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**Vancouver Chapter**

# **Celiac News**

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**Canadian Celiac Association**

**L'Association canadienne de la maladie coeliaque**

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Thanks to our Facebook moderators Lynda Neilson and Sarah Makepeace.

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## NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the September 2019 issue, please have them submitted by August 15, 2019.

If you have any comments, praises or criticisms, quips or questions:

# Newsletter Contributors

Newsletter Editor - Val Vaartnou



**CCA Vision Statement:**  
The gluten solution: Find. Treat. Cure.

## Please submit to:

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- 604-736-2229 / 877-736-2240
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Letters to the Editor  
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Newsletters will be distributed:

March 1st - Easter & Spring  
June 1st - Travel & Summer

September 1st - Fall & Back to School  
December 1st - Christmas & Holidays

Also, please submit your content to us a minimum of 3 weekends prior to the edition you'd like to be featured in. We will accept early submissions for upcoming editions as well, just let us know which issue you'd like to be in. You can submit your stories, recipes, photos, etc in a variety of ways. If you have any questions: EMAIL: [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net) or [info@vancouverceliac.ca](mailto:info@vancouverceliac.ca)

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# *P*resident's Message



Much like a successful business, our Chapter realizes the significance of recognizing and encouraging the involvement of our younger members who have Celiac Disease in order to be an effective and thriving Chapter.

We are most fortunate that on our Board we have a wide range of ages amongst us bringing in a variety of capabilities to ensure our Chapter remains strong. Recently Ibreez has agreed to be an ex officio Board member taking on the role of the "Youth Leader". We are pleased that he is able to join us and share his experiences.

We want to assure you that our Chapter is running strong with a dedicated Board and very supportive sponsors. Besides our monthly meetings your Board meets several times throughout the year and also with members to ensure we are supporting, educating any and all that need our help. We are proud to be able to continue to do so.

Your membership gives us a bigger voice to enable us to continue to make a difference.

Your fundraising efforts allow us to encourage research projects that will one day find a way to cure Celiac Disease. It also provides us opportunities to educate the medical community, communicate to others what Celiac Disease is and to be a part of a group that supports the newly diagnosed, and those undiagnosed.

Please join us for our 4th annual Charity Fundraising event – the Scotiabank Half-Marathon and 5K Run/Walk. Each year we have surpassed our goals and with your help we intend to do the same thing again in 2019.

We cannot do this without you. We truly appreciate your support of our Chapter and those with Celiac Disease.

*Liz*

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## Healing in Celiac Disease Patients

*Summary of Beyond Celiac video interview with Benjamin Lebwohl, MD*

In a Beyond Celiac, Voice and Vision video interview, Benjamin Lebwohl, M.D., a gastroenterologist who is director of clinical research at the Disease Center at Columbia University Celiac, explores healing in celiac disease. He focuses on studies of celiac disease patients following the gluten-free diet comparing those who have intestinal healing to those who do not.

There have been several studies done with regards healing of villus atrophy. In certain patients the villi can normalize but it may take years. Until recently, we did not know if healing of the villi meant improved quality of life. Those with CD who have had a second biopsy have been studied and these studies have indicated that healing or not healing did not impact mortality significantly. That is the good news. Other outcomes however were different. Those who failed to heal had increased risk of lymphoma and osteoporosis fractures. Women with a follow up biopsy and follow up pregnancy had no adverse impacts whether healing took place or not. This is reassuring.

Awareness of Celiac Disease has improved. Comparing CD with other digestive diseases, however, it is very underfunded. There are fewer grant mechanisms to study CD and there are a lot of things we do not understand. What triggers CD in genetically susceptible? Regarding CD and intestinal damage, why do some celiacs not feel ill if they ingest gluten, while others get violently ill? We do not know the long-term safety differences to celiacs, who have differing reactions to the gluten. A lot of patients have on-going symptoms despite going GF. Why? It is usually due to inadvertent gluten in the diet, other conditions and rarely refractory celiac disease where the patient fails to improve on the GF diet.

The patient plays a significant role in research into CD, without patients participating in research, there is no research. Patients must both advocate for celiac disease funding and take part in the research whenever possible.



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## Ask Jess: Nutrition Corner



*Jess Pirnak is a Registered Dietitian who kindly volunteers her time to write newsletter articles for us and answers questions from our members. Jess can be reached at [nutrition@vancouverceliac.ca](mailto:nutrition@vancouverceliac.ca) if you have any questions. She can be contacted for consultation at: <https://www.foodyourself.com/contact-1/>*

### **Q. I just heard the rumour that Manitoba Harvest Hemp Hearts are now gluten-free, is this true?**

Yes, this rumour is true! Back in November of 2018 Fresh Hemp Foods Ltd. released a statement claiming that their facilities have met all the requirements of the Gluten-Free Certification Program (GFCP) and that selected products (Hemp hearts, Hemp protein powders, and Hemp seed oil) have all been tested for gluten. At this point in time, Hemp hearts are the only product with a certified gluten free claim. While hemp, peas, and the other ingredients them-

selves do not contain gluten, Hemp Yeah! Plant Protein Blend cannot currently be certified gluten free due to the potential for very low levels of foreign seed contamination (ex. wheat kernels) from the field where these crops were grown.

It is time to jump on the hemp heart train! Hemp hearts are a great source of the anti-inflammatory omega 3 fatty acid and they also contain a special omega 6 fatty acid called gamma-linoleic acid, or GLA. GLA is special because it is both anti-inflammatory and thought to be beneficial for women's health. Hemp seeds are also jam-packed with protein - just three tablespoons of hemp seeds have about 10 grams of protein.

Try sprinkling hemp seeds into your next smoothie, on your salad or even in your hummus!

# Celiac Disease in the News

Submitted by Val Vaartnou and Ibreez Asaria, CCA Vancouver Chapter Youth Leader

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

## A Study Links Enterovirus Infection and Celiac Disease

Norwegian researchers have found that genetically susceptible youngsters who contracted an enterovirus infection between the ages of three months and three years were significantly more likely to develop celiac disease. They examined stool samples to detect the viral infection. This is consistent with prior research findings.

Infections with adenovirus had no effect on the risk of celiac disease. The damaging enterovirus infections were those that occurred after the child was already eating foods containing gluten. If they occurred before gluten exposure, they did not seem to increase the risk. Babies who were still getting breast milk as an important part of their diets appeared to be protected. Most of the infections did not cause symptoms. The Norwegian scientists looked specifically for Enteroviruses A, B, C and D. Only A and B infections were common. This is where they found the link between infection and celiac disease developing later.

For more information: Kahrs et al, *BMJ*, Feb. 14, 2019 <https://www.bmj.com/content/364/bmj.l231>

## Celiac Teens Twice as likely to Have Eating Disorders

“Researchers found that 19% of female teens and 7% of male teens with CD exhibited eating disorders, compared to 8% and 4% of adolescents who did not have CD.” by Tel Aviv University, [medicalexpress.com](http://medicalexpress.com) <sup>1</sup> “These eating patterns can lead to a failure to meet nutritional and metabolic needs, which cause severe impairment to psychosocial functioning,” Dr. Tokatly-Latzer continues. “Primary care physicians and gastroenterologists who encounter adolescents with CD should increase their awareness to the possibility of this population having disordered eating behavior. Once the suspicion is raised, they can refer them for psychological and nutritional treatment.”

For more information: <https://medicalexpress.com/news/2019-02-adolescents-celiac-disease-higher-disorders.html>

## Nexvax2 in Phase II Trials Look Promising

Nexvax2, a vaccine that will work like allergy shots, is being developed for Celiac treatment. ImmusanT will develop tolerance levels in individuals with Celiac Disease so there is minimal immune reaction to gluten exposure. As this is like traditional vaccines, the path for testing and approval will be easier and therefore may get approval for the marketplace sooner.

For more information:

<https://www.celiac.com/articles.html/celiac-disease-diagnosis-testing-amp-treatment/celiac-vaccine-nexvax-2-could-be-a-big-deal-for-disease-sufferers-r4715/>

## Can IL17A and IL21 Gene Expression and Trx Levels in Celiac Patients Be Used as Diagnostic Biomarkers?

In the future, doctors might be able to check to see if you have certain genes, and maybe look at your levels of Thioredoxin (Trx), an extracellular regulator of TG2 activity, to determine whether you have celiac disease.

For more information:

Genetic Testing and Molecular Biomarkers, Volume 22, Number 9, 2018, DOI: 10.1089/gtmb.2018.0128 <https://www.ncbi.nlm.nih.gov/pubmed/30183349>

## Celiac Disease Can Cause Irreversible Changes to Immune Cells

A Cardiff University study found that immune cells in the bowel of those with Celiac Disease are permanently replaced by a subset of cells that promote inflammation. “Under normal circumstances, T cells have a protective role in the bowel and form a stable population.” In CD the T cells in the small intestine react to gluten and cause inflammation.

Dr. Bana Jabri, study author from the University of Chicago, explained: “Chronic inflammation caused by gluten causes an immunological scar that results in the loss of intestinal resident immune (gamma delta T cell) subset that has an important role in tumor surveillance and fighting against infection.” This means that the damage caused by gluten results in the permanent loss of these beneficial immune cells in celiac patients.

While a strict, gluten-free diet can alleviate many of the short-term symptoms of celiac disease, the diet alone is not enough to undo the permanent damage to the intestine.

Dr. Jabri noted, “This immune subset is partially preserved in children, suggesting that early intervention may rescue this cell subset.” Early diagnosis and treatment of celiac disease may be able to save some of these beneficial cells and prevent additional permanent damage to the bowel.

For more information:

<https://www.sciencedaily.com/releases/2019/02/190214100033.htm>

Cardiff University, February 14, 2019 and <https://celiac.org/about-the-foundation/featured-news/2019/02/chronic-inflammation-permanently-alters-immune-cells-in-celiac-patients>

# Celiac Disease in the News

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## **Novel Breath Test Could Pave New Way to Measure Gut Health**

Blowing into a glass tube may be able to replace the more invasive endoscopy currently used to diagnose Celiac Disease. Flinders University researchers will trial the new Di-peptidyl peptidase-4 (or 'DPP4') breath test in a pilot study to measure a digestive enzyme found in the small intestine and is associated with gastrointestinal damage and celiac disease. "Some research groups have suggested that DPP4 is involved in the breakdown of gluten, and that people with celiac disease have a reduced amount of the DPP4 enzyme along their small intestine. However, the tools to measure this in celiac disease have not been available," Dr Yazbek says.

