

March 2017

Volume 1 Issue 144

Charitable Registration #

CCA-VC 855544896RR0001

CCA 119218766RR0001

Vancouver Chapter

Celiac News

\$5.00 /Issue



Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

2017 Board of Directors

President

Val Vaartnou Email: val_vaartnou@telus.net

Vice President & Membership

Lizbeth Wall Email: Lizbeth@novuscom.net

Treasurer

Betty Wong Email: finance@vancouverceliac.ca

Secretary & Advertising

Cynthia Loveman Email: caloveman@gmail.com

Director - Member at Large

Sarah Makepeace Email: smakepeace85@gmail.com

Director - Member at Large - Twitter

Jessica Mooney Email: jmooney003@gmail.com

Director - Member at Large - Support Group Facilitator

Kendra Mohart Email: connect@kendramohart.com

Director - Member at Large

Pushpa Kapadia Email: pushpakapadia@gmail.com

CONTENTS:

Page:

3	President's Message
5	Featured Volunteer
6	Dietician's Corner
15	Celiac In the Kitchen
22	Scotia Run 2017
34	Schedule of Events

NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June issue, please have them submitted by May 15, 2017.

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

Please submit to:

- info@vancouverceliac.ca
- 604-736-2229 / 877-736-2240
- CCA - Vancouver Chapter
Letters to the Editor
360-1385 West 8th, Vancouver, BC V6H 3V9

Newsletter Contributors

Newsletter Editor- Val Vaartnou



CCA Mission Statement:

The Canadian Celiac Association is the national voice for people who are adversely affected by gluten, and is dedicated to improving diagnosis and quality of life.

CCA Vision Statement:

The gluten problem: Found. Treated. Cured.



ADVERTISING

As usual, the ads are accepted in a 'First Come, First Serve' basis based on space. All ads need to be submitted as *.jpg or *.tiff files. *PDF files are not acceptable*

Rates:

Full Page	250mm high x 190mm wide	\$ 100
Half Page	125mm high x 190mm wide	\$ 50
Quarter Page	125mm high x 90mm wide	\$ 25

Thank you to all our advertisers who continue to support our newsletter.

Submit your ads to: Cynthia Loveman Email: caloveman@gmail.com

NEWSLETTER SUBMISSION DEADLINES

2017 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 or info@vancouverceliac.ca

DISCLAIMER AND EXCLUSION OF LIABILITY:

The contents of this publication, provided in good faith for information purposes only and in using the most current information available subject to amendment, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (the "CCA") has not reviewed this publication. Use of the information in this publication is at your own risk. The CCA does not endorse any product referenced in this publication. To the fullest extent permitted by law, the CCA its local Chapters, and all persons involved in compiling this publication disclaim any responsibility for, and make no representations or warranties regarding the information provided in this publication. In no event will the CCA, its Chapters, or those persons involved in compiling this newsletter be liable for any damages of any kind resulting from the use of the information in this publication. Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca/>.

President's Message



I am writing this article after being cloistered in my house for nearly a week, having had to cancel meetings and events due to snow and poor road conditions. I phoned a friend on the prairies and after she said it was nearly 35 degrees below and the Maritimes were going to get over 75 cm of snow, I reconsidered and felt I was pretty lucky to live in BC. Due to our BC weather, we had to postpone our Annual General Meeting (AGM) to March 26th. Details of the meeting are included in this newsletter and it would really be appreciated if you are available, that you try to make it. You are a member of our Society, a registered charity and we are governed by the BC Society Act and our By-Laws and Constitution. I know it is sometimes hard to make time, but we need a quorum of 10 members at the meeting or we cannot elect our Board of Directors to manage us for the following year. Your attendance would be much appreciated.

Kendra Mohart will also give a presentation at the AGM "Is the gluten-free diet really enough?" Kendra was diagnosed over 14 years ago, has a mother who is also celiac, and actually changed her profession as her interest in nutrition increased. She has learned a lot and is willing to share this knowledge with members.

I will be continuing on the Board of Directors next year, volunteering and writing the newsletter but will be stepping down as President. I have really enjoyed my time as President, but feel it is good to have others bring forward new ideas to keep us fresh. I was lucky to be mentored by Lorraine Didrikson who was the President before me and I will be there to assist the new President, who will be chosen at the first Board meeting after the Annual General Meeting. I have been lucky to work with very committed, professional and caring Board Members this year: Lizbeth Wall, Cynthia Loveman, Sarah Makepeace, Jessica Mooney, Kendra Mohart, Pushpa Kapadia, Alex Mathieson and Betty Wong. We accomplished a lot and I thank them for their support and very hard work!

I would especially like to thank Sarah Makepeace for all her contributions as a Board Member over the past three terms. Sarah will be stepping down from the Board, however, will be continue to be very involved as a volunteer, facilitating Facebook and working as interface to UBC and supporting us at events. She needs to focus on her health and create more balance in her life, given her very busy work life. Sarah is enthusiastic about helping those with Celiac Disease and we are very thankful for having had her as a fellow Board Member.

The Gluten Free Expo had over 10,000 attendees this year and our Chapter was provided a complimentary booth. Our volunteers were busy answering questions over the two days and information that was handed out was greatly appreciated. Those who were celiacs, who had not seen the Follow-Up Care for Celiac Disease brochure were very appreciative of getting the information. Many had been diagnosed for several years and had no follow-up testing by their gastroenterologists or their family physicians since their diagnosis. Given the current research indicating that not everyone heals completely on the gluten-free diet, follow up care is essential. Thanks to Sarah Makepeace for coordinating the event and Lizbeth Wall for ensuring the booth was set up and taken down and coordinating the Sunday volunteers. Thanks also to our volunteers who without their help, we would be unable to provide the support that we do.

We are an official Charity of the 2017 Scotia Run again this year. Come join us for a walk or run around Stanley Park or if you are a keen runner, there is a UBC to Stanley Park Half-Marathon. The date is Sunday, June 25th – we call it a "fun" raising event. See the article details regarding the event in this newsletter. The Scotiabank pays for all the administration cost of the run so it is a great way for us to raise money, without the high expenditures we would incur if we had to organize it ourselves. It is a great family event for all ages. Run, walk, volunteer or donate if you can!

Wishing everyone a great gluten-free Easter and enjoy our spring weather (soon I hope)!



Join Schär Club and...

WIN A YEAR'S SUPPLY OF BREAD!

www.schar.com/yearsupply

Winner will be picked at random. A year's supply of bread is the equivalent of one case (6 loaves) per month for 12 months. For full terms and conditions please contact: info@schar.com

Featured Volunteer – Lizbeth Wall

Article written by Lizbeth Wall, introduction and thank you by Val Vaartnou



Lizbeth Wall is an enthusiastic volunteer and member of our Board of Directors who steps forward and is always there to help, whatever the situation. Liz and her husband Bryan took up the challenge of the Scotia Run in 2016. Not only did Liz set-up for the event, she ran in the 5K and involved her friends and family in the event. Bryan was our top fundraiser and Liz the third top fundraiser. They were both integral to the success of run. The following is Liz's journey of diagnosis and volunteering.

My journey into the Gluten Free world naively began the summer of 2013. I had never heard or understood the term Celiac and Gluten-Free simply meant a type of diet you might be on. I have always been a runner adding distance and time over the years. I have always managed to keep my weight steady, but found I was not able to gain back the weight after training for a marathon in 2007 and then again, a half marathon in 2011. When I entered into my 50's my doctor appropriately scheduled a Bone Density test for me. It was at this clinic that the Dr. decided to include a test for Celiac Disease with the rest of my blood work. I did not pay attention to his request or ask any questions about what it would mean if I was tested positive. It was positive! As far as I was aware, I did not have any symptoms and was very confused with the results, what was I supposed to do now?

My challenges having Celiac Disease have been few. I am fortunate to have a very supportive husband and a daughter who is a Registered Dietitian. She has guided me through the grocery aisles helping me to better understand how to read product labelling. My G.I simply said "don't eat Gluten"! That was not very helpful. My next step was to find out where I could find reliable resources, so I signed up to be a member of the Vancouver Chapter of the CCA. I was provided with a wealth of brochures giving me information about research, products and where I could find the support I might need.

A year later, I had an opportunity to volunteer for the Gluten Free Expo. I thought I had a pretty good handle on all of the information I needed. I soon learned at the Expo, spending time with Val and Sarah, just how much I had to learn and what a valuable resource they both were. I was excited to learn and realized I wanted the opportunity to invest in my Disease.

I was invited to join the Board in 2015 and I took on the role of membership. I am proud to be a part of such an incredible group of dedicated and caring people. We come from all walks of life, each of us bringing to the Board our own unique experiences. First and foremost our Board is a TEAM, and we are all equally proud to be a part of the CCA and the Vancouver Chapter. There certainly is a lot involved in being a Board member, but the rewards of having members appreciate the work we do is truly priceless.

When I retired it took me some time to find volunteer opportunities that I found rewarding. I have been a Hospice volunteer with Providence Health Care since 2011. My dog Farley comes with me and I look forward each and every day I am there. I am also involved with the St John Ambulance Pet Therapy Program helping to provide awareness of the positive impact of bringing a pet into what could be a stressful situation.

Thanks to Liz for her support and contributions to our Chapter! Her enthusiasm is contagious and she is willing to take action to support any of the activities of our Chapter and meet the needs of our members and the public. Kudos to Liz!

Dietitian's Corner

Submitted by Jess Pirnak, RD

Winter Wellness

Another 6 more weeks of winter...Cold and flu viruses love this time of year as the dry weather allows them to float in the air and hit unsuspecting victims. Making matters worse - we're finding ourselves in doors more and in close proximity to each other allowing these nasty colds and flus to hit everyone in our family and in the office. But good news! There are ways to boost your immune system to fend off attacking viruses and some tricks to getting-well faster if you are unlucky enough to be hit by one of these viruses.

Innate immunity is the cells and proteins that are always present in the body and ready to fight microbes. While our adaptive immune system comes into play once the pathogen has overcome our innate immunity and we're officially sick.

Here are three ways to boost your innate immune system:

1. Probiotics are the friendly-bacteria in our gut that strengthen the intestinal lining and increase the activity of key immune cells. Did you know that 80% of our immune system is in our digestive system? This just emphasizes the importance of a healthy gut with probiotics being the key player! We'll talk more about probiotics in the next post but for now try adding kefir to yogurt, smoothies or on its own as a snack. Kefir is a great source of probiotics as it typically contains 3x the probiotic content of yogurt.
2. Antioxidants such as vitamin A and selenium. Antioxidants are substances found naturally in food that can protect our body's cells from damage caused by harmful molecules called free radicals. In other words antioxidants act as a protective coating for our cells. But get your antioxidants from food as supplements can be harmful because they tend to have higher amounts of vitamins or minerals than you need. Try making yourself a colourful dinner plate full of roasted pumpkin (vitamin A), leafy vegetables (vitamin C) and fish (selenium).
3. Garlic increases the production and activity of many immune cells, including white blood cells, antibodies and other natural killer cells. It also has antiviral and antimicrobial properties. Grab fresh bulbs over the convenient pre-peeled ones and store the garlic in a cool, dark place such as a cupboard.

