, White Rock



BC Celiacs Online

The BC-wide online support group continues to meet every month. We have developed a small community together, and are ever learning.

On April 20th, Registered Dietitian and Board Adviser Jess Pirnak joined in to answer some of our questions!

Here are some of the items we discussed:

- **GF Bread** - Keep it simple, the shorter the list of ingredients the better. Avoid ultra refined flours as much as possible. The problem is that a lot of GF breads (and other GF products) contain little to no fiber. Carbonaut bread (a newer bread, is lower carbs and does have 3 gm of fiber so it does have a better fiber profile.
- **Newly diagnosed tips** - Feel safe at home in your space and avoid cross contamination. In the stores, avoid deli products as staff often don't think about the issue of cross contact. You can request that for sliced meats, they clean the slicer before cutting your order. Even safer is to purchase the pre-packaged gluten free options.
- **Inflammation** - The bad guy foods for inflammation are sugar, ultra-processed white flours and products, red meats and vegetable oils. The offending oils are canola, sunflower, grapeseed, and safflower. Jess uses 2 oils: for medium heat - extra virgin olive oil and for high heat and baking: avocado oil.
- **Probiotics** - Are often a very individual need as each of us have a different mix of good and bad bacteria. Therefore a probiotic that works for one person, may not work for another. They must be in balance however and if they are not it is called dysbiosis.
- **Supplements** - When first diagnosed taking a lot of supplements in pill form may simply be flushing them down the toilet until your gut has healed. Initially, the more you can take intravenously or by putting under your tongue to absorb into the bloodstream, the better.
- **Best sources of Omega 3** - Cold water fish - salmon, sardines; chia, flax, hemp, walnuts and pumpkin seeds.
- **Turmeric/ curcumin** - Current research is that the only effective turmeric/ curcumin supplement is made from the whole root of the plant. You must also add black pepper and a fat to it for it to be effective.

BC CELIACS ONLINE SUPPORT GROUP

3RD THURSDAY OF EACH MONTH 7:00PM

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ASK JESS: NUTRITION CORNER



Jess Pirnak

is a Registered Dietitian and volunteers her time to answer your questions. She is available for a 1-on-1, 30 min discussion, which is free for members.

Contact: nutrition@bcceliac.ca

"I'm sorry for what I said when I got glutened." People with celiac disease have been making this joke for years, but we now have data from a recent survey highlighting a number of neurological and psychological symptoms that people with celiac disease report experiencing after exposure to gluten.

Despite there being over 300 symptoms of celiac disease, many doctors still only focus on gastrointestinal (GI) symptoms such as abdominal pain, diarrhea, and malabsorption of nutrients. **But people with celiac disease often report highly varied presentations of their disease.** In the latest Gluten Exposure Survey, Beyond Celiac explored the symptoms people with celiac disease actually experience after getting glutened. **Around 1,500 participants filled out the survey and many of their answers focused on neurological and psychological symptoms.**

Fascinating!

Brain fog (86.0%) and fatigue (90.8%) were the two most commonly reported non-GI symptoms. Yes, you read that right. Over 90% of participants reported that they feel tired after getting glutened. This is consistent with a 2018 study that found a link between fatigue and celiac disease.

But fatigue still needs to be better understood and treated. While it may be a natural part of life, **in a chronic condition such as celiac disease, these symptoms are unrelieved by adequate sleep or rest.** Once diagnosed, the fatigue suffered by people with celiac disease often improves with the gluten-free diet, though not always, according to the study authors.



So, long story short, brain fog and fatigue ARE symptoms doctors and researchers should be aware of and they should be considered common symptoms of celiac disease!

As you already know even the tiniest crumb of gluten can make someone with celiac disease very sick - so avoiding cross contact is crucial to maintaining a gluten free life.

When accidental cross contact happens, here are my Top 5 recovery tips:

- keep hydrated
- sleep
- rest
- enjoy easy to digest soft foods:
 - *soups, smoothies, apple sauce*
 - sip on some tummy soother teas like
 - *peppermint or ginger or fennel.*



CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

The following are summaries of research in progress or completed from credible medical journals and medical celiac sites. Links are provided where further information can be found.

Gluten free diet compliance associated with improved quality of life in celiac disease.