For more information: <https://www.news-medical.net/news/20190320/Novel-breath-test-could-pave-new-way-to-non-invasively-measure-gut-health.aspx>

## **New Feeding Guidelines for Infants at Risk of Celiac Disease**

The University of Chicago, Impact Magazine, provides the latest information on feeding infants at risk of CD. Key findings of recent research include: large amounts of gluten in the first two years favors the onset of CD, so during the first 2 years gluten should be less than 5 grams/day (about 1 slice of bread); follow a Mediterranean diet with vegetables and grains, but low consumption of refined cereals and sweet beverages.

For more information:

[http://www.cureceliacdisease.org/wp-content/uploads/CdC\\_Newsletter\\_IssueOne\\_032019\\_v7.pdf](http://www.cureceliacdisease.org/wp-content/uploads/CdC_Newsletter_IssueOne_032019_v7.pdf)

## **The Effect of Depressive Symptoms on the Association between Gluten-Free Diet Adherence and Symptoms in Celiac Disease**

A study out of Columbia University and The Celiac Disease Foundation found that of 519 biopsy-diagnosed patients found that 46% reported having depressive symptoms. The results indicate that the relationship between celiac disease symptoms and dietary adherence may be diminished by the presence of depressive symptoms. This finding was confirmed with a linear regression analysis, showing that depressive symptoms may modify the effect of a GFD on celiac symptoms. In those without depression, symptoms more strongly correlated with dietary adherence than in those with depressive symptoms. Depressive symptoms may therefore mask the relationship between inadvertent gluten exposure and symptoms. Additional longitudinal and prospective studies are needed to further explore this potentially important finding.

For more information: *Nutrients* **2018**, 10(5), 538; <https://doi.org/10.3390/nu10050538>

## **Mental Health and Celiac Disease**

There are over 200 symptoms of celiac disease that can

affect the body physically and mentally. Depression can be a mental manifestation of celiac disease. The prevalence of depression among patients with celiac disease has been reported to be between 6% and 57%, with conflicting findings regarding whether depression is more common in celiac patients than in the general population.

As it is Mental Health Awareness Month, here at the Vancouver Chapter we encourage you to voice your concerns with trusted healthcare providers and recognize when you are feeling down.

Read more about Mental Health and Celiac at: <https://celiac.org/about-the-foundation/featured-news/2019/04/how-depression-affects-the-relationship-between-celiac-symptoms-and-diet-adherence/>

# RNA Study Holds Clues to Why CD Develops

By Amy Ratner, Medical and Science News Analyst, Used with permission. Beyond Celiac 2019, published on-line <https://www.beyondceliac.org/research-news>

April 24, 2019

Study also provides insight into why some people have persistent intestinal damage on the gluten-free diet.

The reasons some people develop celiac disease in the first place and why some have persistent intestinal damage even when on the gluten-free diet may be found in novel genes discovered by researchers at MassGeneral Hospital for Children.

In a study published in the journal PLOS One, scientists from the Center for Celiac Research and Treatment and colleagues performed RNA sequencing on intestinal biopsies from those with active celiac disease, celiac disease considered to be in remission and controls who did not have celiac disease.

Active celiac disease was defined as having significant destruction of the villi, the absorbing finger like projections in the intestine. Study participants with inactive celiac disease were required to have been on the gluten-free diet for at least one year and have relatively normal villi.

Participants in all three groups had the HLA DQ2 or DQ8 genes that are found in 98 percent of those who develop celiac disease, but the study found clear differences in other genes when comparing the three study groups.

Ribonucleic acid (RNA): an important biological macromolecule that functions to convert the genetic information encoded by DNA into proteins.

The study found “a unique signature of genes related to innate immunity” exclusively in those with celiac disease irrespective of disease status.” This finding confirms the important role of the innate immune system in celiac disease, the study says.

**Innate immune system:** the first part of the body to detect invaders and activate cells to attack and destroy while also informing and modulating the adaptive immune response that follows this first line of defense. In celiac disease, gluten from wheat, barley and rye is mistakenly identified as an invader.

Additionally, the study found increased activity of novel genes involved in the immune response machinery and cell adhesion process in the intestinal lining of those with active celiac disease compared to those with inactive celiac disease.

“Together our findings support a possible link between the microbiome,

innate immune response and the development of celiac disease and highlight the possible associations that with future validations may lead to crucial knowledge of the steps leading to the loss of tolerance to gluten,” the authors wrote.

The study analyzed the total sum of transcribed RNA sequences and discovered which genes were expressed and which were not to determine genetic signatures linked to celiac disease.

## Differences in genes

Scientists found 945 differences in genes when comparing those with active celiac disease to those without the condition; 538 between those with active celiac disease and those whose celiac disease was inactive and 290 genes between those with celiac disease that was inactive compared to the controls.

We know that celiac disease is a multifactorial disease with about 57 genes associated with this autoimmune condition,” said Maureen Leonard, MD, clinical director of celiac center. “By performing RNA sequencing, we have uncovered additional genetic signatures and moved closer to identifying targets for future therapeutic agents in celiac disease and possibly other autoimmune conditions.”

The identified genes activated three major pathways – innate immunity, gut permeability and differentiation in cell maturation, according to Alessio Fasano, MD, director of the celiac center and the senior author of the study. “We can confirm these functions are instrumental when you develop celiac disease,” he said. Some of the genes returned to normal when a patient with celiac disease went on a gluten-free diet, while others did not. This could provide insight into why some people have persistent intestinal damage even when they follow a strict gluten-free diet, he added.





# RNA Study Holds Clues to Why CD Develops

The study focused on differences between those with active and inactive celiac disease. In those with active celiac disease, two of the three top disrupted pathways involved cytokines and chemokines, the immune system's "first responders" and markers of inflammation in innate immunity in the early stages of disease development, the study found.

**Cytokines:** small secreted proteins released by cells that have a specific effect on the interactions and communications between cells. There are both pro-inflammatory and anti-inflammatory cytokines.

**Chemokines:** a family of small cytokines or signaling proteins secreted by cells.

In active celiac disease, a higher risk of other autoimmune conditions, such as type 1 diabetes, lupus and autoimmune thyroid disease was also noted.

"This study is only the beginning," Leonard said. "Our findings provide the framework for future validation studies to investigate the early steps in celiac disease pathogenesis and the examine the remission state."



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# Celiac in the Kitchen



## Chicken Salad with Herb Dijon Mayo

*Try this up scaled version of an old classic sandwich. Recipe created by Kinnikinnick Corporate Chef Lori Grein.*

### Ingredients:

- 1 package **Kinnikinnick Soft Hot Dog Buns** (285 g)
- 3 breast of chicken - flatten with mallet ½ inch thick (454 g)
- ½ tsp salt (2 g)
- 1 tsp black pepper (2 g)
- 1 tbsp fresh parsley (2 g)
- 1 tsp garlic powder (3 g)
- ¼ cup red onion - diced (30 g)
- 2 sticks of celery - diced (8 g)
- 1/3 cup dried cranberries - rinse/chop (38 g)
- 1/3 cup prepared herb mayo -recipe below (80 g)
- 4 lettuces leaves (20 g)

### Herb Mayo Ingredients

- 7 - 10 basil leaves fresh (8 g)
- 1¼ cup mayonnaise (300 g)
- 2 tsp Dijon mustard (12 g)
- ¼ tsp pepper (1 g)
- 1 tsp lemon juice (5 g)



### Directions to make Herb Dijon Mayo:

1. Blanche Basil – place basil in boiling water for 30 seconds. Transfer basil to ice water to cool. Pat dry and finely chop basil.
2. Mix mayonnaise, mustard, basil, pepper and lemon juice. Cover and refrigerate for 1 hour prior to serving.

### Directions for Filling:

1. Season prepared chicken breast with salt, pepper and garlic.
2. Bake at 350°F (176°C) for 25-30 minutes. Check that chicken is cooked (internal temp 165°F). Cool and cut into ¼ inch cubes. Set aside.
3. Combine cooked chicken, onion, celery, parsley, cranberries and prepared herb mayo.
4. Mix until combined.

### Assemble:

Slice **Kinnikinnick Hot Dog Buns** along the top lengthwise, leaving a ¼ inch on each end.  
Brush with herb mayo and line with lettuce leaves.  
Fill with prepared filling.

### Makes 4 sandwiches

**Tip:** *Herb Dijon Mayo and chicken can be prepared the day before to save time. Extra Herb Dijon Mayo can be stored in an airtight container for 2 weeks in the refrigerator.*

# Celiac in the Kitchen



## Matcha White Chocolate Mousse



*This smooth light mousse is the perfect end to any meal. Recipe created by Kinnikinnick Corporate Chef Lori Grein*

### Ingredients for base:

- 1 pkg. Kinnikinnick Chocolate Cake Mix (500 g)
- 4 eggs (224 g)
- $\frac{3}{4}$  cup water (180 g)
- $\frac{3}{4}$  cup oil (180 g)

### Directions - Cake Base:

1. Preheat oven to 350° F (176 °C).
2. Lightly spray a 9" round spring form cake pan. Set aside.
3. Combine eggs, oil and water in a bowl and mix until combined.
4. Add Kinnikinnick Chocolate Cake Mix and mix with an electric mixer on medium speed, for 2 minutes until combined.
5. Pour batter into prepared cake pan and bake for 25-30 minutes. Cake will spring back when done.
6. Remove from oven and let cool for 10 minutes. Remove cake from pan and finish cooling.

### Filling:

1. In a small bowl dissolve gelatin in  $\frac{1}{4}$  cup hot water. Set aside.
2. Using a Bain-Marie (see Tip below), combine white chocolate and 1 cup cream. Stir continually until chocolate has melted completely.
3. Remove from heat and add dissolved gelatin to chocolate mixture, stir just until combined.
4. Set bowl of melted chocolate on counter to cool.
5. Mix 2 cups whipping cream in a medium bowl until stiff peak. Fold in cooled melted chocolate just until combined. Divide into two portions (one portion will be used for the white chocolate layer and one portion will be used for the matcha layer).
6. In a small bowl combine matcha powder with  $\frac{1}{4}$  cup hot water to create a paste. Fold into 1 of the portions of the white chocolate mixture.