Now that your innate immunity is in tiptop shape here are three ways to boost your adaptive immune system:

1. Zinc may block the replication of cold viruses. Lozenges are a popular treatment but do not take more than 50 milligrams of zinc a day as too much zinc can actually depress immune function. Food sources of zinc include: black beans, chickpeas or lentils.
2. Oil of Oregano. Chinese medicine and Mediterranean cultures have used this pizza tasting antiviral, antifungal and antibacterial oil for centuries! Due to the powerful antibacterial components of the oil only use for the first few days of your cold as the oil will kill all your good bacteria as well. And lastly...
3. Rest, rest and rest some more! And drink lots of fluid to flush out your system.

Stay warm and healthy! Spring is just around the corner...just another 6 more weeks of winter according to the groundhog's prediction for 2017!



Annual General Meeting

**Rescheduled to Sunday,
March 26, 2017**

(February 5 meeting cancelled due to weather)

**New Westminster Public Library
(downstairs)**

**716 – 6th Avenue
New Westminster**

1:00 pm – 4:00 pm

**Parking at library or across the street
in mall parking lot.**

Bring an appetizer (with recipe) to
enjoy before the meeting. Coffee,
tea and water will be supplied.



Speaker: Kendra Mohart
*Is the Gluten-Free diet
really enough?*

Kendra Mohart is holistic
Nutritionist who educates celiac
patients on becoming healthfully
gluten free, preventing disease
and navigating autoimmunity.

Previously to having two children,
she ran a general nutrition practice
and a sought after fresh green
smoothie company. She is passionate about spreading
health and inspiring others to experience health in a way
they never knew they could.

**We need a quorum of at least 10 at the
meeting or voting cannot take place.**

**Please RSVP at info@vancouverceliac.ca
or phone Val Vaartnou at 604-271-8828.**



Awesome Breakfast - Wholesome Snack

Delicious Nutritious Celiac-Friendly Granola and Bars

Ingredients: organic quinoa flakes, organic peanuts, almonds, pasteurized Canadian honey, organic sulphur-free coconut, organic pumpkin seeds, organic Thompson raisins, organic sunflower seeds, cranberries, pure olive oil, sea salt. Nut-free versions are made on with dedicated equipment.

Available On-Line - free shipping with a minimum order of \$39.00

Available at select stores, see the web site

www.cascadiaglutentfreefoods.com

604-779-0483

CCA Membership Has It's Benefits

As we had previously indicated, we drew for an Iki Sushi \$50 gift certificate and 10 MyHealthyGut Applications. The winners of the prizes were to be announced at the Annual General Meeting, however, due to the snow, the meeting was postponed. Due to privacy requests we have simply put the first name.

Thanks to
Iki Sushi and
MyHealthyGut
for the prizes!

Iki Sushi \$50 Gift Certificate Winner

Lynne H.



MyHealthyGut iOS App Winners

Aliya H
Amanda B
Camille G
Cathy M
Gail M
Nate
Naomi G
Selina K
Stan L
Susan A



All Natural, Always Delicious!



www.namastefoods.com

Celiac Disease & Skin Care Products

Written by GI Society Staff.

Do you need to worry about gluten?

Gluten is a protein found in wheat, barley, rye, and other foods. In individuals who have celiac disease, a grain protein in gluten called gliadin triggers an unusual immune response that leads to flattening and altering of the millions of microscopic finger-like projections (villi) that line the inner wall of the small intestine. If a physician has diagnosed you with celiac disease or dermatitis herpetiformis, you should never eat food containing even the smallest amount of gluten that contains gliadin, as it takes only one molecule to trigger the destructive response.

Those with celiac disease who consume gluten might be unable to digest nutrients in their food properly, and it can trigger the unpleasant symptoms associated with the disease when not under control such as anemia, diarrhea, weight loss, fatigue, breathlessness, cramps, bloating, irritability, and skin problems.

Non-food substances can also contain gluten. These include vitamins, toothpastes, and the adhesive found in some envelopes and stamps. Skin care products might also contain gluten as they sometimes use oils or extracts derived from wheat, barley, or rye as emollients. Due to the growing awareness of gluten sensitivities and celiac disease, some skin care companies are now labelling or formulating some of their products to be gluten-free.

However, do skin care products that contain gluten actually pose any risk for those with celiac disease?

Skin acts as a protective barrier against external harms such as bacteria, chemicals, and UV rays. It is the largest organ in our body and makes up 16% of our body weight. For a substance to penetrate skin, it needs to be less than 500 daltons in size (a dalton is a unit of mass used to express atomic and molecular weights). Since gliadin is approximately 631 daltons, it is too large to penetrate the skin. (1)

Dr. Alessio Fasano, Medical Director of the Center for Celiac Research, University of Maryland states, "If you have celiac disease, then the application of gluten-containing products to the skin should not be a problem, unless you have skin lesions that allow gluten to be absorbed systemically in great quantities." (2) An example of this would be putting a large amount of a gluten-containing product into a deep wound with exposed tissue.

Lip balm, lipstick, and other products used near the mouth have a risk of ingestion and therefore require caution in their use. Individuals should also wash their hands after applying skin care products and before eating. For young children, avoid putting products containing gluten on an area of a body that the child may put in his or her mouth.

In Canada, skin care products use the common or scientific name in ingredient listings. Below are gluten-containing substances to watch out for in skin care products:

- wheat (*Triticum vulgare*)
- barley (*Hordeum vulgare*)
- rye (*Secale cereal*)
- oat (*Avena sativa*)

Even if a skin care product contains a substance that contains gluten, it is not clear whether significant amounts remain in the product after it undergoes processing. In a study published in the *Journal of the Academy of Nutrition and Dietetics*, researchers tested lip products and lotions that contained at least one ingredient derived from wheat, barley, rye, or oats. They reported that none contained measurable levels of gluten. (2)

If you have a negative reaction to a skin care product, talk to your doctor. It is possible to have an allergy to wheat or another grain that could cause a skin reaction, or you could be sensitive to another ingredient in the product, such as fragrance or an herbal extract.

To avoid potential irritation from skin care products, use fragrance-free products formulated for sensitive skin produced under quality-controlled manufacturing processes. Stay away from products that contain denatured alcohol, citrus juices or oils, peppermint, menthol, and eucalyptus, as these substances can also be irritating. A product labelled or marketed as 'natural' will not necessarily be better or safer for your skin.

Visit www.badgut.org for more information about celiac disease and gluten.

About Dermatitis Herpetiformis

Dermatitis herpetiformis is a rare manifestation of celiac disease triggered by ingesting gluten, but not by skin contact with gluten-containing foods and products. It causes an itchy, blistering, and painful rash that can affect any part of the skin, but most often occurs on the elbows, knees, or buttocks.

Treatment includes following a strict gluten-free diet. A generic medication called dapsone, also known as diaminodiphenyl sulfone, can relieve the rash symptoms during outbreaks. Topical treatments containing cortisone can provide short-term relief from the rash symptoms. Consult with a physician prior to use because topical remedies can have side effects and risks.

Reprinted by permission from the Gastrointestinal (GI) Society.

Written by GI Society Staff.

First published in the Inside Tract® issue 196 and available at www.badgut.org.

1 Nos, JD *et al.* The 500 Dalton rule for the skin penetration of chemical compounds and drugs. *Experimental Dermatology*. 2000;9(3):165-169.

2 Thompson T *et al.* Gluten in cosmetics: is there a reason for concern? *Journal of the Academy of Nutrition and Dietetics*. 2012;112(23):1316-1323.

Who's on the other end?

A commentary on responding to help line request calls for the Vancouver Chapter CCA by Jane Skipsey

Around 6 years ago, I volunteered to help pick up messages left on the chapter's phone help line since Shirley Mould, who had answered calls for close to 30 years, was retiring from the task. Typical questions to the line are around diagnosis guidelines, ingredients and products, starting a gluten free diet, restaurants friendly to celiacs, and membership. Calls are less frequent than they once were, even as more adults and children are being diagnosed, because the internet provides more ways to gather information. However, over this past summer there was one call that stood out. The voice mail was from a man who described himself as being diagnosed for a few years and was looking for help. He had left several voice messages during that busy summer week by the time I had done my weekly check of the voice mail box. In addition, was a call from a volunteer at the Advocacy Access office. When I returned these calls my learning started.

Firstly, I learned about The Advocacy Access Program at Disability Alliance BC which is funded by the Law Foundation of BC and the Province of BC, and also the Vancouver Foundation, Vancity Credit Union and the Health Sciences Association of BC which all give project funding support. Secondly, I learned about the life of a person on income assistance (formerly known as welfare) living with celiac disease.

While every celiac has a story of diagnosis, and life before and after diagnosis, I found this man's story both heart wrenching and poignant. I learned he is a recovered addict, living in the Downtown Eastside. His diagnosis came after he was clean but not getting healthy; his doctor diagnosed him with celiac as he was losing weight in spite of eating a proper diet and diet supplements. As I tried to offer suggestions of reasonably priced gluten free choices of foods to cook, I learned how difficult his challenge of cooking in a rooming house with a shared eating space is. I learned about the lack of funds to purchase pre made and easy meals after the single person income assistance of up to \$600 a month is mostly used for housing. When I suggested the food bank may carry some gluten free foods, the humble response was that there are better foods to be found in dumpsters. I learned he has family who he visits, however they are not understanding and unable to provide meals with gluten free food. I learned the reason he had reached out to our Vancouver chapter of the CCA was at the suggestion of a volunteer at the Advocacy Access Program office on Broadway in Vancouver where people with disabilities are able to find much needed assistance accessing information, funds and support. The volunteer thought that the CCA would be able to help him fill out the forms the BC government requires anyone on income assistance with a disability to complete in order to access extra funding; forms that for anyone without a computer and printer are another challenge. My answer to him was less than helpful, I had no knowledge of any of this.