Improved quality of life due to reduced sickness and symptoms were thought to offset the diet's negative restrictive aspects. Frequency of follow-up visits to medical practitioners was not associated with better compliance while, educational interventions were proposed to improve adherence. Training of general practitioners, specialists and dietitians was felt to be important.

For more information: *Nutrients* 2022, 14(6), 1210;

<https://doi.org/10.3390/nu14061210>

Glutamate-class prolyl-endopeptidase for celiac disease therapy.

Celiac disease is triggered by the ingestion of gluten which generates toxic peptides which generate an immune response. The Pitcher plant produces neprosin, a prolyl endopeptidase. It can degrade both gliadin and the proline rich 33-mer from wheat gliadin. It was found to reduce gliadin and the 33-mer up to 90% in mice. This glutenase is a target for oral enzyme therapy for celiac disease much like lactase tablets are used for lactose intolerance.

For more information: *Nat Commun* 13, 4446 (2022).

<https://doi.org/10.1038/s41467-022-32215-1>



tTG antibodies and mucosal changes and IgA correlation in children with celiac disease

There is a statistically significant association between tTG IgA levels and more severe mucosal damage. Those who had symptoms, had more severe damage as well.

For more information: *Journal of Pediatric Gastroenterology and Nutrition* 75(6):p 743-748, December 2022. | DOI: 10.1097/MPG.0000000000003620

The impact of the gluten free diet on growth, metabolic control and quality of life in youth with type 1 diabetes and celiac disease: a systematic review

Adherence to GF diet is associated with regular growth without any detrimental increase in BMI. GF diet does not negatively impact HbA1C but is associated with higher post-prandial glucose. GF diet was associated with better lipid profile and quality of life.

For more information: *Diabetes Research and Clinical Practice*, Vol 191, 110032, September 2022, DOI <https://doi.org/10.1016/j.diabres.2022.110032>

CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

The following are summaries of research in progress or completed from credible medical journals and medical celiac sites. Links are provided where further information can be found.

Saudi study finds nutritional deficiencies in adult females with CD

The daily intake of iron, phosphorus, copper, calcium, folate, and vitamin A was significantly lower than their DRI (daily required intake). They also consumed less fibre and micronutrients. 54.9% of those in the study had low levels of vitamin D. The study concluded that following a GF diet, which includes many restrictions can affect quality of life and nutritional status. For more information:

<https://www.mdpi.com/2072-6643/14/10/2090/htm>

Gut microbiome and micronutrient interaction

Personalized microbiome-based intervention strategies are required to counteract micronutrient deficiencies. “For instance, prebiotic galactooligosaccharides mitigated the adverse effects of iron supplementation on the infant gut, while the administration of *L. reuteri* in combination with the laxative magnesium oxide ameliorated chronic constipation in children without causing imbalances in the microbiome.”

For more information: [Biofactors](#). 2022 Mar-Apr; 48(2): 307–314. Published online 2022 Mar 16. doi: [10.1002/biof.1835](https://doi.org/10.1002/biof.1835)

Celiac disease associated with higher risk of cardiovascular disease

The study focused on cardiovascular disease, ischaemic heart disease, myocardial infarction, and stroke in people with celiac disease compared to those who do not have celiac disease. CD patients were more likely to have a lower body mass index and systolic blood pressure, less likely to smoke, and more likely to have an ideal cardiovascular risk score than people who do not have celiac disease. Despite this, their risk is higher, approximately 27% higher. Participants with celiac disease had an incidence rate of 9.0 cardiovascular disease cases per 1000 person years compared with 7.4 per 1000 person years in people with no celiac disease.

For more information: Conroy M, Allen N, Lacey B, et al, *BMJ Medicine* 2023; 2: e000371 doi: [10.1136/bmjmed-2022-000371](https://doi.org/10.1136/bmjmed-2022-000371)

Inflammation is pivotal trigger for celiac disease

Researchers from Italy have completed a review article that indicates that CD is a “chronic inflammatory food disease”, making celiac cells more sensitive to pro-inflammatory environmental factors (foods, gluten, infections etc). Because this cycle starts pre-CD, it opens new intervention scenarios early in the process to prevent tissue inflammation. Potential prevention treatments include: anti-inflammatory diet such as the Mediterranean, intestinal viral infections that interfere with immune tolerance to gluten and reduction of gluten load during intestinal infections. For more information: *Int. J. Mol. Sci.* 2022, 23(13), 7177; <https://doi.org/10.3390/ijms23137177>





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The CCA BC website Restaurant Listing is ever-growing. **Thanks to all of those in the celiac community who have been sharing their favourite celiac-safe spots!**

Many of these restaurants are available for private events, and are owned and operated by people with a passion for an outstanding culinary experience.