### Assemble:

1. Prepare a 9" spring form pan by lining the cake pan inside edge with parchment paper. Parchment should cover entire side and have a height of 2" above edge of cake pan.
2. Cake layer- Trim prepared cake to create an even top. Cut cake into two layers (one layer is  $\frac{2}{3}$  of the cakes height and one layer is  $\frac{1}{3}$  of the cakes height). Place the thicker layer in the base of prepared spring form pan. Cut the thinner layer of cake into cubes and arrange on top of cake layer.
3. Slowly pour white chocolate layer over top of prepared cake layer.
4. Place in refrigerator to set for 30 minutes. Remove cake from fridge and slowly pour matcha chocolate layer over white chocolate mousse layer.
5. Using an offset pallet knife, spread top layer evenly. Return cake to refrigerator to set over night.

### Finish:

Remove set mousse cake from refrigerator and carefully remove outer cake ring. Peel parchment off cake edge. Carefully lift off cake pan base and place on serving tray. Garnish with fresh whipping cream and chocolate shavings.

**Tip:** *Bain-Marie- pot of water with a bowl that fits snug on top. Used for even melting of chocolate and helps avoid burning/overheating)*

# Celiac in the Kitchen



## S'more Bars

Can't get outside to use a fire pit...try this sweet s'more bar that is prepared in your oven.  
Recipe created by Kinnikinnick Corporate Chef Lori Grein

### Ingredients:

- 8 Kinnikinnick S'moreables®- broken in pieces (120 g)
- 1 package Kinnikinnick Graham Style Cracker Crumbs (140 g)
- 1/3 cup butter (70 g)
- 2 cups miniature marshmallows (reserve 1 cup) (100 g)
- 1 (14 oz) can condensed milk (300 ml)
- 1 cup semi-sweet chocolate chips (180 g)
- 2 oz dark chocolate- broken (56 g)

### Directions:

1. Preheat oven to 350°F (176°C). Line a 9x13 baking pan with foil and lightly grease. Set aside.
2. Combine Kinnikinnick Graham Crumbs and butter.
3. Press into base and ¼ way up sides of prepared pan.
4. Spread condensed milk evenly over prepared base.
5. Top with 1 cup marshmallows, chocolate chips and broken Kinnikinnick S'moreables®.
6. Bake in preheated oven for 15 minutes.
7. Remove from oven and top with remaining marshmallows.
8. Return to oven and bake for an additional 12-15 minutes (until marshmallows are golden and melted).
9. Remove from oven and let cool for 10 minutes.
10. Top with crumbled chopped chocolate. Let cool completely before slicing.
11. To slice- remove bar from pan with the aid of the foil. Remove foil and slice into portions.

Yields 20 servings



## Corn Chowder

Submitted by Val Vaartnou

When the local farmer's markets have fresh corn available, this is a hearty soup that can be a full meal. If you are dairy free, use vegetable or chicken broth to replace the milk. The soup will not be as rich, but the fresh ingredients will make it tasty.

### Ingredients:

- 3-4 large ears of corn\*
- 5 cups milk or vegetable or chicken broth if you are lactose intolerant
- 2 large Russet potatoes, diced
- 1 medium onion, I like Vidalia onions, diced
- 3 celery stalks, diced
- 5 slices bacon, chopped
- 1 ½ tablespoons butter
- 2 teaspoons salt
- 1 teaspoon pepper

### Directions:

1. Remove kernels from ears and set aside, reserving the cobs. [I use 3 cups of frozen kernels, if fresh corn is not available]
2. Cook bacon in a large soup or stock pot over medium heat until they begin to crisp, stirring occasionally, about 10-12 minutes. Leave bacon in pot along with about 2 tablespoons of fat.
3. Add onion and celery to the bacon and cook until tender and slightly browned, stirring occasionally for an additional 10-12 minutes.
4. Add milk and potatoes. Gently simmer while covered until potatoes become tender, 12-15 minutes.
5. Add kernels to the soup along with salt and pepper.
6. Simmer 5-7 minutes longer until kernels soften slightly. Remove from heat and separate about half the solids from the soup and puree in a blender until smooth. If you like it chunky this is not required. Return to soup and add butter.
7. Heat over low until butter is melted and incorporated.



# Celiac in the Kitchen

## Chocolate Ganache Flan

Shared by the Fairmont Hotel Vancouver and originally included in Celiac News in 2011.

### Ingredients:

#### For unbaked crust:

- 650 g pecans, roasted and chopped
- 350 g dried apricots and figs, cooked and pureed
- 20 g sugar

### Directions:

1. Mix together and press on the bottom of the cake ring.

#### For Chocolate Ganache Flan (unbaked)

- 110 ml maple syrup
- 350 g silken (soft) tofu
- 1 tbsp vanilla extract
- pinch of salt
- 400 g dark chocolate (nondairy), melted

### Directions:

1. Puree first four ingredients in a blender and stir in melted chocolate.
2. Pour the mixture over crust and allow to cool.
3. Serve decorated with fruit.



Source: [dishmaps.com](http://dishmaps.com)

## Orange Date Amaranth Muffins

Source: [http://www.livingwithout.com/issues/4\\_16/power\\_flour-2653-1.htm#](http://www.livingwithout.com/issues/4_16/power_flour-2653-1.htm#)

Note this is from an older issue of Living Without and is not kept on-line any longer.



Orange juice and dates flavor these tasty muffins. Thanks to high protein and nutrient values, just one is filling. Amaranth flour can be replaced with an equal amount of buckwheat, millet or quinoa flour. For best results, do not replace the eggs in this recipe.

### Ingredients:

- 1¼ cups High-Protein Power Flour Blend (or your favorite gluten-free flour – see article on Flours in this issue for a recipe for a High-Protein Blend.)
- ¾ cup amaranth flour
- ½ cup packed brown sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 1½ teaspoons dried orange peel
- 1 cup orange juice
- 2 large eggs
- ⅓ cup vegetable oil
- ¾ cup chopped dates or raisins

### Directions:

1. Preheat oven to 400°F. Line a 12-cup muffin tin with muffin papers. (For a pretty presentation, pick papers that are 1¼-inches high).
2. In a large bowl, combine flour blend, amaranth flour, sugar, baking powder, baking soda and orange peel. Set aside.
3. In another bowl, whisk together orange juice, eggs and oil. Whisk into dry ingredients, just to combine. Fold in dates.
4. Divide batter evenly among 12 prepared muffin cups. They will be quite full.
5. Set in the middle of preheated oven and lower the temperature to 375°. Bake 18 to 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.
6. Turn muffins onto a wire rack and cool completely before storing or serve slightly warm.

Each muffin contains 200 calories, 7g total fat, 1g saturated fat, 0g trans fat, 35mg cholesterol, 312mg sodium, 31g carbohydrate, 2g fiber, 3 protein.

# Celiac in the Kitchen

## 5-Minute Chocolate Cake in a Mug

*Submitted by Val Vaartnou*

I first saw this recipe in the Celiac News in 2009. Whenever I get a sweet tooth, this recipe fills the need. I do not know where it originated from, but I appreciate it. It is also fun for kids to try and results are so quick. I sometimes take the cake out, add fresh fruit in season and a dollop of whipped cream.

If using a regular, 12-ounce coffee mug, use two mugs as they do puff up quite a bit!

### Ingredients:

- 4 tablespoons sweet rice flour (or flour mix; sweet flour works well as it is a fine flour)
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk or dairy-free liquid
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- 1 dash vanilla extract

### Directions:

1. Also required: 1 large coffee mug.
2. Add dry ingredients to mug and mix well.
3. Add the egg and mix thoroughly.
4. Pour in the milk and oil and mix well.
5. Add the chocolate chips (if using).
6. Add vanilla extract and mix again.
7. Put your mug in the microwave and cook for 3 minutes at 1000 watts.
8. The cake may rise over the top of the mug, but don't be alarmed!
9. Allow to cool a little and tip out onto a plate if desire or eat from the mug.



# Honeycomb.ai – A Smart Phone App to Meet Dietary Needs

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*Interview with Tamir Barzilai, CEO & Co-founder of Honeycomb.ai Solutions Inc.*

## **What is Honeycomb.ai?**

Honeycomb is a mobile and web app that helps people with dietary needs find nearby food based on their diet. Unlike other food discovery services such as Yelp and Google, Honeycomb recommends the most suitable menu items based on ingredient and food preparation methods. It is available on both Apple iOS and Android smart phones and makes dining out choices much simpler for those with dietary restrictions, including Celiac Disease and many other food sensitivities.

**Background:** Founded by: *Ashaya Sharma (left) and Tamir Barzilai (right)*

Tamir Barzilai, is young, entrepreneurial and willing to take risks. He saw a need for a restaurant application when in 2013, he was diagnosed with Ulcerative Colitis, which is not 100% based on diet, but diet causes flare-ups. Concurrently, he was embarking on his career as a consultant to restaurants and got tired of visiting Subway and Whole Foods to meet the needs of his dietary restrictions. He saw a need to identify restaurants quickly, by location that could meet his needs, as well as anyone else with any dietary restrictions.

The co-founder of Honeycomb.ai, a Software Engineer, Ashaya Sharma, had been a friend and soccer peer of Tamir's. He agreed to partner with Tamir in a very ambitious venture to support both end users with dietary restrictions and restaurants in serving their customers. They started working on a prototype in August 2015 and their company, Honeycomb.ai Solutions Inc. was incorporated, April 11, 2016. The first app was launched April 2017 and they learned that they needed to go deeper into user expectations. The application was very complex and user experience needed to be improved. Subsequent enhancements were made to the app in January 2018 and the latest version March 1, 2019. There was no precedent in the marketplace, combining the complexity of the many dietary needs of end users as well as analyzing the menus of a multitude of diverse restaurants. The app needed to meet the needs of many diets and consider the behavioral aspects of the end user as well. Achieving the goal of the end user(s) meeting the exact dietary needs of an individual as well as a group by finding eating options in the locations they wished. Tamir worked closely with the end user by setting up focus groups and meeting one on one with those with specific dietary needs. Initially, focus groups mixed end user needs together in one focus group, however, they soon learned to simplify the focus groups by working specifically with a need like vegans, celiacs, or keto.