But I now know that "effective April 1, 2010 the ministry may provide a monthly diet supplement to assist recipients to meet costs associated with an unusually expensive therapeutic diet." The list includes a gluten-free diet. The monthly amounts paid for diet supplements are listed in the Rate Table: Health Supplements and Programs – Diet Supplements which for a gluten-free diet is \$40 per calendar month. In order to qualify effective September 1, 2015, "recipients must provide documentation from their *medical practitioner, nurse practitioner or a registered dietitian* that confirms the need for the diet supplement." The documentation must state "the specific medical condition, the diet required, and the expected duration of need." Then the following must be completed: medical documentation leading to an assessment of eligibility, and a review every 2 years to assess if the condition has changed, with failure to complete the review within 3 months of notification resulting in a discontinuation of the \$40 supplement.

After these calls I spoke with Val Vaartnou to see what she knew about this situation. As a result, the Vancouver Chapter was in contact with the Vancouver Food Bank and was able to liaison with them about clients with gluten free needs. Although they try to keep gluten-free food separate at the Food Bank it is not always done. The Food Bank was present at the recent Gluten Free Expo accepting donations from suppliers and patrons on behalf of their clients. I know this is a small start to a problem that needs more attention and assessment of what can and should be done as an organization and as caring individuals. So many questions to address, such as when gluten free items are provided to a food bank, what ensures that the items go to individuals like the caller who truly need gluten free? How can assistance be given to those who really need it? How can the CCA advocate for our less fortunate celiacs? Somehow after 40 minutes when I hung up the phone, my celiac issues seemed quite small.

Sources:

<http://www.disabilityalliancebc.org/programs/advocacy.htm> (February 19, 2017)

<http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/bc-employment-and-assistance-rate-tables/health-supplements-and-programs-rate-table> (February 19, 2017)

<http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/bc-employment-and-assistance-rate-tables/income-assistance-rate-table> (February 19, 2017)



Uncompromised Natural Enjoyment



- ✓ Made from delicious golden corn
- ✓ **Gluten Free**
- ✓ 1/4 the calories of a slice of bread
- ✓ All natural
- ✓ Healthy snack or meal alternative
- ✓ More than 10% fibre
- ✓ **GMO Free**

to find out where
to buy go to
www.cornthins.com

Celiac Disease in the News

Submitted by Val Vaartnou

The following are precise of scientific articles and news articles regarding Celiac Disease related issues reviewed since the last newsletter. Links and bibliography information is provided if you wish to read the full article.

Celiac Disease in Children

In this article, Dr. Ed Hoffenberg, MD talks about the differences seen in children with Celiac Disease at different ages. It is unknown why some children develop celiac disease early in life and others later in life. Symptoms also vary between children from within minutes of ingestion of gluten, to delayed symptoms lasting sometimes as long as two weeks. With severe symptoms children are most likely to be diagnosed: failure to thrive, weight loss and vomiting. Infants and toddlers can suffer from malnutrition which results in low growth in height and/or weight. The tTG test is not accurate in children under 3 years of age and any child with symptoms under this age should be seen by a pediatric gastroenterologist.

School age children usually do not vomit, but have other gastrointestinal issues like stomach aches, bloating, diarrhea or constipation. Inability to either gain or lose weight should signal a test for celiac disease.

Teens with celiac disease often exhibit "atypical" symptoms. Mood disorders, depression and panic attacks may arise. Lethargy, fatigue, headaches, skin conditions (DH), stunted growth and delayed puberty are some of the possible symptoms.

Children may also have no or mild symptoms and testing should be considered if they have other related conditions: Type 1 diabetes, a relative with the disease, juvenile arthritis, a thyroid condition, IgA deficiency to name a few. Anemia, weak dental enamel, elevated liver enzymes or osteopenia are all signals that celiac disease should be tested for.

<https://celiac.org/live-gluten-free/lifestyle/for-parents-and-children/22783-2/?bblinkid=24443625&bbemailid=1910934&bbejrid=129664823>

Is there gluten in your over the counter medications?

This is not new research, but I like to let people know of the only site I have found that provides a listing of over the counter gluten-free drugs. This is a US site. It is run by a pharmacist who is also developing a new list of drugs indicating whether there are corn, lactose, potato and soy in the drugs, in addition to their gluten-free status. The site is www.glutenfreedrugs.com

Gluten-Free Diet Does Not Repair Intestinal Damage in Some Children With Celiac Disease

Medical records of 102 children diagnosed with celiac disease were reviewed. After a year, despite excellent adherence to a gluten-free diet for most (91%) patients, 43% experienced persistent symptoms, 27% had new gastrointestinal symptoms, and 34% had persistently elevated serology at the time of repeat endoscopy and biopsy. Only 33% of the patients were asymptomatic at the time of repeat endoscopy. Overall, 19% of patients showed persistent enteropathy consistent with a Marsh 3 lesion at the repeat endoscopy. The findings demonstrate that neither the presence of symptoms nor a positive tTG result was a reliable measure of mucosal recovery in the study population. For example, tTG was elevated in 43% of patients with persistent enteropathy and in 32% of those with mucosal healing. In contrast, 84% of patients with mucosal recovery on repeat biopsy were symptomat-

ic at the time of the repeat endoscopy, as were 55% with persistent enteropathy. Further research is required in this area. The study included Dr. Alessio Fasano, a well-known gastroenterologist and researcher and Dr. Jocelyn Silvester, who has been funded by the Canadian Celiac Association in the past. Published online, November 3, 2016 *Journal of Pediatric Gastroenterology and Nutrition*, February 2017 - Volume 64 - Issue 2 - p 286-291.

New List Created by Experts May Help Prevent Food Gluten Cross-Contamination

The newly created food services checklist was compiled after an extensive literature review, input from 11 different experts with PhDs and experience with food services and/or gluten and celiac issues, along with documents from various organizations such as the Gluten-Free Certification Program from the Canadian Celiac Association.

The final checklist consists of 88 items divided into 12 sections, which cover everything from building and facilities maintenance, cleaning and ventilation, to employee clothing and hygiene, to food production and transport. The list was published in the journal *Nutrients*.

<http://www.cantechletter.com/2017/01/new-tools-may-prevent-gluten-cross-contamination-food-services-industry/>

Celiac Disease Patients Have a Higher Risk of Pneumonia

One study, conducted in the United Kingdom, provides the most comprehensive look at the issue. The study tracked 9,803 people with celiac disease, along with 101,755 people who didn't have the condition for comparison purposes.

The study, which spanned 15 years, included all age groups.

Overall, the researchers identified 179 cases of pneumonia among those who had celiac disease, compared to 1,864 cases in those people who didn't have celiac. That works out to similar odds for those with celiac to catch pneumonia, when compared with those who didn't have the condition.

However, the researchers also identified a 28 percent increased risk of pneumonia in people younger than age 65 who had celiac disease and who had not been vaccinated for pneumonia. This increased risk was highest around the time of diagnosis—at that time, the risk was twice as high for any type of infectious pneumonia and four times as high for pneumococcal pneumonia, the researchers said. However, the risk remained elevated for more than five years following that celiac disease diagnosis.

The study concludes: "Unvaccinated patients with coeliac disease under the age of 65 have an excess risk of community-acquired pneumonia that was not found in vaccinated patients with coeliac disease. As only a minority of patients with coeliac disease are being vaccinated, there is a missed opportunity to intervene to protect these patients from pneumonia." <http://www.mdmag.com/medical-news/doctors-suggest-celiac-disease-patients-get-pneumonia-vaccine>

Gluten Free Stakeholder 2016 Report

The Session was led and facilitated by the Canadian Celiac Association, the Allergen Control Group Inc, and the Agriculture and Agri-Food Canada. You can read their final report regarding the September 2016 meeting. [http://gfstakeholdersession.com/assets/ALLERGEN_STAKEHOLDER_SESSIONS_REPORT .pdf](http://gfstakeholdersession.com/assets/ALLERGEN_STAKEHOLDER_SESSIONS_REPORT.pdf)

Celiac Disease in the News

Celiac Disease Patients Pay a Higher Economic Burden

"This study highlights the additional healthcare resource use and costs associated with celiac disease on top of gluten-free-diet costs," said Stefano Guandalini, M.D., founder and medical director of the University of Chicago Celiac Disease Center. "It focuses on the costs borne by insurers, as well as the medical burden of celiac disease for patients." The study looked at the medical records of 18M patients in the US. They identified 12,187 patients with Celiac Disease and matched them based on age, sex, region, company and employment status. Patients with celiac disease had \$12,217 total all-cause direct costs compared with \$4,935 in controls ($P < .0001$). Guandalini S, et al. Abstract 2. Presented at: Digestive Disease Week, May 16-19, 2015; Washington, D.C.

<http://www.healio.com/gastroenterology/malabsorption/news/online/%7B46029097-bd42-49b7-8f2c-39bfd46e18b%7D/ceciac-disease-associated-with-significant-economic-burden>

25% of Ataxia Caused by Gluten

A study in the Journal of Neurology, Neurosurgery and Psychiatry found that 25% of ataxia was caused by gluten. A research paper lead by Dr. M Hajivassiliou published in December, 2016 concluded that immune-mediated ataxias are common. Diagnosis of the cause is key to potential therapeutic treatments. Ataxia is a neurological condition consisting of the loss of control of bodily movements. It includes gait abnormality. <http://jnnp.bmj.com/content/early/2016/12/13/jnnp-2016-314863>

US Labelling of Gluten-Free Foods

The U.S. Food and Drug Administration (FDA) has defined the term "gluten-free" for voluntary use in the labeling of foods. Any food product bearing a gluten-free claim labeled on or after August 5, 2014 must meet the requirements of the agency's gluten-free labeling rule. With this uniform definition, consumers with celiac disease can choose foods with greater confidence. The standard is no greater than 20 ppm in products that are labelled gluten-free. This brings US labeling closer to Canada's standards. For detailed information if you are traveling to the US. <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm362880.htm>

Celiac Associated Pancreatic Disease

Dr. Hugh Freeman, a gastroenterologist affiliated with the Department of Medicine, University of British Columbia, Vancouver, BC set out to study the prevalence of Type 1 diabetes and Celiac Disease

Prospective studies using an initial screening IgA tissue transglutaminase antibody assay (tTG) were done at UBC and a total of 125 male and 108 female children and adolescents with type 1 diabetes mellitus were evaluated from an established pediatric diabetes clinic. Of these, 15 male and 11 female patients had elevated tTG titers, of whom 19 were also positive for endomysial antibodies. Among these cases, 1 was already known to have celiac disease. Small intestinal biopsies were done in the other 18 children positive for both antibodies.