When I was planning a small, private event, I had a few requirements. I wanted the space to be beautiful inside and out, please. I wanted the menu to feature some of my favourite flavours and textures. Plus, it would be great if they could pair the food to fine wine and champagne. Oh! Also, it needs to be **gluten free to a celiac standard**, nut free to the extent that anaphylactic shock could not occur, pork-free if possible and one vegan

CELIAC EVENT PLANNING...

meal would also be great! One more thing, it's my wedding. Easy, right? Not really!

I was surprised in a world-class city like Vancouver, how difficult this was to pull off without spending a total fortune! After months of phone calls and emails basically communicating how one thing or the other was impossible, I began to welcome the feeling of impending doom.

Thankfully, it didn't last much longer.

I began to think closer to my neighbourhood, imagining more of a casual East Van event, when I remembered a place called **VV Tapas Lounge at 957 E. Hastings Street.**

We had been here for original cocktails and seriously inspired charcuterie. I sent an email inquiry. I got a prompt response, a conveniently-scheduled meeting to determine our wants and needs, and a team with the **desire** and skills to make my sweet dreams come true!

Spoiler: All of my requirements were met and my dreams did indeed come true!

The attention to detail was proven, one exquisite course after another. Delicious, delightful and uniquely gorgeous plating, with fresh locally sourced ingredients - some of which were picked up from a farmer's market that morning! From start to end, the day's events were executed perfectly, and beyond wondering how I got everything I wanted, I felt grateful that the VV Lounge team took care of it all for me

Next time you fret planning your event, remember that there are people out there who genuinely want to see your celiac plans come to fruition! Obviously, I suggest you save some time and just start with the VV Tapas Lounge!

By: Arica Sharma, CCA BC Director
Photography: ciuffaphotography.com



Have a great celiac experience at a restaurant? Help other celiacs find one too! Share to: newsletter@bcceliac.ca

CELIAC CRUISE

By: Elizabeth Richards

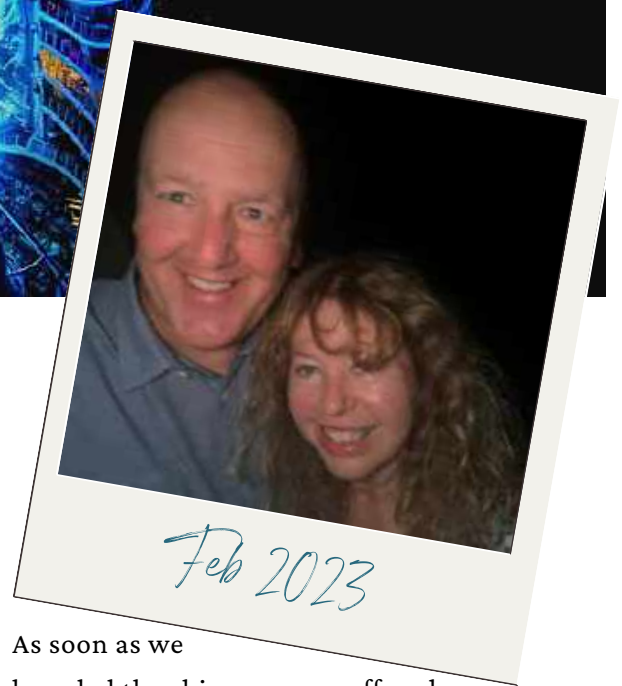
This past February, my husband and I decided to hop on a Celiac Cruise. A beautiful Royal Caribbean ship, the Symphony of the Seas. The itinerary was from Miami to Philipsburg, St. Maarten to Charlotte Amalie, St. Thomas and finally to Coco Cay in the Bahamas over 3 days and 7 nights. Where we were going wasn't really that important to us. It was, of course, more about the food and connecting with other celiacs!

"Where we were going wasn't really that important to us. It was, of course, more about the food and connecting with other celiacs!"

We literally just Googled searched "celiac cruise" and immediately found celiacruise.com. We filled out the information they needed from us on their website, and not long after we received an email from the travel agent named Connie.