The complexity of the information gathered was overwhelming, making the choice of the best business model for their application difficult. Finding out what information would be of value to participants took time and trial and error. They developed a provisional patent that uniquely predicts ingredients in a menu, based on context of the menu. Honeycomb.ai developed a system of applications in order to meet the needs of restaurants and the end-users. Research and development completed was extensive.

When Tamir started his business, he did not get into it to make money. There were easier ways to make money. This was a personal challenge as he had seen many companies start and fail and there was no successful precedent. If he succeeds, other business opportunities will follow. It is the tiny learnings along the way, using trial and error that have moved the initiative forward. If he had to start over, he would aim bigger and make it more immediate. He took advice from others and should have been more confident in himself by not making compromises.

## **Future:**

Within five years you will be able to use your smart phone, anywhere you are, to find where you can safely eat.

## **What can we do?**

Try the app....it is free to the end user. The more you use it, the better the app gets.

Download the application at: <https://www.honeycomb.ai/>

Available on both Android and Apple iOS or get it on Google Play or the Apple App Store.



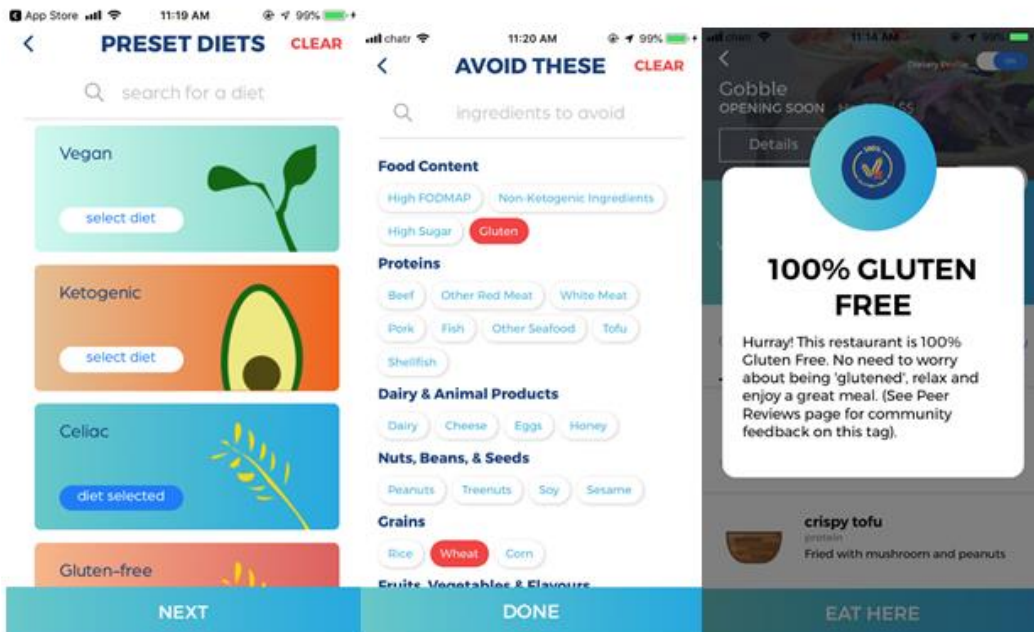


# Honeycomb.ai – A Smart Phone App to Meet Dietary Needs

If you find a restaurant that meets your needs, refer them to Honeycomb. Let your friends and families know about the app. Ian Tostenson, President & CEO of BC Restaurant & Food Association gave the following testimonial:

“Based on my experience with restaurants across the industry, I believe that Honeycomb is solving a growing problem for both customers and restaurants. Customers want access to dietary information, and restaurants want to showcase their diet-friendliness. Anything that reduces friction between restaurants and customers is a good thing.”

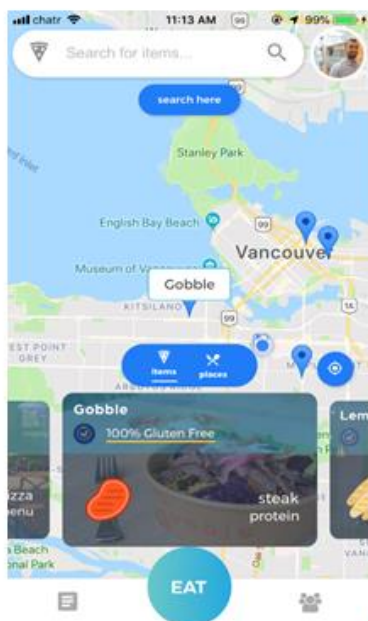
## What does the app look like?



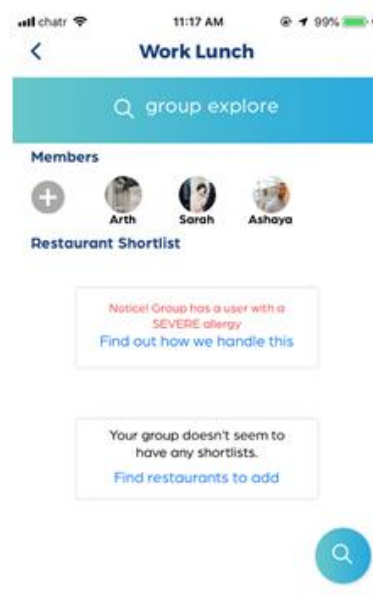
Set your diet

Avoid other foods

Identify safe restaurants



By location



For groups

# Dermatitis Herpetiformis

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National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Dermatitis herpetiformis (DH) is a chronic, intensely itchy, blistering skin manifestation of gluten-sensitive enteropathy, commonly known as celiac disease. DH is a rash that affects about 10 percent of people with celiac disease.<sup>1</sup> DH is found mainly in adults and is more common in men and people of northern European descent; DH is rarely found in African Americans and Asian Americans.<sup>2</sup>

## Symptoms

Dermatitis herpetiformis is characterized by small, clustered papules and vesicles that erupt symmetrically on the elbows, knees, buttocks, back, or scalp. The face and groin can also be involved. A burning sensation may precede lesion formation. Lesions are usually scratched off by the time a patient comes in for a physical exam, and the rash may appear as erosions and excoriations.

Patients with DH may also experience dental enamel defects to permanent teeth, which is another manifestation of celiac disease. Less than 20 percent of people with DH have symptoms of celiac disease.<sup>3</sup>

## Causes

Dermatitis herpetiformis is caused by the deposit of immunoglobulin A (IgA) in the skin, which triggers further immunologic reactions resulting in lesion formation. DH is an external manifestation of an abnormal immune response to gluten, in which IgA antibodies form against the skin antigen epidermal transglutaminase.

Family studies show that 5 percent of first-degree relatives of a person with DH will also have DH. An additional 5 percent of first-degree relatives of a person with DH will have celiac disease.<sup>4</sup> Various other autoimmune diseases are associated with DH, the most common being hypothyroidism.



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## Diagnosis

A skin biopsy is the first step in diagnosing DH. Direct immunofluorescence of clinically normal skin adjacent to a lesion shows granular IgA deposits in the upper dermis. Histology of lesional skin may show micro abscesses con-

taining neutrophils and eosinophils. However, histology may reveal only excoriation due to the intense itching that patients experience.

Blood tests for anti-endomysial or anti-tissue transglutaminase antibodies may also suggest celiac disease. Blood tests for epidermal transglutaminase antibodies are positive in more than 90 percent of cases.<sup>5</sup> All of these tests will become negative with prolonged adherence to a gluten-free diet.

A positive biopsy and serology confirm DH and should be taken as indirect evidence of small bowel damage. A biopsy of the small bowel is usually not needed for DH diagnosis. However, if clinical signs of gastrointestinal disease are evident on examination, further workup may be required.<sup>2</sup> Whether or not intestinal damage is evident, a gluten-free diet should be implemented because the rash of DH is gluten sensitive.<sup>4</sup>

## Treatment

The sulfone dapsone can provide immediate relief of symptoms. For patients who cannot tolerate dapsone, sulfapyridine or sulfamethoxypyridazine may be used, although these medications are less effective than dapsone. A strict gluten-free diet is the only treatment for the underlying disease. Even with a gluten-free diet, medication therapy may need to be continued from a few months to 2 years.

DH can go into remission, which is defined as absence of skin lesions and symptoms of DH for more than 2 years while not taking sulfones or other treatments and not adhering to a gluten-free diet.

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# Flour Power – Using Nutrient Dense Flours in GF Baking

Source: Originally from [http://www.livingwithout.com/issues/4\\_16/power\\_flour-2653-1.html#](http://www.livingwithout.com/issues/4_16/power_flour-2653-1.html#) This is an older article and is not found on-line any longer.

I wish I had a dime for every time someone tells me they're afraid to bake with high protein, high-fiber gluten-free flours. I'm talking about power flours like amaranth, buckwheat, chickpea, flaxseed meal, millet, quinoa and sorghum. These nutrient dense flours offer so much more than the ubiquitous white rice flour-tapioca starch cornstarch combo found in most gluten-free baking.

Don't get me wrong. There is a place for the so-called white flours in our kitchens. But relying on these alone produces an empty carb load that stresses the body's metabolism and contributes to obesity and diabetes.

In contrast, power flours provide more protein, as well as a host of vitamins and nutrients and they're higher in fiber, which helps reduce cholesterol levels. What's more, many are quite flavorful, and they produce baked goods that help us feel fuller longer.

The higher protein content in power flours provides elasticity to baked goods too, a bonus for gluten-free bakers. (Elasticity, a key to baking success, is often hard to come by in gluten-free baking.) The result is that finished baked goods are moister, have a finer crumb and better texture.

These seven power flours have the potential to become the darlings of the gluten-free world.

**Amaranth** is an ancient food used by the Aztecs. The seeds from this broad-leafed plant are milled into flour or puffed into kernels. High in protein, calcium and iron, this mildly nutty-tasting flour lends a natural boost to the structure of gluten-free baked goods and tends to help them brown more quickly. Amaranth flour may have a bitter aftertaste so it should be used sparingly ( $\frac{1}{2}$  to  $\frac{3}{4}$  cup per recipe). This flour works best in recipes with brown sugar or maple syrup to balance its taste. ( $\frac{1}{4}$  cup yields 3 grams fiber and 4 grams protein.)