In this study, over 40% of diabetic children were asymptomatic, yet blood testing facilitated selection for a small intestinal biopsy evaluation. 7.7% of this pediatric group had biopsy results common in celiac disease. Dr. Freeman says that further research in this area is required to determine if these observations

can be verified by others. Annals of Gastroenterology, July – September, 2016, published on-line May 20, 2016. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4923808/>

Wheat Proteins Cause Inflammation Beyond the Gut

This is a study regarding ATI's (amylase-trypsin inhibitors), which are specific proteins found in wheat that has been shown to trigger an immune response in the gut that can spread to other tissues in the body. While ATI's only compromise 4% of the protein in wheat, they have been suggested to exacerbate rheumatoid arthritis, multiple sclerosis, asthma, lupus, non-alcoholic fatty liver disease, IBS and other conditions such as non-celiac gluten sensitivity (NCGS). <http://www.medicalnewstoday.com/articles/313514.php>

Rituximab Promising for Dermatitis Herpetiformis

Rituximab may be an effective treatment for recalcitrant dermatitis herpetiformis (DH), according to a recent case study.

"DH is an autoimmune blistering disease which is commonly associated with celiac disease and can present with debilitating pruritic blisters on extensor surfaces," explained Dr. Ron Feldman of Emory University School of Medicine.

"The most common treatments are a gluten-free diet along with the addition of dapsone," he told Reuters Health. "For patients who do not typically respond to these therapies, other immune-suppressing medications have been utilized with mixed results."

"This is the first successful case of rituximab therapy used for a recalcitrant case of DH," he said by email. "The patient had resolution of both his pruritus and skin rash. In addition, the levels of both anti-tissue and anti-epidermal transglutaminase antibodies normalized."

The link to this article is below, you do need a login to Medscape to view it. http://www.medscape.com/viewarticle/874098?src=wnl_edit_tpal

LUCKILY YOU'RE NOT TASTE INTOLERANT.



GLUTEN-FREE
BREWED WITHOUT BARLEY OR WHEAT.



Crisp, refreshing, fruity and smooth
with hints of green apple make this an extremely
sessionable beer.

Sea to Sky/North Vancouver/West Vancouver
Kurt Larson c. 778.984.2337 e. kurt@aficgroup.com
Vancouver/ Lower Mainland
Dave Turnbull c. 604.723.9790 e. sales@aficgroup.com



AFIC EXIM (Canada) Corp.
d.b.a. *TruCraft* BEVERAGES™

GLUTEN-FREE PILSNER
NEW GRIST
6-PACK BOTTLES | SKU# +897967

Celiac in the Kitchen

Please provide your favorite recipe to us for this newsletter! We search recipes to give you ideas about what to cook on the gluten-free diet, but if you have any “tried and true” recipes that you could share, it would be much appreciated by me (and I am sure the readers of the newsletter).

Brazilian Cheese Bread

Source: Gluten Free Calgary Website: www.gfyy.com

Ingredients:

- 1 ¼ cups tapioca flour
- 2 eggs
- 16 oz of shredded mozzarella
- 4 tbsp of room temperature butter
- ½ teaspoon of baking powder
- Pinch of salt



Directions:

1. Pre-heat your oven to 500 degrees F.
2. Shred a 16oz block of mozzarella. Measure 2 cups. Keep the rest of the mozzarella on side to top off the biscuits or use for another dish!
3. In a mixing bowl add all ingredients and mix until fully incorporated, should turn into a soft ball of dough – you will be able to get 12 good sized balls or can make smaller biscuits.
4. Using a spoon, put together small round balls of dough on a greased cooking sheet.
5. Top with the left over mozzarella (or sprinkle with salt and pepper, pancetta, sage etc...or leave them plain).
6. Put in the oven for 15-20 minutes (you should check on them at 15 minutes and see, depending on what flour and how your oven cooks, it could take up to 20 minutes).
7. When the biscuits are golden brown crisp, pull them out of the oven and cool.

Light and Fluffy Gluten Free Biscuits

Linda Sharpe is a long time member who pointed this recipe for biscuits out...her husband is celiac, they have 2 grandchildren celiac and several relatives in Australia diagnosed as celiac. “These Light and Fluffy Gluten Free biscuits are so good, no one will ever know the difference. Plus these drop biscuits are so easy and quick to throw together!” The biscuits are vegetarian and gluten-free. Recipe from www.mamagormand.com adapted from America Test Kitchen: The How Can it Be Gluten-Free Cookbook

Ingredients:

- 1 egg, large
- 2 tsp lemon juice
- 2 cups all-purpose gluten free flour blend
- 4 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 1 tsp sugar
- 2 tbsp vegetable oil
- 3 tbsp butter
- ¾ cup whole-milk yogurt, plain

Directions:

1. Whisk flour, baking powder, sugar, salt, and baking soda in a large bowl. Add the butter to the mixture cut in with a pastry blender, fork, or fingers until small, pea-size pieces remain.
2. In a separate bowl whisk together yogurt, egg, oil, and lemon juice. Stir the yogurt mixture into the flour mixture until no flour pockets remain. Cover bowl with plastic wrap and let sit for 30 minutes to allow the starches to blend with the liquids and make the dough easier to shape.
3. Preheat oven to 450°F
4. Place one baking sheet inside a second so you have a double layer, and line the top baking sheet with parchment paper. Grease a ½ cup measuring cup and scoop a heaping amount of batter into it. Drop on prepared baking sheet, spacing the biscuits only about ½ inch apart in the center of the sheet (this traps a little extra steam between the biscuits and makes them more tender).
5. Bake until golden, about 15 minutes, watching carefully and rotating pan ½ way through.
6. Place baking sheet on wire rack and cool for 5-10 minutes before serving



Celiac in the Kitchen

Roti

Roti is a flatbread that often accompanies meals. Traditionally known as atta, it is usually made of stoneground wholemeal flour. It is consumed in India, Pakistan, Nepal, Sri Lanka, Singapore, Maldives, Malaysia and Bangladesh. A newly diagnosed member needed a recipe for Roti as she was not having success recreating the Roti gluten-free. Thanks to Pushpa Kapadia for assisting and providing this recipe.

Ingredients:

- 1/2 cup brown rice flour
- 1/2 cup sorghum flour
- 2 tbsp of psyllium husk
- 1 tbsp of coconut oil
- And hot water as needed to make the dough.

Directions:

1. Mix all ingredients together except water.
2. Once all mixed, then use hot water to make the dough. Use water little bit at a time while mixing.
3. Knead the dough.
4. Rub with a little coconut oil, cover and let rest for at least 1/2 hour.
5. Use a griddle or cast iron fry pan and heat on medium heat.
6. Form into ball and roll out on parchment paper. Aim for a 6" – 8" circle.
7. Place flattened circle in pan and when you start to see bubbles on top side flip the roti.
8. When the underside of the roti starts browning and the roti starts to puff, it is ready to be removed from the pan.
9. Place finished roti on a clean dry towel and if you like brush with ghee or coconut oil. Fold over towel while you cook other rotis.



Salted Chocolate Chunk Cookies

Thanks to Veronica Lanz. She made these cookies for the Cookie Exchange and they were so good.



Ingredients:

- 1/2 cup (4 ounces or 113 grams) unsalted butter, at room temperature
- 2 tablespoons (25 grams) granulated sugar
- 2 tablespoons (25 grams) turbinado sugar (aka Sugar in the Raw; you can use more brown or white if you don't have this, but the subtle crunch it adds is delightful)
- 3/4 cup plus 2 tablespoons (165 grams) packed light or dark brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 3/4 teaspoon baking soda
- Heaped 1/4 teaspoon (or, technically, 1/4 + 1/8 teaspoon) fine sea or table salt
- 1 3/4 cups (220 grams) GF flour mix
- 1/2 tsp xanthan gum
- 1/2 pound (225 grams) semi- or bittersweet chocolate, cut into roughly 1/2-inch chunks with a serrated knife
- Flaky sea salt, to finish

Directions:

1. Heat the oven to 360°F (180°C) and line a baking sheet with parchment paper or a silicon baking mat.
2. Combine and whisk together the GF flour mix and xanthan gum in a medium sized bowl.
3. In a large bowl, cream the butter and sugars together with an electric mixer until very light and fluffy, about 5 minutes. Add egg and vanilla, beating until incorporated and scraping down the bowl as needed. Beat in salt fine sea or table salt and baking soda until combined, then the rest of the dry ingredients on a low speed until just mixed. The dough will look crumbly at this point. With a spatula, fold/stir in the chocolate chunks.
4. Scoop cookies into 1 1/2 tablespoon (I used a #40 scoop) mounds, spacing them apart on the prepared baking sheet. Sprinkle each with a few flakes of sea salt. Bake for 11 to 12 minutes, until golden on the outside but still very gooey and soft inside. Out of the oven, let rest on baking sheet for 5 minutes before transferring to a cooling rack.
5. Extra dough — I know, what's that?! — can be formed into scoops and frozen on a sheet until solid, then transferred to a freezer bag. I've baked these right from the freezer; they need, at most, 1 minute more baking time. You could also form them into a 2-inch log, freeze it, and slice and bake the cookies off as desired. The only difference I've noted between the cookies baked right away and those baked a day or more later, is that the older cookie dough is less puffy when baked.

Source: Adapted from Smitten Kitchen recipe

Celiac in the Kitchen

Gluten-free Pumpkin Squares

Courtesy CCA PEI Chapter

Source: the girl who ate everything

Ingredients:

- 2 eggs, beaten
- 2 cups pure pumpkin (not pie filling)
- 1 1/3 cups sugar
- 1 cup applesauce
- 2 cups all-purpose gluten-free flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon ginger or nutmeg
- chocolate or cream cheese icing

Directions:

1. Preheat oven to 350F. Take out an ungreased 10- by 15- inch baking pan (or, for a fluffier version, a 9- by 13- inch pan) and set aside.
2. Beat together the eggs, pumpkin, sugar and applesauce until well blended.
3. Add the flour, baking powder, baking soda, salt, cinnamon, the ginger / nutmeg. Mix until smooth, then spread the batter in your pan.
4. Bake for 25 to 35 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.
5. Apply icing, and enjoy!



Gluten-Free Decadent Chocolate

Courtesy Sobey's Dietitians

Source: gimmesomeoven.com

Ingredients:

- 2 cups black beans, drained, rinsed
- 4 large eggs
- 3/4 cups cocoa
- 1/2 tsp baking powder
- 1 1/2 cups sugar
- 1 tsp vanilla
- 2 tbsp water
- 1 cup raspberries, fresh or frozen
- 1/4 cup sugar

Directions:

1. Preheat oven to 350F. Grease a 9" spring form pan and set aside.
2. Purée beans using a food processor until beans start to form a paste.
3. Add eggs and mix for 3-5 minutes. Add cocoa, baking powder, sugar and vanilla. Purée for 2-3 minutes until smooth.
4. Spread batter in spring form pan. Bake for 25 minutes or until a toothpick inserted comes out clean. Let cool in the pan for 10 minutes before cutting.
5. Heat water, raspberries and sugar in a small saucepan, stirring often until thickened. Drizzle sauce over each serving.