Connie Saunders and Maureen Basye collaborated together in creating a cruise that caters to celiacs,

upholding very strict safety protocols. Maureen has a son, Peter, with celiac disease as well as her husband Geoff. Geoff is over 6'4" and he shared with us that he was diagnosed only after going to college – just a reminder that it isn't necessarily "short statured" people that have celiac. This cruise was not arranged by amateurs, but by people that have celiac disease and live with celiacs. They also collaborated with experts from Boston Children's Hospital, Dr. Denis Chang (Gastroenterologist & Instructor of Pediatrics, Harvard Medical School) and Vanessa Weisbrod (Celiac Director and gluten free cookbook author, also a celiac) who both joined the cruise and hosted onboard information sessions regarding celiac disease. This was a professionally run, well-planned cruise!



As soon as we boarded the ship, we were offered lunch in a beautiful bright solarium room. Only celiacs were allowed. There were multiple buffet style tables where you were allowed to indulge in whatever you wanted. Most celiacs were going out of their minds. Salmon in a creamy lemon sauce, pasta alfredo, fried chicken, hamburger, hot dogs, French fries, chocolate cake, and more...all gluten free.



This room and buffet was offered every day for breakfast and lunch and the evening was reserved in one of the big dining rooms and was done in a sit down style, not buffet style. The entire floor in the dining room was



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reserved only for celiacs and their families and friends. There were about 650 celiacs there. Every evening between 10pm - 11pm they had a separate area in the “Windjammer” buffet, again only for celiacs to indulge in late night snacks (pizza, tacos, hamburger, etc.). Trust us, you were never feeling deprived.



On the Coco Cay island in the Bahamas, (an island reserved for the Royal Caribbean cruise line with beach access and rides and slides, etc.) they also had a separate buffet only for celiacs.



We attended a “Myth Busters” information session with a panel of experts, including Dr. Chang, Vanessa Weisbrod, a mom and her young son with celiac disease, Dave Stubler and Phil from “Phil Hates Gluten”.

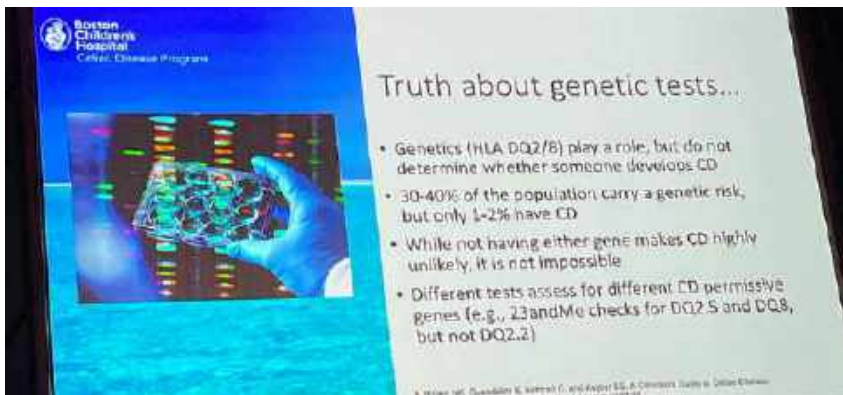
You can find some of the panellists on



Instagram, they actively share reliable celiac content.

One myth that was a complete shock to us was regarding the HLA gene alleles that predispose a person to celiac

disease, genes DQ2 and DQ8. I was always under the assumption that if a person has either of these genes you “may” or “may not” develop celiac disease. But if you don’t have either of these genes you will never develop celiac disease. Well that’s not true. If you have neither gene you still “may” develop celiac disease.



We met people from Ottawa, North Carolina, Colorado, Kansas, Saskatchewan and Wisconsin. Celiacs are everywhere!

Another observation to share is that the cruise will also accommodate you the best they can if you have other allergies. A woman on the cruise named Sharon explained to me that she had Pork-cat syndrome, derived from a protein that is found in cat dander and in pork meat. She discovered this by passing out after eating ham one evening! No joke! Please look this up to read more details regarding this allergy. Her celiac diagnosis was discovered only after this incident. Sharon was given a copy of the menu the night before each meal to allow her to choose her meals with the lead waiter in advance so that the kitchen would be able to accommodate her specific allergy. She was very pleased with the outcome. She was with her daughter on this cruise who was also a celiac. Both such outgoing and lovely people!