**Buckwheat**, despite its name, is not a wheat; it's a fruit from the polygonaceae family, which also includes rhubarb and sorrel. Buckwheat has a robust flavor that combines well with other gluten-free flours. A great source of protein (eight essential amino acids), this flour is high in fiber and B vitamins. It's available in light, medium and dark varieties; light buckwheat flour is usually preferred for baking. For breads and rolls, use up to 1 cup per recipe to impart a taste and texture that comes close to whole wheat. Use less when baking delicate cookies or pies. ( $\frac{1}{4}$  cup contains 6 grams fiber and 5 grams protein.)

**Flaxseed Meal** is high in fiber and omega-3 fatty acids. Whole flax seed is not digestible so buy flaxseed meal (ground flaxseed) or make your own by grinding the seeds in a clean

coffee grinder. Use 2 to 3 tablespoons of flaxseed meal per recipe for baked goods or sprinkle it on yogurt or cereal for a nutritional boost. Store in the refrigerator or freezer. Flaxseed meal can be soaked in warm liquid and used to replace egg in many recipes. One tablespoon flaxseed meal soaked in 3 tablespoons warm liquid is equal to one egg. (2 tablespoons yield 4 grams fiber and 3 grams protein.)

**Chickpea** (garbanzo) flour is high in protein, fiber and calcium. Other bean flours are terrific additions to gluten-free baking, as well. Varieties available as flour include bean (navy, pinto and red) and soy. Garfava flour is a blend of flours made from garbanzo, fava and Romano beans. Because certain bean flours, particularly garfava and chickpea, impart an aftertaste that some people find unpleasant, these flours should be used in small amounts, less than 30 percent of your recipe's total flour blend.

"Elasticity, a key to baking success, is often hard to come by in gluten-free baking."

Try mixing bean flours with tapioca starch/flour, cornstarch and sorghum flour for a hearty, nutritious blend that lends structure and texture to baking. Bean flours work well in breads, pizza and piecrust. A small amount ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup) added to piecrust or wrap recipes makes these items more elastic and easier to roll out. Use in recipes containing brown sugar, molasses, chocolate or spices. ( $\frac{1}{4}$  cup yields 5 grams fiber and 6 grams protein.)

**Millet** is an ancient food, possibly the first cereal grain used for domestic purposes. Today, millet feeds a third of the world's population. Nutrient-rich millet flour has a mildly sweet, nut-like flavor. This high-protein, high-fiber flour creates light baked goods with a distinctive flavor. For best results, use no more than 25 percent millet flour in any flour blend. ( $\frac{1}{4}$  cup yields 4 grams fiber and 3 grams protein.)

Quinoa flour, milled from a grain that's native to the Andes mountains in South America, has high levels of calcium, protein, complex carbohydrates, phosphorous, iron, fiber and B vitamins. This flour is easy to digest and has a delicate, nutty flavor like wild rice. Mix it with other flours to increase the nutritional value of your recipes but avoid using it in large quantities (no more than 25 to 30 percent of the total flour blend), as it can overpower the flavor of your baked goods. ( $\frac{1}{4}$  cup yields 4 grams fiber and 4 grams protein.)

**Sorghum** (milo/jowar) flour is available in red and white varieties. It has a slightly sweet taste and is high in protein, fiber, phosphorous, potassium and B vitamins. It works best when blended with other flours. Use no more than 30 percent sorghum flour in any flour blend.

Sorghum flour is darker in color than many other flours, so it isn't a good choice for baked goods that you want to look white. Use sorghum flour as an integral component of an

# Flour Power – Using Nutrient Dense Flours in GF Baking

all-purpose flour blend or a high-protein blend. ( $\frac{1}{4}$  cup yields 3 grams fiber and 4 grams protein.)

## Ready, Set, Bake!

Baking with power flours is not rocket science. In fact, it's easy once you learn these simple techniques and tips.

- Gluten-free baking requires a combination of flours. No single flour will do the trick. To avoid a heavy, dense texture in your baked goods, use up to 30 percent of any one flour.
- Generally, this means no more than  $1\frac{1}{2}$  cups of one flour for every 4 to 5 cups of flour blend. The exception is the strong-flavored flours, like chickpea and millet, which can overpower delicate baked goods. For these you can use a little less, about  $\frac{3}{4}$  to 1 cup for every 4 to 5 cups of flour blend.

It's not difficult to create your own flour mix, based on your individual tastes and recipe needs. Here's a working formula for a healthy all-purpose flour blend:

- $1\frac{1}{2}$  cups power flour (amaranth, buckwheat, chickpea, millet, quinoa, sorghum)
- 1 cup neutral flour (white rice, brown rice flour, corn flour)
- 1 cup starch (tapioca, corn, potato)

- $\frac{1}{2}$  cup alternate starch (one not used above)

This equation was applied to create High Protein Power Flour Blend.

Note that most power flours are interchangeable in equal amounts (not flaxseed meal, chickpea or millet flour). Neutral flours are interchangeable in equal amounts. Flours are not interchangeable with starches, as they have different baking properties.

- Store power flours in airtight glass containers with a wide mouth so you can measure over the container or if you do not bake frequently, store the flour in the freezer.
- To be on the safe side, refrigerate all gluten-free flours. This is particularly true for power flours with higher fat and protein content, such as amaranth flour and flaxseed meal, which spoil quickly at room temperature.
- Allow refrigerated flours to return to room temperature before you use them, unless the recipe states otherwise.
- Use a wire whisk to get rid of flour clumps before you measure.

Enjoy your baking!



# Have You Thought About Golfing?

Submitted by Jane Skipsey, CCA Member



Picture courtesy: [pequabuckgolf.com](http://pequabuckgolf.com)

We people with celiac know that a lot of socializing takes place around food, and that makes it difficult to be spontaneous and to participate in trends like long table dinners, guided tours that include food, and other foodie activities. So, if like me you are celiac and a sporting sort of person, you may be interested in taking up golf. Three years ago, I joined the women's league at my local golf course and have found a new joy in socializing through a sport that anyone can play at any level. I have met many women in the past three years and have made new friends as a result. The course is accommodating in allowing me to bring my own food and even my own dishes to the dining area and has brought in gluten-free beer for purchase. I have gone to other courses for friendly competition and their restaurants have been able to provide gluten free food and/or allowed me to bring my own.

Through watching the LPGA tournaments over the past few years, I have learned of professional golfers who live with celiac and compete on the world stage. A quick search of the internet and one learns of three women golfers who are open about being celiac and share their experiences of competing with celiac, DH or gluten sensitivity. Australian, Sarah Jane Smith has celiac disease and American, Kelly Okun has DH and English woman Jae Bowers has severe gluten intolerance. Competition means travel and each has found a way to do so. Jae Bowers states, "I always have some homemade protein balls and a sandwich in my bag when I travel." And her top tip is "...to plan in advance: research the airport terminals that you will be going in to locate any food places that offer GF...". Sarah Jane "always keeps fresh fruit, vegetables and rice cakes with her on the golf course." She finds travel easy in Australia where there "...are tons of gluten-free options! There are bakeries and restaurants and even Starbucks has gluten-free food!" Kelly Okun tries "to book hotels with a fridge and microwave in order to have gluten-free frozen meals on the road."

Other problems that can limit a golfer with celiac are joint pain and muscle injury so extra care should be taken to warm up and maintain fitness levels to avoid strains. Jae also switched to daily wear contacts to avoid corneal abrasions that can be caused by gluten contamination on long wear contacts. Personally, I have started wearing contacts for golfing, as my progressive glasses are a burden on the course, and I have not had any problems with 30-day wear

contacts.

So, head out to the golf course with a friend or spouse, take some lessons through a community rec program or local course professional, meet some new people at a mixed scramble or fun league. Reported in Reuters, other benefits of playing golf are "better strength and balance, a sharper mind, a lower risk of heart disease and a longer life, according to public health experts who say more people should take up the sport." Balance has been an ongoing issue for me, and I can attest that playing golf, along with specific exercises from my physiotherapist, has improved my balance and strength over the last three years. Walking around a sun-soaked course in the morning, afternoon, or evening has elevated my mood and enjoyment of life. With the new 2019 rules that make golf more friendly to learners and high handicappers, there is no reason not to give the sport a try.

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# Frequently Asked Questions: Celiac Edition!

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Submitted by Ibreez Asaria, CCA Member Youth Leader

## Q: What is Celiac Disease?

A: Celiac disease is an autoimmune disorder where ingested gluten activates the immune system and results in damage to the small intestine.

## Q: What are the major symptoms of Celiac Disease?

A: There are over 200 or more different known symptoms of Celiac, however many individuals are asymptomatic with no known symptoms.

## Q: What is the likelihood for others in my family to have celiac disease if I've been diagnosed with it?

A: Celiac Disease has a genetic component, where first-degree relatives tend to develop Celiac Disease anywhere from 4% to 16% of the time.

## Q: What are some common nutrient deficiencies adults/teenagers might experience prior to diagnosis?

A: Iron and Vitamin D are the most common deficiencies, but some present with deficiencies in B12, copper, folate, magnesium, niacin, riboflavin, and/or zinc.

## Q: What does "gluten-free" mean on a food label?

A: As of August 4, 2012, section B.24.018 of the *Food and Drug Regulations* in Canada stated that to be labelled gluten-free a food must have: no intentionally added gluten ingredients; less than 20 ppm gluten from unavoidable gluten contamination; and, must be a food made for special dietary use (specifically for someone with celiac disease).

## Q: If I have Celiac Disease but do not suffer from any common symptom, can I eat gluten?

A: No. Even if symptoms don't appear, the ingestion of gluten still damages the intestines and increases your risk for various complications like cancers and osteoporosis.

## Q: When should gluten first be introduced in the diet of an infant?

A: Researchers are still trying to figure this out, as some research suggests that introducing gluten in the first few months is likely to trigger the development of Celiac Disease later in life, while introducing it too late also corresponds to late onset Celiac. If you are unsure, please consult your family doctor or pediatrician. A recent guideline from the University of Chicago indicated large amounts of gluten in the first two years favors the onset of CD, so during the first 2 years gluten should be less than 5 grams/day (about 1 slice of bread); follow a Mediterranean diet with vegetables and grains, but low consumption of refined cereals and sweet beverages.