Celiac in the Kitchen

Asparagus and Chive Eggs Benedict



*Asparagus create this perfect combination for your next Eggs Benny. Perfect for Easter Brunch!
Recipe provided by Kinnikinnick Corporate Chef Lori Grein*

Ingredients:

- 4 large eggs (224g)
- 1tsp salt (4g)
- 2 tsp vinegar (10g)
- 2 Kinnikinnick English Muffins (188g)
- 12 asparagus tips (3" long/ blanched) (60g)
- fresh chives (optional) (2g)

Hollandaise Sauce Ingredients:

- 4 large egg yolk (80g)
- 1tbsp lemon juice (12g)
- ½ cup butter (melted) (125g)
- ½ tsp salt (2g)
- ½ tsp cayenne pepper (1g)



Directions for Hollandaise Sauce:

1. In a heat proof bowl whisk vigorously 4 egg yolks until doubles in volume.
2. Slowly drizzle in lemon juice while continuing to whisk.
3. Place bowl on pot of water over medium heat (Bain Marie) and continue to whisk vigorously.
4. In a slow and steady stream, pour melted butter into egg yolk mixture while continuing to whisk. Whisk until mixture doubles in volume and begins to thicken.
5. Remove from Bain Marie and add seasoning.
6. Serve with your favourite dish.

Directions for Poaching Eggs:

1. Crack 4 eggs into separate ramekins and set aside.
2. In a medium size pot fill ¾ with water. Add vinegar and salt to water and simmer over medium heat (do not boil).
3. Swirl water in pot and carefully add eggs one at a time (whites first).
4. Turn heat off and cover for 4 minutes for soft, 5 minutes for medium and 6 minutes for hard (no peaking).
5. Cut Kinnikinnick English Muffin in half and toast.
6. Top with blanched asparagus tips, pouched egg and prepared hollandaise sauce.
7. Repeat with remainder.
8. Garnish with fresh chives and serve immediately.

Tip: Hollandaise Sauce it is important not to stop whisking as mixture will separate and eggs can scramble if they get too hot. If mixture gets too thick, add 1 to 2 drops of water while whisking to achieve desired thickness. If mixture splits, return to Bain Marie and whisk to bring back together.

Baked Spicy Hot Wings

By Andrea Beaman <https://andreabeaman.com/baked-spicy-hot-wings-with-blue-cheese-dressing/>

Ingredients:

- 12 organic or pastured chicken wings
- 1/4 cup olive oil
- 3 tbsp smoked paprika
- 2-3 tsp cumin
- 1 & 1/4 tsp sea salt
- 3 tsp chili powder
- 1/2 tsp cayenne pepper (or more if you like them really spicy!)
- 1/4 tsp freshly ground black pepper

Blue Cheese Dressing

- 1/3 cup organic blue cheese, crumbled
- 1/4 cup organic or grass-fed buttermilk
- 1/4 cup organic or grass-fed sour cream
- 2 tsp. white wine vinegar
- Sea salt and black pepper to taste
- Pinch of smoked paprika

Combine all ingredients. Dust with a pinch of smoked paprika.

Directions:

1. Preheat oven to 375°
2. Cut off wing tips and save for stock. Break down the chicken wings at the joint, separating the small drum from the wing. You should get 24 pieces.
3. Combine olive oil, paprika, cumin, sea salt, chili powder, cayenne pepper and black pepper.
4. Rub chicken pieces with spicy sauce and marinate 20-25 minutes.
5. Place wings into 9×12 baking pans (giving each wing enough room) and roast 25 minutes. Turn the wings and roast an additional 20 minutes.
6. Serve with Blue Cheese Dressing



Gluten-free Baby: When Parents Ignore Science

Key points from Maclean's January 11, 2017 article

Children raised eating only a raw, vegan, non-GMO, unprocessed diet get a rude awakening when they enter school and find a whole new world of food: jello, fruit loops and many other foods have never been seen before. Dietitians agree that diets can be dangerous for children. "Once you start restricting food groups or large chunks of food groups, you start running into problems like vitamin and mineral deficiency." Karen Kuperberg, RD states that "In general, any diets for kids aren't recommended. You want kids to eat a variety of foods from all food groups."

Dr. Peter Green, an expert in Celiac Disease, is all in favour of going gluten-free if it's medically required. Parents should not self-diagnose themselves or their children however. Parents who are committed to diets do have the advantage of paying close attention to what their children eat. However, the article warns that imposing adult lifestyle choices on infants and children is ill advised.

Alternative medicine choices for children may mean undiagnosed serious diseases are being missed. "You cannot afford to make any mistakes when it comes to your children."

If you know someone putting their child on a gluten-free diet as they seem to be bothered by gluten, suggest that before they do that, that they have their child tested for Celiac Disease first. If diagnosed, they can then get the proper information from a Registered Dietitian to ensure that vitamin and mineral deficiency does not become an issue. Their child's health is at risk.

http://www.macleans.ca/society/health/gluten-free-baby-when-parents-ignore-science/?utm_source=nl&utm_medium=em&utm_campaign=mme_weekly

GREAT BEAR PALEO BITES

APPLE CINNA SUMMIT BITES



COCOA GOJI MOJO BITES



LEMON CRAN TRAIL BITES



Certified



Gluten-Free



ORGANIC NUTRITIONAL SNACK COOKIES

PALEO * NUT & GLUTEN FREE * VEGAN * LOW SUGAR

FIND A LOCATION NEAR YOU: WWW.GREATBEARBITES.COM

PIZZA CRUSTS · BREAD · BUNS · FLATBREAD · WRAPS · PANCAKES

NEW GLUTEN FREE STORE!

100% GF and so delicious.

On all
Gluten Free Chef Products

20%
off



www.theglutenfreechef.com
info@theglutenfreechef.com

Visit us in our new exclusively gluten-free store opening in March 2017 with this ad and receive 20% off all The Gluten Free Chef products.

Valid until April 30, 2017

#3 – 19875 96th Avenue, Langley BC



Featured Local Gluten-Free Business: The Gluten Free Chef



Submitted by Val Vaartnou – Interview with Angela Albright - Owner

I had the pleasure to talk with Angela Albright in early February. Angela and her husband Lane are the owner/operators of The Gluten Free Chef. You may have seen their booth at the Gluten Free Expo.

Neither Angela nor her husband have Celiac Disease. However, when Sydney, one of their twin daughters was three, she had massive welts that doctors could not determine the cause for. A naturopath discovered that she was allergic to gluten. No test for Celiac Disease was done, however, when gluten was taken out of her diet, the welts subsided. The problem was – what does a three year eat, if they cannot have gluten! They started on a journey to discover food that would be palatable to a three year old and keep her healthy and sustained. There was not a lot of tasty gluten-free products available at the time of her diagnosis. Angela and Lane tried many recipes and failed many times. Over time, they determined what worked and what did not, and what ingredients provided a texture that their kids liked. Their daughter's condition normalized with a gluten-free diet, however, she still has food sensitivity issues and the challenges have increased in her teen years. There is still a feeling of isolation and being different – feeling left out at parties. However now, there is so much more available than when she was diagnosed. It makes it a bit easier to handle.

As Angela discovered what their daughter could and would eat, they noticed the increased awareness and need in the marketplace for gluten-free products. They connected with a woman who had some great recipes, purchased them and started their journey of developing a gluten-free business. They would not have started if they did not have a child who needed the food. It was the right groove, at the right time.

They started producing their products for the Food Services industry, restaurants and hotels, in a shared dedicated gluten-free facility in Delta in May, 2012. The food was hand prepared with love. In 2013, they moved to a 2,500 sq. ft. facility in Surrey, and due to growth, in December, 2016 they moved to a facility in Walnut Grove, Langley. This 6,700 sq. ft. facility has a small store front that will be open to the public in March of this year. The store front will allow customers to sample their products. They also hope to showcase other local gluten-free businesses. Angela made the following offer for the readers of our newsletter. Print this article to get the offer.

“Come visit our new store in located in Walnut Grove and receive 20% off your first purchase of The Gluten Free Chef products (Valid until April 30th, 2017).

Our new store / facility address is #3 – 19875 - 96TH Avenue Langley, B.C V1M 3C7 (right behind Tim Hortons/Wendy's) at 198th and 96th Avenue.”

Their products currently include: Pizza Shells (Gluten Free and Gluten Free/Dairy Free/Vegan options); Bread (Gluten & Dairy Free); Burger / Sandwich and Sub Buns (Gluten and Dairy Free); Flatbread; Pancake Mix (Gluten and Dairy Free/Vegan); Wraps / tortillas; and, English Muffins.

Branching into the retail market has not been easy. Currently the Food Service business is 95% of their business and the retail market is 5%. They have been in the food service market for over 5 years and over a year and a half ago, started into the retail market. The biggest challenge is being a small manufacturer in a large business. Although they have great products, the market is vast and not easy to penetrate. Food has tiny margins and lots of volume is required to stay in business. Even

though Save-On has agreed to sell their products, they must negotiate with each store manager to get their products onto the shelves. Also, they must build brand awareness in order to stay sustainable and get the products off the shelf. This is a huge challenge.

Growing pains of being a manufacturer is expensive. They need to be certified gluten-free and HACCP certified. This is a huge investment for a small operation. As they needed to increase volume, they needed to automate their production processes. Hand made just would not cut it. Her and her husband sat down and documented their processes and went to a local food automation business to automate their processes. They built a machine to do what they had done manually. This improved the consistency of dough and enabled automation of the pizza crusts, flatbreads, and wraps by automating all processes. This also enabled them to handle the increasing volume.

While developing their business, they have learned a lot about celiac disease, gluten intolerance, genetic modification and the food system. They realize the food system is broken and each individual must take their health into their own hands. Although facilities are inspected to be clean, there is no governing body that controls what ingredients goes into food. Reading labels and knowing what the ingredients in the food are is critical. Whether you are celiac or not, you need to understand the ingredients in the food that you eat.

The challenge today for The Gluten Free Chef, is having the resources to build the awareness of their products. Angela has learned that it is really important to build community and band together with other local businesses that are having the same challenges. With the retail business you must not only get it on the shelf, you have to commit and promote to get it off the shelf. In store promotions will be used to help make customers more aware of the product. Any celiacs wanting part-time work doing demos, should contact Angela through her website. (See below)

In the future, they would like to build their model to one similar to M&M, where there are small local franchises where the products will be available. That will take time, effort and money.

The thing that keeps them going is the positive reaction from their customers. They receive emails daily from all over. Recently a person travelling from Whitehorse stated they cried eating the gluten-free burger bun at a local restaurant. Thank you, thank you.