Finally, we have cruised in the past without being part of a specific group of celiacs.

"We both gained a few pounds which never happens..."

Many cruise ships do tend to accommodate celiacs, but this cruise was far more successful regarding any sort of cross contamination. We both gained a few pounds which never happens when we get even slightly contaminated. *That* was perhaps the only “negative” about the whole thing....but then again...boy, it was fun!

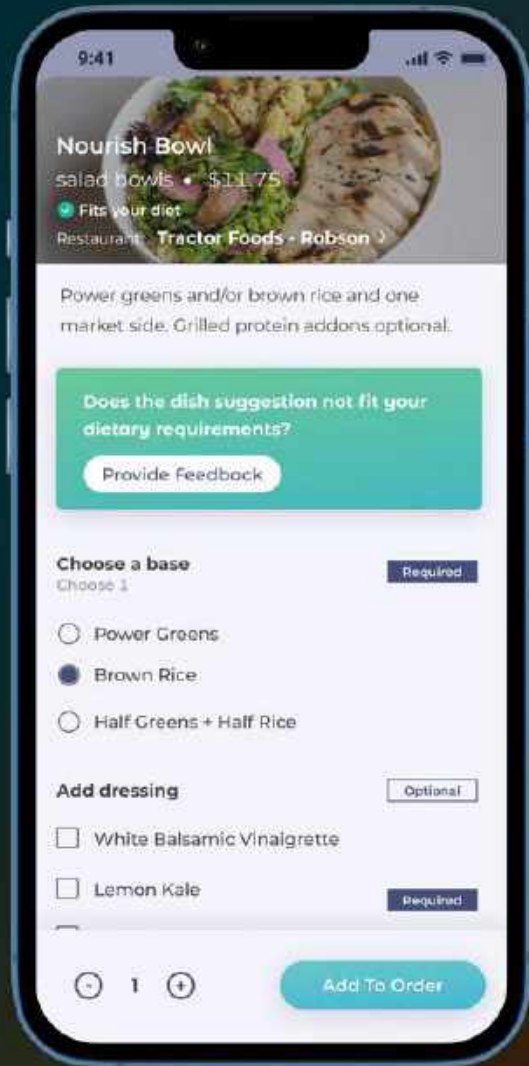


P.S. Do any of you remember eating Ferrero Rocher chocolates? Schär’s gave out an exact replica of this hazelnut chocolate. It was the “star” of new GF chocolate inventions! Absolutely delicious!



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Looking forward to travelling this summer?

We checked in with Tamir Barzilai to learn about some major improvements to his free mobile app called Honeycomb.ai, which helps people with dietary restrictions find food to eat and order safely from restaurants in more than 70 major cities across North America.