## Q: Are there any financial or government resources for people with celiac disease?

A: Yes, there is a medical expense tax deduction in Canada that requires a letter from your physician stating you are diagnosed with CD, collection of receipts and determination of the incremental cost of gluten-free products over non-gluten-free comparison. For details on this benefit see: <http://vancouverceliac.ca/tax-deductions.html> For low income/social assistance patients in BC the provincial government may qualify the individual for dietary supplements.

## Children's Meet Up Group

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We are pleased to announce that our Kids Meet up group will meet on Tuesday, June 18th from 6:00 pm - 8:00 pm at BC Children's Hospital, 4480 Oak Street, Vancouver in Room KO – 155.

The evening will involve craft and/or other activities for the kids as well as a visit from some of the hospital's therapy dogs. We hope these activities will help get us all chatting and getting to know each other better.

This group is for children ages 5 – 12 and it is not a support group, but rather is a place for positive peer relations for kids and their parents.

There will be no cost for members.

Non-members are welcome and are asked to contribute \$5 for the cost of materials.

This is a free-from food event. Please refrain from bringing snacks or food as we want the group to be inclusive of those with food allergies and sensitivities.

We look forward to seeing you soon!

Please RSVP to [celiackidsconnect@vancouverceliac.ca](mailto:celiackidsconnect@vancouverceliac.ca) if you are able to attend. We are proposing to have a meet up group for teens ages 13-18 as well. We would like to assess interest in this. If you could please send an email to [celiackidsconnect@vancouverceliac.ca](mailto:celiackidsconnect@vancouverceliac.ca) to let us know if your teenager would like to meet up with other teens with celiac disease. We would appreciate hearing from you.



*Interview with Darlene Higbee Clarkin, CEO & Founder of KORE Digital Health Therapeutics, MyHealthyGut and MyWholeLife with Val Vaartnou*

## Background:

If you want to meet a woman full of passion, enthusiasm and commitment, Darlene Higbee Clarkin is that person. In March 2018, she was named one of BC's Most Influential Women in Technology and throughout her career she has successfully brought ideas to life with her ability to identify needs and opportunities.

Darlene Higbee Clarkin had over 25 years of business success behind her when she decided to turn her focus to holistic nutrition. Her technology background started in the airline industry, developing integrated applications and solutions and ultimately specializing in loyalty points. She's one of the co-founders of Points.com, a publicly traded company that provides the world's top brands with loyalty e-commerce and technology solutions. As Chief Technology Officer there, she co-invented the state-of-the-art loyalty commerce platform that the company still uses.

Her success enabled her to focus on health care, driven in part by her father's struggle with Type 2 Diabetes, which cost him his legs - and ultimately his life. Realizing that more could have been done to help reduce the pain and prolong his life, Darlene became a Registered Holistic Nutritionist (RHN). (1) Although her father followed her treatment plans, he never truly changed his diet. Darlene knew her technology expertise could help others gain control of their health and see resulting positive outcomes. She first founded mywholelife.ca a site featuring leading edge online holistic nutrition services, access to Integrative Nutritionists, a free online health report, and a series of mobile apps—available, accessible, and affordable—to manage blood sugar, weight, and provide meal plans to support healthy diets.

The more Darlene learned, the more importance she saw in the body's immune system and the gut. Darlene met two individuals who, together with Darlene, would work to develop MyHealthyGut: Dr. Justine Dowd, currently a Post-doctoral Fellow at the University of Calgary (original PhD from UBC), would bring her experience, both as someone with celiac disease and as a celiac disease researcher with Mitacs, the University of Calgary, the Calgary Foundation and branches of the Canadian Celiac Association; and Desiree Nielsen, BSc, RD, who was writing blogs for mywholelife.ca, would write the educational and nutritional content, based on her experience treating those with celiac disease and gluten intolerance. Darlene would strategize the technology behind the app, so the tool could be made available to anyone with an iPhone or iPad. (Eventually, she plans to add functionality for tablets and Android phones).

The need was personal. Darlene had developed autoimmune issues, Justine had celiac disease and Desiree has IBS (irritable bowel syndrome). Together they forged a relationship that ultimately would become MyHealthyGut.

The app was first launched in September 2016 however, its development was different than most "tech apps". The app was evidence-based, and customer driven. Customer focus groups took place at U of C under the direction, and as part of Dr. Justine Dowd's doctoral research. Once a prototype was developed, members of the celiac community were enlisted to participate in a Randomized Control study to test the effectiveness and usability of the app.

One of the biggest challenges of developing an application is communicating the value and benefits within the app. The consumer is hard to reach, and it is hard to make them aware of the differences between MyHealthyGut and the other health apps in the market. MyHealthyGut is evidence-based and peer reviewed. Content in the app is backed by the latest celiac disease research and was also reviewed for accuracy by a third party, Dr. Elena Verdu, MD, PhD, Professor, McMaster University and member of the Canadian Celiac Association, Professional Advisory Council.

Another year in the making and the team is about to launch a brand-new version of MyHealthyGut. The app is technically complex, yet the user interface is easy to navigate and simple to use. Communicating this to both the end user and groups who will get value from the application is more difficult than the original development. The tool has been developed to provide the user with information to guide them to a healthy life, but also, with the permission of the user, to provide anonymous data that may be useful to further research.

## The New App:

- A new version of the app is to be launched shortly. It will be more dynamic, including daily tips and articles on health topics. Functionality will be expanded to include:
- Expanded resources, including researched articles regarding your gut health, Celiac Disease, gluten intolerance, gluten-free diet and practical information to manage it while dining, travelling or supporting kids.
- A searchable database of 1,600 foods and growing to determine if they are safe and add them to your shopping list.



# MyHealthyGut

- Quick start and 7-day meal plans to improve gut health (with recipes, pictures) and the ability to create grocery lists. Healing foods and supplements: 25 pro-digestive foods, top 100 anti-inflammatory foods and top gut health supplements, with information on why they are good for your health.
- The ability to track your food and symptoms on a daily basis.
- A report to share with your health care provider capturing your food and symptom tracking data to see trends and potential relationships between the foods you eat and your symptoms.
- Daily tips to keep you motivated and assist you on your health care journey.
- Professor G – a digestive health bot (see picture below), who will answer your questions and learn to answer better over time (machine learning will allow the application to learn).
- An interactive Health Coach to keep you motivated, provide you with tips to improve your health and who will notify you if symptoms suggest you should see your healthcare provider.

The app will be available through the iTunes App store for less per month than a cup of Starbucks specialty coffee, and it provides you with health information that would cost hundreds of dollars if received through private consultation. It is a “dietitian in your pocket.”

The therapeutic approach has been validated by health care providers, organizations including the Canadian Celiac Association, and by government programs through approval of IRAP funding. Mercer, a Health and Benefits provider, will offer the application to their customers, through their health listings. Additional scientific articles regarding the randomized control study for the app are scheduled to be published in Pub Med.

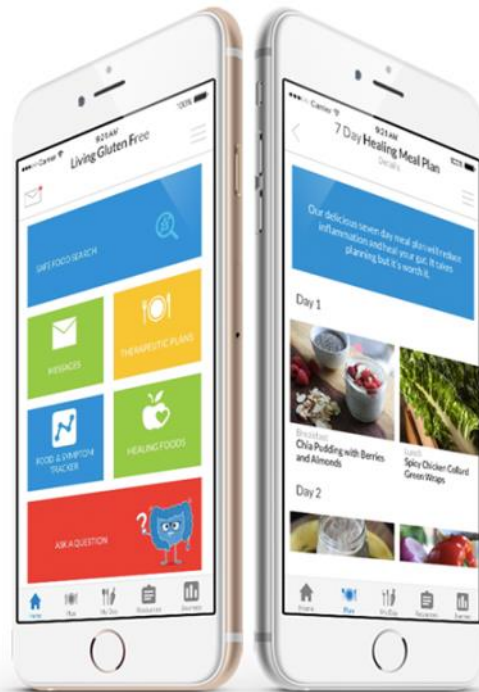
What makes Darlene Higbee Clarkin happiest, is helping other people. The reaction she received from many attending the GF Expo in

2019 makes everything worthwhile. One woman said that she “wished the app was around when she had been struggling” and then she started to cry and asked if she could hug Darlene? That alone makes it worthwhile. Ellen Bayens, the Celiac Scene, wanted to cry when she saw a demo of the new app, as she said it changed her world as a celiac.

## Future:

“Digestive disorders are the second leading cause of disability in the US, at a cost of \$142 billion a year to the healthcare system. We can help with that.....”

Darlene’s end goal is to make the app available to everyone, funded by employers, health care bodies, governments and part of extended healthcare and benefits. Reduction in disability costs will offset any costs to the healthcare system. As well, the product will become personalized through artificial intelligence and ultimately, will feed and advance further research. From the start, Darlene has involved researchers, and this will continue going forward. The ultimate goal will be to improve diagnosis and reduce costs to the end user using a collaborative approach where the individual feels they are part of the success.



## Take Control of your Gut Health



Developed by health experts, evidence-based, and peer-reviewed



# MyHealthyGut

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*Continued from previous page...*

Dedicated to work, Darlene plays just as hard. She's a self-confessed foodie who loves cooking and fills her home during holidays with friends, family, kids, and dogs, a feast of dining and endless laughter. She pursues good health by maintaining a whole food diet, and she loves squash and outdoor sports, which she's been known to take to extremes.

Download and see the value of this app and view science-based information on the following MyHealthyGut sites:

Website: <http://myhealthygut.com/>

Facebook: <https://www.facebook.com/myhealthygut/>

Twitter: <https://twitter.com/myhealthygut>

Instagram: <https://www.instagram.com/myhealthygut/>

Darlene is also looking for Ambassadors to contribute backed-by-research exclusive blog content to MyHealthyGut users, and Partners to promote/cross-promote their aligned gluten-free products or services within the app. Contact [info@myhealthygut.com](mailto:info@myhealthygut.com) for more info!