The Gluten Free Chef is very committed to clean ingredients and labels. They use no additives or preservatives and are non-GMO. They will not market a product that is not comparable to non-gluten-free alternative. Angela stated that sometimes lack of knowledge is a blessing. If they had known the challenges they would face, they probably would not have started. The food industry is tough. It is a lot of work. Trying to start a business is challenging by itself. They learned as they went along, pushed on by the belief in their products and the support from those who used their products – they feel they are making a difference.

Thanks Angela for facing the challenges to supply gluten-free food! From their family to yours....you can read more about The Gluten Free Chef at:

Website: <http://theglutenfreechef.com>

Facebook: <https://www.facebook.com/TheGlutenFreeChef.ca/>

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

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

Scotia Run 2017

Submitted by Val Vaartnou

Join us June 25 and have fun supporting Celiac Disease!



..... we need you! This is the second annual “fun”raising experience, The Scotia Run Half-Marathon (21K) and Run/Walk 5K

You don't have to be a marathoner to take part in the Scotia Run. We do recommend that you get out and walk before you take part in this event, but it has added health benefits too! This is an opportunity to raise funds for Celiac Disease in your community.

Run/walk fully supported by a fun team with confidence knowing that every dollar you raise goes to work helping those with celiac disease or gluten sensitivity, or increasing the awareness of gluten related disorders at health focused events. Whether you take part to achieve a personal best time in the race or you are there to enjoy the scenery and the company of friends and family, you do it for a cause you are familiar with: Celiac Disease. You will be part of a team, with t-shirts to show your support for the cause.

Last year we raised over \$7,400 thanks to our runners, fundraisers and volunteers! We contributed \$1,000 to the J A Campbell Celiac Disease Research Fund and this donation was matched at the time by an anonymous donor, so we were able to double the impact. We also contributed \$1,500 to research on and the development of The Healthy Gut Application at the University of Calgary. You can see some of the project's results in this newsletter. Last but not least, we had a booth at the Family Medical Forum where 3,100 family physicians from across Canada attended. Calgary, Edmonton, Kelowna and the Ottawa Chapters supported us by contributing to the entrance fee as well. We handed out new information from the CCA Professional Advisory Committee on both Celiac Disease and Non-Celiac Gluten Sensitivity.

This year, any fundraiser who raises donations of \$200 or more will have their race registration fee rebated.

All the information regarding this event is found on www.vancouverhalf.com. If computers make you uneasy and you would like to participate contact me, val_vaartnou@telus.net or Liz Wall at [lizbeth@novuscom.net](mailto:lizabeth@novuscom.net) and we can assist you. Note: I will be on vacation March 8 – 15th, but send me an email and I will get back to you as soon as possible.

Scotia Run 2017

DO NOT SIMPLY REGISTER. In order for the CCA – Vancouver Chapter to benefit and you to get the savings benefit of our charity PIN code – you must enter our PIN code on your registration.

1. Go to vancouverhalf.com and click “Register”
2. Select the registration option for Scotiabank Vancouver Half Marathon & 5K
3. Scroll down to click “Register” below the prices.
4. When prompted, create a personal Race Roster account or sign in with a pre-existing account.
5. Choose your desired race distance, fill in the required information and agree to the waiver.
6. Indicate whether or not you are a Scotiabank employee.
7. At the Scotiabank Charity Challenge section chose “yes” and select “Canadian Celiac Association – Vancouver Chapter”
8. In the field “**Your Charity Pin Code**”, use one of the discount codes below depending on the race you are entering.
 - **Half-Marathon discount code: 17CCA21K**
 - **5K discount code: 17CCA5K**

This provides you with a “discounted entry” and your entrance fee will be either \$30 for the 5K or \$60 for the Half Marathon (unless you qualify for other discounts). Rates escalate to \$60 for the 5K and \$120 for the half-marathon, but not if you use our discount code. We need a MINIMUM of \$750 in registrations determined by the entrance fee each of our participants pay. We need you!

9. Under “I would like to create a fundraising account or make a donation” choose to “create a fundraising account” to create a place for others to donate.
10. Create a username, password, and fundraising goal and submit any personal donations.
11. Complete your registration at the check-out.
12. Happy training and fundraising!

Children 12 and under – \$19 entry for the 5k event

Youth 13 to 19 receive a \$5 discount

Seniors 65 and over receive a \$5 discount

Participants get an event t-shirt (a \$40 value) and a “virtual goodie bag”, an invitation to access exclusive offers on-line, giveaways and messages from the sponsors of the event.

Please consider joining us for a fun day in Stanley Park!



We Need Volunteers for the Scotia Run!

We Need Volunteers for the Scotia Run!



Everyone can help us – let your friends and family know that they can support us in the Scotia Run Charity Challenge by using our codes and running on our team for the Scotia Run. They need to Register at www.vancouverhalf.com and choose us as their Charity. By using our Charity PIN code, they get a discounted entrance fee and they get counted towards our team. Our Charity PIN codes are:

- **Half-Marathon discount code: 17CCA21K**
- **5K discount code: 17CCA5K**

Volunteers for:

1. Communications to runners and fundraisers
2. Charity Village Booth – provide information to runners, food for our runners and take turns cheering on runners at the finish line.
3. Find sponsors – talk to local gluten-free businesses and see if they would like to be involved either by donating to our runner gift bags, providing prizes for our fundraisers, and/or advertising on our t-shirts.
4. T-shirts Procurement
5. Picking up donated materials or delivering gift bags to runners.
6. Putting together gift bags
7. Be our official Photographer at the event
8. Coordinate a dinner to distribute gift bags and a follow up celebration – gluten-free of course
9. Communication campaign to thank all sponsors, prize donors and event contributors

If you would like to be a part of this fun event – send us an email at info@vancouverceliac.ca or contact Val Vaartnou at val_vaartnou@telus.net or phone 604-271-8828.

Myth Busters – Does alcohol contain gluten?

Submitted by Mark Johnson, Ottawa Chapter President and CCA Board Member

When you are looking at a bottle of an alcohol-containing beverage, and it has an ingredient list, review it. If is no wheat, rye or barley listed, it is fine to drink. If there is no ingredient list and the beverage is beer, then it is not safe. If the item with no ingredient list is wine or a spirit (hard liquor) it is also safe.

There is a persistent rumour (especially on the Internet) that spirits distilled from wheat are not safe. This is incorrect. Distillation, which is how alcohol is made from grain, extracts alcohol and leaves the proteins, including gluten, behind. So rye, whiskey, scotch, rum and so forth – all are okay. The possible exception would be if there is flavouring (e.g. apple, bubble gum, etc.) In this case, gluten could be present in the additives. If it is a flavoured liquor, read the ingredient list. However, I have never seen gluten in such a beverage.

Gluten-free vodka distilled from wheat can be a hard concept for some people to work their head around, and lots of people simply refuse to believe it, but it is completely based in science. The issue with beer, in contrast, is that it is not distilled, so the gluten remains in the product. If you want a “bar-style” beverage that can help you better fit in with the beer crowd, cider is a good, gluten-free option.

Again, the distillation process extracts alcohol from the grains and gluten becomes a by-product not present in ANY distilled alcohol after the alcohol extraction.

One area to be careful is with “coolers” – such as Smirnoff Ice, Rev, Bacardi Breezer, etc. In Quebec, these beverages almost always contain malt, which comes from barley. This has often been seen in the United States as well. However, coolers appear to be fine in all other provinces. To be safe, check the ingredient list.

Keeping Life Delicious with Canadian made pizza

Locally made range of gluten-free pizza options, deliciously free from most common food allergens

gluten-free Pizza sans gluten
Pepperoni and Cheese
Pepperoni et fromage

gluten-free Pizza Crusts sans gluten
Gluten-Free Pizza Crusts (2)
Croustilles pour pizza sans gluten (2)

gluten-free Pizza sans gluten
Roasted Mediterranean Artichoke
Artichokis méditerranéens rôtis

gluten-free Pizza sans gluten
Lactose-Free Cheese Trio
Tri d'fromages sans lactose

gluten-free Pizza sans gluten
Ham and Pineapple
Croustilles et croûtes

Keeping Life Delicious! FREE FROM: Wheat, Gluten, Soy, Egg, Lactose

Keeping Life Delicious! FREE FROM: Wheat, Gluten, Soy, Egg, Lactose

Keeping Life Delicious! FREE FROM: Wheat, Gluten, Soy, Egg, Lactose

Keeping Life Delicious! FREE FROM: Wheat, Gluten, Soy, Egg, Lactose

Available at:

save on foods SAFEWAY CHOICES market MARKETPLACE Your Neighbourhood Food Store

judygfoods.com

INTRODUCTION

- Celiac disease is a chronic condition that can impact all aspects of an individual's life, and is prevalent in 1% of the North American population (Health Canada, 2012).
- Currently the only treatment is to follow a strict gluten-free diet in order to prevent symptoms as well as decrease the risk of long-term health consequences such as infertility, osteoporosis, and intestinal and bowel cancers (Green & Cellier, 2007).
- Drawing from the mobile health (mHealth) literature, the use of technology to self-monitor behaviours is gaining empirical evidence as an effective and efficient means to assist in self-monitoring dietary behaviours and disease symptoms (Burk, Wang, & Sevick, 2011).

Purpose

- The overall goal of this study was to design and beta test a smartphone app, MyHealthyGut, to promote effective self-management of celiac disease.
 - The purpose of Part 1 was to gather feedback from end-users (adults with celiac disease) regarding the desired functions and content of an app for celiac disease.
 - The purpose of Part 2 was to beta test the MyHealthyGut app.

METHOD

Part 1

Participants

- 118 adults ($M_{age} = 39.25$ yrs, 91.5% female, 95.8% Canadian) diagnosed with celiac disease, completed an online questionnaire.

Measures

- **Self-Regulation Strategies.** Participants reported the frequency (i.e., times per month) of using (a) diet, (b) medication, (c) supplements, (d) physical activity, (e) mind-body therapies, and (f) other strategies to help them adhere to a gluten-free diet.
- **Mobile Application.** The primary outcome measure was to determine whether participants felt a mobile application was needed to assist in coping with celiac disease. Participants were given the option of choosing either "yes" or "no".
- **App Factors.** The functions and features of the mobile application were examined. Participants were asked to rate the desirability (i.e., very important, not at all important) of the functions and content of the app.
- **Health Coach.** The desired tone of the 'health coach' (i.e., the content in the app). Participants were asked to indicate which tone they preferred from a range of options, (a) assertive, (b) supportive, (c) fun, and (d) other.