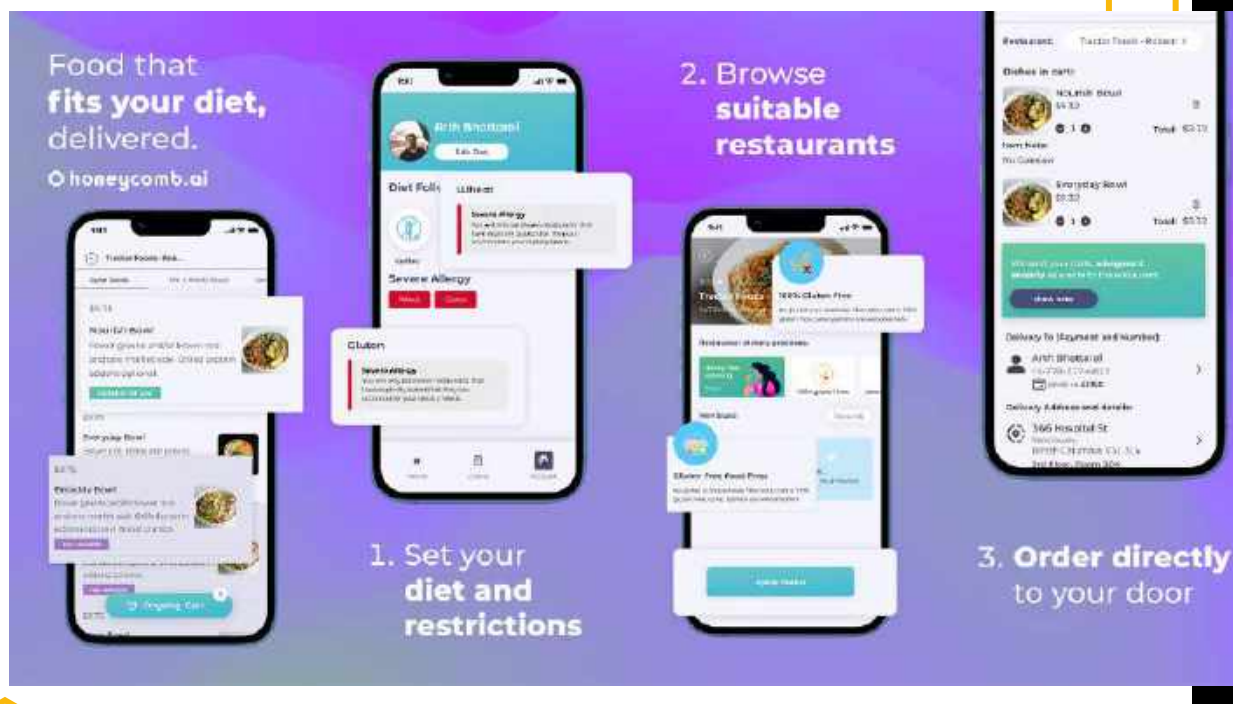
Once you create a user profile with food restrictions and preferences, your searches will be customized for your needs, based on restaurants that can meet your food requirements in your area. Honeycomb has a high degree of detail, so you can even select your favourite dish, and Honeycomb will make recommendations according to your profile. There may be restaurants or items that Honeycomb will mark as “not recommended” because of a conflict with your dietary profile. The peer reviews you will see first are from people who have the same or similar dietary restrictions.

For those of us with celiac disease, we will only see restaurants that are 100% gluten free, as well as those that can prepare meals without gluten contamination. If you find an error, you can send a message for Honeycomb to review with their instant feedback module.

Honeycomb is now integrated with all major delivery services, such as SkipTheDishes, Uber Eats, and Grubhub! Based on your profile, Honeycomb points you in the right direction. After selecting a restaurant, you only need to click, order, and checkout. On the ticket printed at the restaurant with your order, your profile will be shared to help ensure your dietary restrictions are noted by the Chef.

You don't need to choose the delivery service. **Your order will go to the delivery system which is the least expensive** and Honeycomb tracks the status of your order and its ETA.

You can expect the same base experience as any other delivery service, except with the enhancement of dietary protocol information, personalization, and trust.



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QUESAVA



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From the beginning,

Frances Wong, the founder of what is now Quesava, made all her buns and goodies in a dedicated GF bakery in Vancouver. The celiac community was always very dear to her heart.



As Quesava has grown, the entire team have maintained a commitment to make sure that their ingredients, products, facility, and production is gluten-free.

Claudia Vasconcelos, the President and COO deeply appreciates that GF food is key to maintaining the health and well-being for those with celiac disease. She wanted to give an extra level of assurance. Proof that Quesava products are safe.

Claudia set her sights on having Quesava secure global Gluten Free Certification through the NSF. Established in 1944 as the National Sanitation



Foundation, NSF is based in the US and provides services in more than 170 countries. Through independent standards and third-party product testing programs, NSF ensures that the claims made on products are legitimate.

After a year of gruelling processes and procedures, paperwork, reviews and tests, Quesava received its NSF GF Certification, just in time for May Celiac Month!

Congratulations, Quesava!

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Meet the people + taste the flavours of Quesava at our July 23rd Stanley Park Event!



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SUPPORT GROUPS

The only treatment for Celiac Disease is still a gluten free diet, which requires significant patient education, motivation, and follow-up. Slow response occurs frequently, particularly in people diagnosed in adulthood.

- ✓ Keep **learning** to keep **thriving**
- ✓ Access to **science-based**, quality info
- ✓ Local support groups keep you **social!**
- ✓ **Glutened?** We *actually* know how it can feel!
- ✓ Gluten free life is hard. **No judgement.**
- ✓ Manage and cope, there's hope! **It gets easier.**



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APR True NOSH Marketplace & Cafe gift card

MAY Member Donation - VISA gift card

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TO BE THE LEADING ADVOCATE FOR CANADIANS
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