## References:

Three Women Changing The Way We Deliver Healthcare, ForbesWomen, by Vanessa Dawson, August 2, 2018,

<https://www.forbes.com/sites/vinettaproject/2018/08/02/three-women-changing-the-way-we-deliver-healthcare/#7b7cddd3e17>

[www.mywholelife.ca](http://www.mywholelife.ca)

<https://www.linkedin.com/pulse/theres-now-app-celiac-sufferers-helps-them-take-care-darlene/>

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Fresh Magazine: Women Inc. 10 Brand to Follow, page 17. [https://issuu.com/freshvancouver/docs/jan-feb\\_web](https://issuu.com/freshvancouver/docs/jan-feb_web)

KORE Digital Health Therapeutics makes the 2019 Emerging Rockets List for Digital Health.

<http://www.readytorocket.com/2019/03/2019-emerging-rockets-list-for-digital.html>

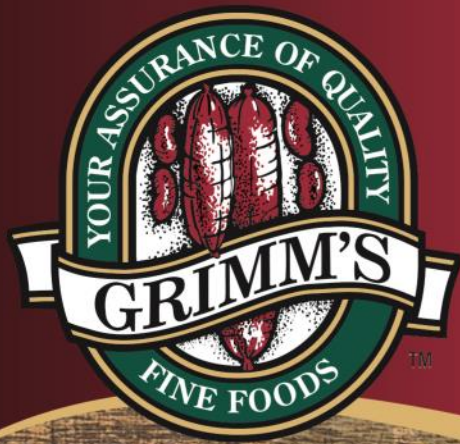


## In Memorium

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We would like to give our condolences to the family and friends of John Palmer. John passed away March 4, 2019 and left a legacy of caring. He was an avid golfer and gardener. One of his many volunteer activities was the Canadian Celiac Association – Vancouver Chapter. John was involved from the start and became the Chapter's first Treasurer, a position he held for several years. In 2012, he was gracious enough to donate all past newsletters to the Chapter, so that we would have the history of Chapter going forward. He attended gluten-free brunches in North Vancouver and enjoyed the comradery of fellow celiacs, while entertaining everyone with the history of North Vancouver through stories and funny anecdotes.





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# Board Highlights - CCA – Vancouver Chapter – March to May

- First Kids Meet Up took place February 19th. Feedback from group included: meetings should be quarterly; events food free with possible exception of fruits and veggies; potential topic dealing with bullying; and other ideas, including use of therapy dogs, holiday event in the winter. Second event to take place June 18th will include use of the therapy dogs.
- Restaurant events held: Chickpea, El Camino, Kin Thai and Bistro 101.
- Liz set up meeting with YVR. Val and Liz met with Gerald Lim, Manager, Commercial Leasing regarding identifying gluten-free options. They are interested in short training sessions and will provide vendors providing gluten free options on their website which is under-going review. CCA Vancouver website will provide links to the information.
- Liz gave a presentation on Celiac Disease to the Vancouver Community College's pastry and baking students.
- May was Celiac Awareness Month - Science World, Vancouver City Hall, BC Place were lit green. Proclamations from Vancouver City, Richmond City and the Province of BC proclaiming May Celiac Awareness

month and May 16 International Celiac Awareness Day. Jess Pirnak, RD gave a presentation on Global TV on May 13 on Celiac Disease, gluten sensitivity and the gluten-free day in honor of May Celiac Awareness month.



- As at April 30, the 2019 surplus of revenues over expenses is \$1,165. \$267 donated by members to research in 2018 was given to the J A Campbell Research Fund.

## MEMBERSHIP – JOIN OR RENEW

- Vancouver Information with links to National site: <http://www.vancouverceliac.ca/membership.html>
- National Site to Renew or New Members: [https://cca.imiscloud.com/cca\\_mbr/home/mbrcca/benefits.aspx?hkey=a613a736-3fa3-43dd-bbfc-0cb4dbab094c](https://cca.imiscloud.com/cca_mbr/home/mbrcca/benefits.aspx?hkey=a613a736-3fa3-43dd-bbfc-0cb4dbab094c)
- Phone: call National toll-free 800-363-7296 ext. 225

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- ½ cup coconut oil, melted
- ¼ cup Namaste Foods Golden Flax Meal
- 1 tablespoon grated orange zest
- ½ cup coconut or brown sugar
- 2 teaspoons Namaste Egg Replacer
- 3 tablespoons warm water
- ¼ cup coconut or brown sugar
- ¼ cup raw pumpkin seeds
- ½ cup shredded or flaked coconut
- ½ cup dried cranberries
- ½ cup raisins

Heat oven to 350° F. Line 8" x 8" pan with parchment paper.

In a large bowl, mix Perfect Flour, oats, coconut oil, flax meal and orange zest on low speed. Add ½ cup coconut sugar and blend together on medium speed for 1 minute. Mixture will look dry. Pat into prepared pan.

In a small bowl, mix egg replacer with water then add ¼ cup coconut sugar. Stir in pumpkin seeds, coconut, cranberries and raisins. Pour evenly over mixture in pan.

Bake for 30-35 minutes or until toothpick inserted in center comes out clean.

Cool on a wire rack and cut into 12 pieces.

**Enjoy!**

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# Navigating the Gluten-Reduced / GF Beer Divide

*Submitted by Stuart Cole - a self-confessed beer geek, homebrewer and CCA member from Bowen Island, British Columbia*

Whether you consider yourself a casual admirer or an absolute brewing geek, beer can provoke some strong feelings for people with Celiac Disease. If you're newly diagnosed or you parted ways with beer years ago, longing, loss, confusion and frustration may be at the top of the list.

But there are reasons to be optimistic and even joyful about beer. There are safe and delicious gluten-free beer options available to Celiac consumers, and those options are improving with time.

The catch is that figuring out what is and isn't safe is not always straightforward. Navigating ingredients, country specific labeling rules, brewing processes and social media hyperbole can be overwhelming, even for beer nerds.

## **The problem with conventional beer**

Barley has been the mainstay in the European brewing tradition for centuries with wheat and occasionally rye playing leading and support roles in various beer styles. All three grains contain subsets of proteins (hordeins, gliadins and secalins) that fall under the gluten umbrella. For that reason, these conventional beers pose health risks for people with Celiac Disease and need to be avoided. Even light beers like Corona and Budweiser contain barley glutes and are not Celiac safe.

## **Deciphering gluten-free and gluten-reduced beer**

What makes a beer gluten-free? Simply put, a gluten-free beer is one made only from ingredients that are originally and naturally free of gluten. There is a fairly lengthy list of grains that fit this description including millet, buckwheat, rice, sorghum, corn, quinoa and amaranth. All of these grains can be malted (germinated and kilned) to provide different flavours and brewing capabilities.

Gluten-free beers available in British Columbia:

### **Dedicated gluten-free breweries:**

- Ghostfish (Seattle)
- Glutenberg (Montreal)
- Ground Breaker (Portland)

### **Conventional breweries with gluten-free offerings\*:**

- Bard's (US)\*\*
- Green's (UK)
- Lakefront - New Grist (US)
- St. Peter's (UK)
- Whistler Brewing - Forager (BC)

\* Note some risk for cross contamination due to barley-based brewing on premises

\*\* Made by contract breweries that may also brew barley-based beers.

In the past decade a new category of "gluten-reduced" beer has emerged and with it some confusion and controversy. Gluten-reduced (also sold as "Crafted to remove gluten") beers are made from gluten containing grains (generally just barley) and use an additive to "hydrolyze" (break down) proteins.

The protein hydrolyzation process doesn't actually remove protein chains but separates them into smaller, and theoretically harmless segments. This is analogous to cutting the string that holds beads into a necklace; you still have beads but they don't resemble a necklace anymore.

*Continued on following page...*

# Navigating the Gluten-Reduced / GF Beer Divide

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In Canada (as in the US, Australia and New Zealand), beers produced in this way cannot be labeled gluten-free because they are made from gluten containing grains. Furthermore, to be labeled gluten-reduced, brewers must have each batch tested to ensure the remaining concentration of gluten is below 20 ppm.

Here's the problem: There is significant scientific debate as to whether these tests are capable of measuring the presence of proteins that could be harmful to people with Celiac Disease. Current gluten pattern recognition test methodology (the ELISA test) does not account for the myriad of different protein chain patterns left in these gluten-reduced beers. The test also appears to be at odds with results from more detailed liquid chromatography / mass spectrometry testing, and within vitro (lab) testing of Celiac patient antibodies. (See references below).

With a number of variables and known risks, gluten-reduced beer should not be considered Celiac safe. The CCA recommends that individuals with Celiac Disease do not consume gluten-reduced beer.

The choice to pick truly gluten-free beers over gluten-reduced beers should be easy, and yet it can be harder than it sounds.

For one, retailers and restaurants don't often recognize the distinction between gluten-free and gluten-reduced (incorrect statements and in-store advertising is common). Limited offerings can often translate into no gluten-free option at all.

Secondly, in the UK and Europe, different labeling rules apply. Barley-based beers that would be considered gluten-reduced in Canada are allowed to claim gluten-free status in their home countries. When sold in Canada these gluten-reduced beers can't claim gluten-free ... and yet global marketing and occasional labeling infractions in Canada continue to spread confusion.

A third obstacle to gluten-free beer is consumer perception. The first generation of gluten-free beers were often mass-produced from relatively inexpensive sorghum and rice syrups that lacked body, head retention, malted grain flavour and hop character.

A gluten-free craft brewing movement, similar to the one experienced in the conventional beer market 20-30 years ago, is beginning to rewrite that story. There are now 13 dedicated gluten-free craft breweries in North America using a variety of ingredients, including malted gluten-free grains. That focus on quality ingredients, new brewing methods tailored to the challenges of gluten-free brewing, and an interest in offering a wider variety of beer styles makes for exciting times ahead for Celiac beer consumers.

If beer is a beverage you enjoy, your Celiac diagnosis should not prevent you from continuing to do so, provided you make informed decisions. It can be this simple: choose beers that are made from non-gluten containing ingredients (millet, buckwheat, rice, etc). Understand that a gluten-reduced claim does not make a beer Celiac safe and is not synonymous with gluten-free. Look for and try different gluten-free beers to see where your preferences lie; whether you like refreshing light beers, big hoppy IPAs, or even dark, roasted stouts, there are gluten-free beers out there to satisfy your tastes.