Part 2

Participants

- 7 Calgary-based adults (86% female, $M_{age} = 49.43$ yrs, (SD = 8.28 yrs)), with biopsy or blood test confirmed diagnosis of celiac disease attended focus groups after beta testing the app for a 1-week period.
- Individuals were eligible to participate in this study if they had been diagnosed with celiac disease, had an iPhone, and lived in the Calgary-area.
- Participants were provided with free parking and reimbursed for completing the focus group (\$10.00).

Procedure

- **Focus Groups.** Participants were assigned to one of three semi-structured focus groups held at the University of Calgary. Each focus group consisted of 2-3 participants.
- Sessions occurred in small board rooms, and were conducted by the primary investigator (AJD), with research assistants (CJ, KT) attending to take notes throughout. Participants consented to audio recordings of the focus groups.
- **Questions.** Questions focused on the functionality, ease of use, and content of the app, discussion of the feedback raised by prior focus groups and overall satisfaction with the app.

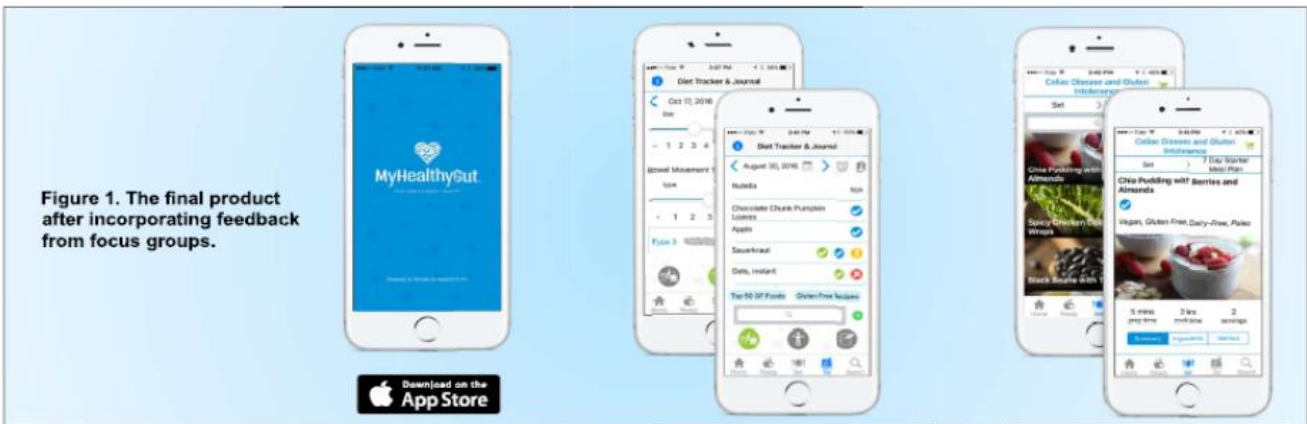


Figure 1. The final product after incorporating feedback from focus groups.

RESULTS

Part 1

- The majority of participants indicated that they felt there is a need for an app for those with celiac disease (90.7%).
- When asked which attributes they would most like in a health coach, participants indicated that a supportive coach would be preferred (83.9%), followed by fun (45.8%), with the least amount of participants indicating a preference for an assertive health coach (24.6%).

How important are the following app factors to you?	Very Important	Important	Moderately	Low	Not at all
Ease of Use	71	39	5	1	0
Available Functions	63	43	8	1	0
Nutritious GF Recipes	48	31	22	7	7
Cost	47	34	20	11	4
100 Most Common Nutritious Gluten-free Foods	44	36	23	7	5
Evidence-Based Supplements	40	29	27	14	5
Cooking Tips	29	30	24	10	20
Track Symptoms	33	37	30	13	4

Table 1. Participants' (n=118) prioritization of the most important app factors.

Part 2

Change	Explanation
Improve onboarding	Increase ease of use and accelerate the app learning process.
Modify symptom reporting	Increase number of symptoms you are able to report, and number of BMs.
Journaling for general Gastrointestinal health	Expand food journaling option so it is available to non-celiacs.
Increase educational content	Include information on digestive issues often associated with celiac disease (i.e. IBS).
Reformat 7-day meal plan	Include ability to search for recipes by meal (i.e. breakfast, snack, dinner) or by 7 day plan.
Modify ingredient entry for food journaling	Create an attachment feature so long ingredient lists can be added to journal through picture or link.

Table 2. Recommended changes to the MyHealthyGut app.

CONCLUSION

- Participants reported a need for the MyHealthyGut app (Part 1) and provided useful feedback to revise the content, features and functions of the app (Part 2).
- **Health-related mobile applications make smartphones useful tools in providing point of care to the user. MyHealthyGut is the first evidence-based user-centred app that aims to empower users to effectively self-manage their digestive health condition and to educate themselves on what celiac disease entails.**

SELECTED REFERENCES

- Burke, L. E., Wang, J., Sevick M. A. (2011). Self-monitoring in weight loss: A systematic review of the literature. *J Am Diet Assoc*, 111(1), 92-102.
- Green, P. H., Cellier, C. (2007). Celiac disease. *N Engl J Med*, 357(17),1731-1743.
- Health Canada. (2012, June). *Celiac disease - The gluten connection*. Retrieved November 1, 2016, from http://www.hc-sc.gc.ca/fn-an/pubs/securit/gluten_conn-lien_gluten-eng.php

FURTHER INFORMATION



celiac@ucalgary.ca or Karen Tang: karen.tang2@ucalgary.ca
<http://myhealthygut.com/>



ACKNOWLEDGEMENTS



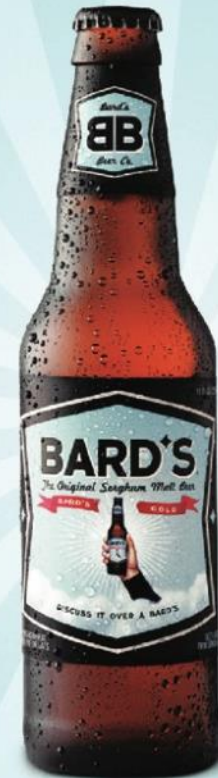
This work was supported by the Calgary, Vancouver and Kamloops Chapters of the Canadian Celiac Association in collaboration with a Mitacs Accelerate Internship and a Strategic Opportunity Grant from the Calgary Foundation. Special thanks to WholeLife HealthTech for developing the app. We would like to thank fellow MyHealthyGut app co-founders, Desiree Nielsen, RD & Darlene Higbee Clarkin. Desiree wrote the content for the app and Darlene created the features and functionality and conducted quality assurance testing on the app.



**A GLUTEN-FREE BEER.
BECAUSE WE'RE PRETTY SURE
THE CONSTITUTION INCLUDES
SOMETHING ABOUT YOUR RIGHT
TO DRINK A COLD ONE.**

As beer fans and celiacs, we made it our mission to give beer back to the over two million people who are intolerant to gluten. The result is Bard's Beer, America's first gluten-free sorghum beer and the only beer brewed with 100% malted sorghum. That's right, we even malt the sorghum to give it the traditional taste and aroma that beer lovers demand.

Discuss it over a Bard's



© 2009 Bard's Tale Beer Co.

bardsbeer.com 1.877.440.2337
Please enjoy responsibly.



INTRODUCING
OUR **NATURALLY
FERMENTED**
PRODUCTS

- RAW
- UNPASTEURIZED
- FULL OF FLAVOUR
- LIVE BENEFICIAL BACTERIA CULTURES
- PROBIOTIC
- SUPPORTS DIGESTIVE HEALTH

**GOOD
FOR YOU!**



WWW.GRIMMSFINEFOODS.COM/FERMENTED-FOODS

Ask your butcher at:
LUX FOODS
Ladner, BC

SAFEWAY 
THRIFTY
FOODS 

Authentically Italian Sausage

spicy italian • chicken apple • english banger • chicken sundried tomato basil • turkey cranberry and more!




SPO LUMBO'S FINE FOODS

Gluten-Free

No Fillers, Binders or Preservatives

www.spolumbos.com

retail enquiries: 778-879-5438

*Close your eyes.
They're just like
you remember.*



Gluten Free
HAS NEVER TASTED SO GOOD®

Soft, tasty donuts that are free from gluten, dairy and nuts...
So you have the freedom to indulge in every savory morsel.

Kinnikinnick Foods Inc. www.kinnikinnick.com info@kinnikinnick.com Toll Free 1-877-503-4466



@GF_Insider



"Your cake has changed my life. If I get married, I want your cake as my wedding cake. Or for my birthday. Or my retirement. Or just because it's Tuesday! I need more of this cake. Seriously. Make it available and I'll buy it all". *Bethany Graves*

InspiredTM
by happiness

Finally, decadent & delicious **gluten-free** cakes to be *Happy* about!

Dreamin' of Chocolate

Dark & White Chocolate Layer Cake

Truly delicious & moist chocolate cake with layers of the finest Belgian white chocolate mousse. Topped with decadent chocolate ganache.

Cravin' for Cookies & Cream

Layered Cake

Reminiscent of an old-time favorite, this creation delights with layers of melt-in-your-mouth light shortcake, with cookies and silky vanilla cream mousse. Covered with a dark chocolate ganache and swirls of white chocolate.



Please find us in the in-store bakery section of these fine retail grocery stores:



Available in select locations.

\$2.00 Off

When you purchase any Inspired By Happiness **GLUTEN-FREE CAKE**

Cravin' for Cookies & Cream Layered Cake (16.5 oz)

Dreamin' of Chocolate Dark & White Chocolate Layer Cake (16.0 oz)

EXPIRES DECEMBER 31, 2017

LIMIT ONE COUPON PER PURCHASE. Offer valid in CANADA only. To The Dealer: The Original Cakerie will reimburse you the face value of this coupon plus our specified handling fee provided it is redeemed by your consumer at the time of purchase on the item specified. Failure to send in, on request, proof that sufficient stock was purchased in the previous 90 days to cover coupons presented will void coupons. Coupons submitted become our property. For redemption mail to: The Original Cakerie, PO Box 1600, Pickering, Ontario L1V 7C1. To The Consumer: Provincial law may require the retailer to collect tax on the full price of the item before deduction of the coupon value. GST, DST, PST and/or HST are included in face value where applicable. Dealer and Consumer: Limit one coupon per item purchased. Offer valid only in Canada. Reproduction, altering or tampering in any way with this coupon may constitute fraud and is expressly prohibited. Not valid with any other coupon offer.

FOR WHERE TO BUY, VISIT US AT INSPIRED-BY-HAPPINESS.COM
Find us in the in-store bakery at your retail grocery store.

InspiredTM
by happiness

Gluten-Free
Manufacturer Coupon Expires December 31, 2017



InspiredByHappinessDesserts | IHappiness



* Trademark of the Canadian Celiac Association. Used under license.