Lastly, you too can help improve the outlook on gluten-free beer:

- Support the dedicated gluten-free breweries whose success and evolution depends on consumers who seek out their products over the alternatives.
- Provide those breweries with feedback (positive and constructive) and let them know what you'd like to see more of.
- Help well-intentioned family, friends, restaurants and retailers understand the difference between gluten-free and gluten-reduced.
- Don't feed the demand for gluten-reduced beer. Spend your consumer support wisely.
- Let retailers and restaurants know the names of gluten-free beers you would like to purchase and patronize those places that make an effort to bring them in.

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## References:

Lemonick, Sam. "A New Test to Make Sure Your Beer Is Gluten Free." <https://www.forbes.com/sites/samlemonick/2017/11/01/a-new-test-to-make-sure-your-beer-is-gluten-free/> (Accessed May 13, 2019).

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# Schedule of Events

## Restaurant Events – 2019

We have set aside the following dates for our 2019 dinner events. The locations are TBA. The time: 6:00 p.m. for each event.

### Future Dates:

June 12th (Wednesday) - Iki Sushi, 2576 W Broadway, Vancouver  
July 23rd (Tuesday)  
August 21st (Wednesday)  
September 16th (Monday)  
October 22nd (Tuesday)  
November 20th (Wednesday)

## June 18, 2019 - Kids Meet Up Group (5 – 12 years of age)

The evening will involve craft and/or other activities for the kids as well as a visit from some of the hospital's therapy dogs. We hope these activities will help get us all chatting and getting to know each other better. This is a free-from food event. Please refrain from bringing snacks or food as we want the group to be inclusive of those with food allergies and sensitivities.

Time: 6:00 pm - 8:00 pm

Where: BC Children's Hospital, 4480 Oak Street, Vancouver in Room KO – 155.

No cost for member; non-members welcome - \$5 for the cost of materials.

Please RSVP to [celiackidsconnect@vancouverceliac.ca](mailto:celiackidsconnect@vancouverceliac.ca) if you are able to attend.

## Oct 30 – Nov 2 - College of Family Physicians Conference

Canadian Celiac Association – Vancouver Chapter will have a booth at this conference on behalf of national. Check our website: [www.vancouverceliac.ca](http://www.vancouverceliac.ca) and our Facebook page for updates regarding restaurants events, Children's Meet Up Group and other events.

## June 23, 2019 - Scotia Bank Charity Run – Sign-up or Donate



Don't forget to sign up for the Scotia Charity Run on June 23rd. The promo codes give you a 15% discount on the Race entrance fee for running in support of our charity:

**Half-Marathon discount code: 19CCAV5K**

**5K discount code: 19CCAV5K**

This following link will take you to the page to register. If you need any more info or have any questions do not hesitate to contact us. This is such a rewarding event for our Chapter's friends and family.

<https://raceroster.com/events/2019/19534/2019-scotiabank-vancouver-half-marathon-5k/register?team=148347>

### Donate if you cannot join us

Sponsor any one of our team members, by donating to them. The more runners we have with donations, the more likely we are to win one of the Scotiabank prizes for the charities. Your support is greatly appreciated!

<https://raceroster.com/events/2019/19534/2019-scotiabank-vancouver-half-marathon-5k/fundraising-organization/14961>

Click on the Team button, Canadian Celiac Association – Vancouver Chapter, on this page and you will see all our team members.... donate to someone who has no donations and you will help the team!





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# What We Know and Don't Know About Our Gut Microbiome

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Summary of Key Points from BBC article: <http://www.bbc.com/future/story/20190121-what-we-do-and-dont-know-about-gut-health>

The microbiome contains trillions of micro-organisms, including fungi, viruses and bacteria. Our diets have a huge influence on the microbiome. Increased animal fat and protein and low fibre increase the production of cancer-causing compounds and inflammation throughout the body. The Mediterranean diet which is low in red meat and high in fibre has the reverse effect and improves the immune system. Those who eat lots of fresh vegetables and fruits seem to have healthier microbiomes.

Prebiotics and Probiotics although used in treatments of Crohn's, ulcerative colitis and inflammatory bowel diseases still require further research. Some individuals are immune to probiotics. Personalized probiotics are required to be effective.

Babies born naturally do have higher gut bacterial counts than those delivered by Caesarean section. This is very important to develop their immune systems. Fecal transplants have been used to treat the intestinal bacteria *Clostridium difficile* which infects the bowel and causes diarrhea.

Antibiotics can alter our gut microbiota causing certain bacteria to spread.

The brain and gut have a two-way communication through the vagus nerve, however the exact gut bacterium that are crucial to brain development are not understood. Research in this area is currently taking place at the University of Oxford. Gut bacteria from humans that have depression, when colonized in the guts of mice, change their behavior to depressed state.

There is a lot yet to be learned however, "most scientists can advise is to eat our greens."

## Homebrewing: The Gluten-Free Beer Frontier

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Submitted by Stuart Cole - a self-confessed beer geek, homebrewer and CCA member from Bowen Island, British Columbia




Picture by imf.root

Knowing, and in fact deciding what goes into the beer you drink is a rewarding and liberating exercise. If your beer drinking preferences stray from the ordinary, homebrewing may be the answer.

With a relatively small market niche to serve, commercial gluten-free beer options remain fairly conservative. Armed with the right ingredients and some applied learning, a gluten-free homebrewer can experiment with just about any style within the brewing universe. Belgian saison? Check. Chocolate porter? You can do that. German doppelbock? No problem.

Where to start? The now global Zero Tolerance Gluten-Free Homebrew Club is helping to both support and drive a spike of interest in gluten-free homebrewing. Zero Tolerance began in the west coast beer hub of Portland, Oregon in 2017 to provide an outlet for active gluten-free homebrewers in that region, but now has an active online membership from across the world (the United States, Australia, and Canada being well-represented). The free-to-join group is primarily active on Facebook, with monthly online meetups and webinars on beginner and advanced topics.

Many local homebrewing shops in BC carry essential ingredients to get started, including gluten-free sorghum and rice syrups, hops, and dried yeast (note: don't use liquid yeasts which are stored in barley wort medium). Gluten-free brewing grains and kits can be purchased online from [glutenfreehomebrewing.com](http://glutenfreehomebrewing.com).



Messages

From

Your

Leaders

## Messages From Your Leaders

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**Geraldine David – Chilliwack** – The Chilliwack group met at the home of Mae Kruger, in Yarrow on Saturday, May 4<sup>th</sup>. The luncheon was attended by 13.

June 1<sup>st</sup> the group will try a new restaurant called Vita Bella's Italian Bistro, [45355 Luckakuck Way, Chilliwack BC V2R 3C7](#) (near the Malls in Chilliwack). They have a waiter who is Celiac, a dedicated area, pans and all, for most of the pasta's they offer. "They do make the best Pasta I've ever had."

Other great places to eat in Chilliwack are:

- Shandhar Hut with their Indian foods. They have a dedicated fryer now too so we can be sure our Pekora's are gluten free.
- Alicia's Flavours, a Mexican restaurant that serves delicious Mexican food. Reasonable prices and the people who own and run it are actual Mexican's so a great place to go for lunch or supper.
- Canton Gardens, Chinese food restaurant, who have dedicated fryers and do pretty good gluten free foods. They replace noodles that come with some dishes with rice noodles.

## Drop-In Groups

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**Chilliwack Drop-In** - First Saturday of each month. Location changes each month. Contact: Geraldine David 604-792-2119 or [gddavid@uniserve.com](mailto:gddavid@uniserve.com)

**Powell River Drop-In** – Contact: Liz Kennedy: [lizkenney@shaw.ca](mailto:lizkenney@shaw.ca) or Val Harding: [valhar@shaw.ca](mailto:valhar@shaw.ca) for location and time.

**Richmond Drop-In** – Second Monday of each month at 6:30 pm. The meeting is at Waves Coffee House in Steveston on Bayview and 1<sup>st</sup>, 1231 1<sup>st</sup> Ave, Richmond. Contact: Val at [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net) to let her know you will be attending the meeting. Tea, coffee and gluten-free cookies are available for purchase.

**South Surrey Drop-In** – Meetings are the 3<sup>rd</sup> Tuesday of each month, starting at 6:30 pm at the South Surrey Choices, 3248 King George Highway, Surrey. Please contact Pushpa Kapadia at [pushpakapadia@gmail.com](mailto:pushpakapadia@gmail.com) or phone her at 604-721-0098 to let her know you will be attending the meeting.

**Vancouver Drop-In** – Meetings are the second Thursday of each month at 6:30pm. The Gluten Free Epicurean - 633 East 15th Avenue, Vancouver, BC Contact: Val at [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net) . Tea, coffee and goodies are available for purchase.

**Contacts for Newly Diagnosed in areas where there is no Group Meeting:**

**Abbotsford:** Ute Tindorf will continue to support newly diagnosed in Abbotsford. If you are newly diagnosed and would like the assistance of someone with many years of being and supporting celiacs', contact Ute at 604-853-2610 or email at [utet@shaw.ca](mailto:utet@shaw.ca) .

**North Shore Drop-In** - Eugenia Mooney will meet those who would like help with the gluten-free diet or who have questions. Please contact her at 604-985-0719 to set up a convenient time and place to meet. Eugenia also has a brunch meeting the first Saturday of every month. If you would like to attend call Eugenia for the details of the location, as it changes monthly.

If you have any questions, you can also phone our help-line at 604-736-2229 and leave a message and a volunteer will get back to you. The purpose of our helpline is to offer support to newly diagnosed celiacs and those who are having difficulty with the gluten-free diet. If you just feel the need to talk to someone with the same illness who has been on the diet and living well as a celiac, please leave a message with your name, phone number and a brief description of your inquiry.

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### THE PERFECT BLEND

## To Make Gluten Free Baked Goods Even Better.

We are excited to announce the combination of East Village Bakery with Cloud 9 Specialty Bakery. With the expanded facilities that our New West bakery offers, we have the ability to meet the demand for the fantastic breads, pastries and savouries that we've both created and that you've come to love. And though we'll be known as Cloud 9, the deliciousness of EVB is ever present with our gluten-free good-taste.

### GLUTEN FREE

## Baked Goods Without Compromise.

Cloud 9 Specialty Bakery is committed to providing baked goods that are not only delicious but when compared side-by-side with conventional products, ours will surpass your expectations with taste, texture and flavor satisfaction.