Clip along dotted line.

GFCP Product of the Month: Sabatasso's Pizzeria

Submitted by Mark Johnson, Ottawa Chapter President and CCA Board Member



Sabatasso's are a highly popular gluten-free pizza available at Costco. It comes in plain cheese, with a delicious thin crust, and you can easily add your favourite toppings before sticking it into the oven. All that is needed is approximately 10-15 minutes. The crust, made with tapioca starch and rice flour, comes out crispy without being too thin. The cheese included on top is a lovely blend of mozzarella, parmesan, fontina, and asiago.

Many consider this the best gluten-free pizza they have ever tasted, and of course the price is much lower than one would pay in a restaurant. If you do not have a Costco membership, we recommend to consider it to enjoy Sabatasso's, or to test it out, have a friend with a Costco membership pick it up for you! This is just one of many gluten-free products carried by Costco.

On your next visit, be sure to look for the GFCP logo and pick up Sabatasso's pizza!



Do you know any other pasta that is gluten free *and* low calorie?



Learn more at nupasta.com

News from CCA National

The Professional Advisory Council is working on a new document titled Calcium and Vitamin D. It will be posted on the CCA website shortly.

The AAFC project is a project funded by Agriculture and Agri-Food Canada under the Growing forward 2 program. The program will increase the availability of safe, gluten-free grains. You can read more about the status of this project at:

<http://gfstakeholdersession.com/> Speaker presentations at stakeholder meetings in September, 2016 can be found at: <http://gfstakeholdersession.com/#/speakers> There is a good presentation by Dr. Benjamin Lebwohl MD, MS The Celiac Disease Center at Columbia University and several other presentations including one from Sue Newell, CCA VP Office Operations.



The Fraser Valley's largest selection of the highest quality Extra Virgin Olive Oils, Flavoured Olive Oils and Balsamic Vinegars.



Taste the difference!

South Surrey
2940 King George Blvd.
604-385-1500

Downtown Langley
20450 Douglas Crescent
604-510-6655

Abbotsford
2649 Trethewey St.
604-744-4445



www.allofoils.com



Schedule of Events

Saturday, March 4 – The Smallflower Restaurant Event

Location: The Smallflower 47 W Hastings St, Vancouver, BC V6B 1G4

Time: 11:00 am

Check out the menu – it's 100% gluten-free. RSVP: info@vancouverceliac.ca if you would like to attend or phone Val Vaartnou at 604-271-8828. Space is limited. <http://www.thesmallerflower.com/> Facebook: <https://www.facebook.com/smallflowercafe/>

Sunday, March 26 – Rescheduled Annual General Meeting

Original meeting cancelled due to the snow and poor road conditions.

Location: New Westminster Public Library (downstairs)

716 – 6th Avenue

New Westminster

Time: 1:00 pm – 4:00 pm

Speaker: Kendra Mohart – See details in this newsletter.

Parking at library or across the street in mall parking lot.

Bring an appetizer (with recipe) to enjoy before the meeting. Coffee, tea and water will be supplied.

We need a quorum of at least 10 at the meeting or voting cannot take place.

Note: Fraser Valley Food Show

<http://www.fraservalleyfoodshow.com/> This event has been postponed to 2018.

June 10, 2017

Canadian Celiac Association – National Conference

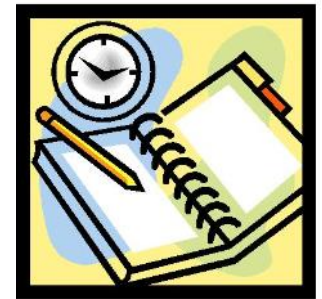
Edmonton, AB Save the date. Details and registration information to be provided at later date at www.celiacedmonton.ca.

Saturday, June 25, 2017

Scotia Run, Charity Challenge

Location: Stanley Park, 5k Run/Walk and Half Marathon (UBC to Stanley Park)

Enjoy a fun day and support your disease! See article in this newsletter on how to support the Canadian Celiac Association – Vancouver Chapter and get your friends and family involved.



Save the date: 2017 CCA National Conference - June 10

Looking for a summer getaway opportunity? Make it a memorable one by including an enriching gluten-free experience and exploring a picturesque provincial capital. Next year's national conference of the Canadian Celiac Association will be taking place on June 10, 2017 in **Edmonton, Alberta**.


Whether you're up for some shopping in the majestic West Edmonton Mall, bonding with nature in Elk Island National Park, enjoying a train ride at Fort Edmonton, or making friends with the local wildlife at the Valley Zoo, Edmonton has something for everyone! And with Jasper just a quick drive away, the Rockies will be at your fingertips.

Be sure to bring some extra space in your suitcase. Why? Because the venue is just a five-minute drive from the Kinnikinnick store! Your chance to stock up with bagels, doughnuts, soft bread and many other delicacies. You should know – there are some items sold **ONLY** in the store, so you'll certainly get to try some new things! You might want to taste the caraway buns, the sauerkraut and onion buns, the cheese buns...or perhaps some cinnamon twists or the Edmonton Chapter president's favourite – lemon meringue tarts!

This one-day conference (so you can use Sunday to explore!) will be taking place at Chateau Louis Conference Centre in Edmonton. Across the street is a Ramada Inn and down a block is the Nova Chateau. There is also a Pizza 73 across the street, which offers GF pizza.

The speaker lineup is being put together and it's looking to be an exciting program! Take this opportunity to visit Alberta, bring the family, and take in all that beautiful Edmonton has to offer!





Messages

From

Your

Leaders

Messages From Your Leaders

Geraldine David, Chilliwack: The weather has played havoc in February. We even had to cancel our Celiac Luncheon, the first time ever and hopefully the last.

In January, the Chilliwack group held their luncheon at the Blue Moon Eatery, which was mentioned in the last newsletter. 12 enjoyed the luncheon. It is a great new place to have breakfast and lunch and it serves delicious gluten-free meals. The Blue Moon Eatery is on Luckakuk, beside the Hospice second hand shop where BCAA used to be. Great food and reasonable prices. They have dedicated pans etc. The owner even closed the restaurant, so

there would not be any chance of cross contamination. He will do gluten-free any time. Try it. I'm sure you'll be happy with your choice.

We continue to have our monthly luncheons with pretty good support. Anyone who wants to join us, feel free to do so. First Saturday of each month at noon. Different places every month so call or email me for the place. gda-vid@uniserve.com.

Kendra Mohart, Langley: The Langley Support group would like to give a HUGE thanks to Val Vaartnou for taking over the group the past few months while Kendra was on mat leave. Kendra is now back and looking forward to seeing everyone!

Eugenia Mooney, North Vancouver: Eugenia continues to set up monthly luncheons on the first Saturday of each month. If you would like to join contact Eugenia at 604-985-0719 as the location changes monthly and she reserves with the restaurant.

Richmond: at the Richmond Drop-In, Berry mentioned that San-J soy sauce can be purchased at the Bulk Barn, 11380 Steveston Hwy, Richmond in large size bottles for about \$10. If you use a lot of soy sauce, this is a good deal. Phone in advance to ensure product is in stock and if not in stock, they are willing to order for you.

Drop-In Groups

Chilliwack Drop-In - First Saturday of each month. Location changes each month. Contact: Geraldine David 604-792-2119 or gdauid@uniserve.com

Langley Drop-In – Second Wednesday of each month. Location: Dragonfly Cafe, 20477 Fraser Hwy, Langley (Glover and 56th) at 6:00 pm. Contact: Kendra Mohart at connect@kendramohart.com

Powell River Drop-In – Contact: Liz Kennedy: lizkenedy@shaw.ca or Val Harding: 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 1st, 1231 1st Ave, Richmond. Contact: Val at val_vaartnou@telus.net . Tea, coffee and gluten-free cookies are available for purchase.

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 . 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.

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 and a volunteer will return your call.

WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

HAVE THESE SYMPTOMS? DON'T WAIT. GET TESTED.



ORAL

BAD BREATH
GUM DISEASE
MOUTH SORES
MOUTH ULCERS
SWOLLEN GUMS
TONGUE SORES
TOOTH ENAMEL EROSION



BEHAVIORAL

ADD
ANXIETY
BRAIN FOG
DEPRESSION
IRRITABILITY
IRRATIONAL ANGER
LONELINESS/ISOLATION
LOSS OF INTEREST IN ACTIVITIES
MEMORY LOSS
MOOD SWINGS
NIGHT TERRORS
PANIC ATTACKS
SHORT TEMPER
SUICIDAL



FEMALE-SPECIFIC

BREAST TENDERNESS
EARLY MENOPAUSE
FREQUENT MISCARRIAGES
HORMONAL LEVEL SWINGS
HEAVY, PAINFUL PERIODS
INFERTILITY
SWOLLEN BLADDER/CERVIX



INTESTINAL

ACID REFLUX
BLOATING
CONSTIPATION
DIARRHEA
GAS THAT WOULD CLEAR A ROOM
LOSS OF APPETITE
NAUSEA
STOMACH PAIN



SKIN

ACNE
BRITTLE NAILS
BRUISING
BURNING SCALP
DANDRUFF
DARK CIRCLES UNDER THE EYES
ECZEMA
FLAKEY SKIN AROUND THE EYES
HIVES
PALE SKIN
SKIN CANCER
SKIN RASHES



JOINT/MUSCLE

ATAXIA
BACK PAIN
BURNING SENSATION IN THE JOINTS
JOINT PAIN/STIFFNESS/SWELLING
LEG CRAMPS
MUSCLE SPASMS
SWELLING IN HANDS AND FEET



VITAMIN DEFICIENCIES

ANEMIA (LOW IRON)
LOW CALCIUM
LOW VITAMIN B12
LOW VITAMIN D



MISCELLANEOUS

ASTHMA
BLADDER INFECTIONS
BLURRED VISION
CHILLS & FEVERS
CHRONIC FATIGUE
DANDRUFF
COUGHING
DIZZINESS/VERTIGO
FAINTING
FLUCTUATING WEIGHT
GERD
HAIR LOSS
HEADACHES
HEARTBURN
HEMORRHOIDS
HIGH BLOOD PRESSURE
HYPOTHYROIDISM
IRREGULAR HEARTBEAT
LOW BLOOD SUGAR
MIGRAINES
NIGHT SWEATS
RACING HEART
SEIZURES
SINUS PRESSURE
SLEEPING ISSUES

* SYMPTOMS IN RED WERE MENTIONED THE MOST OFTEN

Source:

These symptoms were provided by over 130 people currently living with celiac disease. Only symptoms that were mentioned more than once were listed. To see all of the responses, go to: <http://glutendude.com/celiac/what-are-your-specific-celiac-symptoms/>