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British Columbia

# Celiac News

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Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

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**President**  
Jessica Mejia

Email: [jessica.ann.mejia@gmail.com](mailto:jessica.ann.mejia@gmail.com)

**Vice President**  
Jasmine Sidhu

Email: [jasminesidhu@me.com](mailto:jasminesidhu@me.com)

**Treasurer**  
Betty Wong

Email: [tsuiye@hotmail.com](mailto:tsuiye@hotmail.com)

**Secretary & Marketing**  
Cynthia Loveman

Email: [caloveman@gmail.com](mailto:caloveman@gmail.com)

**Director**  
Julie Clement

Email: [julie.clement29@gmail.com](mailto:julie.clement29@gmail.com)

**Director**  
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**Director**  
Pushpa Kapadia

Email: [pushpakapadia@gmail.com](mailto:pushpakapadia@gmail.com)

**Director**  
Arica Sharma

Email: [aricasharma@gmail.com](mailto:aricasharma@gmail.com)

**Past President**  
Val Vaartnou

Email: [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net)

**Past President & Membership**  
Lizbeth Wall

Email: [lizabeth@novuscom.net](mailto:lizabeth@novuscom.net)

Thanks to our Facebook moderators Lynda Neilson and Julie Clement.

## CONTENTS:

### Page:

3	President's Message
6	Celiac In the News
8	Scotia Bank Charity Challenge
13	Celiac In the Kitchen
18	Modern Meat
20	How to Heal Your Gut
32	Two Brothers Gluten Free

## NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the December 2020 issue, please have them submitted by November 15, 2020.

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

## Newsletter Contributors

**Newsletter Editor** - Val Vaartnou

**Assistant Editor:** Arica Sharma



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

## Please submit to:

- [info@bccceliac.ca](mailto:info@bccceliac.ca)
- 604-736-2229 / 877-736-2240
- CCA British Columbia  
Letters to the Editor  
2675 Oak St, Vancouver, BC V6H 2K2

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## NEWSLETTER SUBMISSION DEADLINES

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

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# President's Message



Summer 2020 seemed to bring some much needed relief across BC. British Columbia emerged as a leader in North America in flattening the curve in the fight against Coronavirus (I even saw American publications praising our work). And because of our unified effort to self-quarantine during the initial months of the pandemic, restaurants and shops eventually started to open up with social distancing and heightened cleaning practices in place.

The unfortunate consequence now is that new cases have begun to creep up again and we need to remain cautious. But I do believe our ability to venture outdoors has been so important for our mental health, especially during these warm summer months. Therefore, I remain grateful for this time with friends and family, and feel prepared to tackle the coming fall should a second wave hit us as predicted. My hope is for the safety of you and your loved ones as well.

Since our last newsletter publication, the BC Chapter of the CCA has been focusing our efforts on the Scotiabank Charity Challenge. This is our fifth year participating in the event, and it has proven to be our most successful fundraising initiative each year. We start the planning process in January, which was prior to the widescale outbreak of COVID-19. So the event organizers had to come up with a new strategy for the race, which was originally scheduled for June 28<sup>th</sup>.

Our Board of Directors was able to create several fun challenges to help motivate our team members to stay active and fundraise. We've remained connected through social media, and it's been a blast seeing photos come in as everyone takes part in their race virtually. I've been so thrilled to see the spirit of the Scotia Run kept alive even though we couldn't meet in Stanley Park as usual this year.

But our Board's work is only just beginning. Our National association underwent a transformative development this past year when its decision-makers removed their membership framework in favour of a donor charity model. However, many of our local Chapters rely on membership to stay connected with our communities and advocate on their behalf when it comes to speaking with health practitioners, governments, food service providers, and the public.

Therefore, our Board's decision from the beginning has been that we wish to maintain our membership with you, as we believe our impact is made that much more substantial with your support. At this stage, we are still finalizing the specific details of what this will look like, but memberships will become available for the start of 2021. An announcement will be made this coming October with more information, so please keep an eye out!

I may sound like a broken record at this point, but there are still plenty of uncertain times ahead. Our Chapter is dedicated to providing support across British Columbia and ensure celiacs are not left without options when times are tough. Behind the scenes, we are cracking down now more than ever to make sure family physicians have the information they need to spot the symptoms, both common and uncommon, of celiac disease in order to expedite diagnosis and manage treatment. And of course, much of our remaining funds are funneled directly to celiac disease research with the hope that one day there might be a cure or alternative treatment for the disease.

Above all, our mission is to prevent the suffering of anyone impacted by celiac disease. We've had the best group of members for over a decade, giving us the strong front we needed to create change. All that's left now is to keep the momentum going as we look to future generations.

Stay positive BC, and stay safe!

*Jessica*

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## mandarin Spice Cake

1 pkg. Namaste Foods Spice Cake Mix

3 eggs

2/3 cup oil

Two - 11 oz. cans mandarin oranges in juice or water

Preheat oven to 350° F. Lightly spray 9" x 13" pan with non-stick spray.

Pour juice from oranges into a 3/4 cup measuring cup. (If the oranges are packed in water or simply if you prefer, use orange juice instead.) Combine cake mix, eggs, oil and juice in large mixing bowl. Beat with electric mixer or by hand until blended well. Fold in mandarin orange slices.

Pour batter into prepared pan and bake for approximately 45 minutes, or until toothpick inserted into center comes out clean.

For Fun: Top with cream cheese frosting and candied orange slices for a special occasion!

**enjoy!**

## Board Highlights - CCA BC – May - August 2020

- No restaurant events due to COVID 19
- Zoom Meet-ups – Surrey and Richmond – Thanks to Jess Pirnak, RD for answering diet related questions from those in our support groups
- Scotiabank Charity Challenge Virtual run continues to September 18 with donations accepted until October 9, 2020. To date we have raised over \$6,000.
- Dedicated Facebook page has been set up for the run
- June issue of the Celiac News, the Board agreed to waive advertising fees to our faithful advertisers due to COVID 19
- Jasmine Sidhu agreed to take on the role of Vice-President and it was unanimously agreed to by the Board.
- Diabetes Canada where we have had our mailing address for over 10 years has closed the Vancouver office. Cynthia Loveman contacted BC Lung Association and they have agreed to be our mailing address and store our critical records going forward. New address is 2675 Oak St, Vancouver, BC V6H 2K2
- Sasha Dobisz is attending Board meetings, has signed a Confidentiality Agreement and would like to become a Board Member once a position is available. She will assist with social media for the Chapter.
- Arica Sharma will follow up with one the local bakeries to see if we can run a fundraising campaign in the fall.

# Ask Jess: Nutrition Corner

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Jess Pirnak is a Registered Dietitian and kindly volunteers her time to answer your questions at: [nutrition@bcceliac.ca](mailto:nutrition@bcceliac.ca).

She is a member of the Registered Dietitians of Canada and you can read her blog at: <https://www.foodyourself.com/>.

She is also available for private consultation. She can be contacted at:

<https://www.foodyourself.com/contact-1/> .

## Q) Is candy gluten-free?

**Are fuzzy peaches gluten-free? Are Starburst gluten-free? What about Caramilk bars? Are they gluten-free?**

**A)** Having celiac disease or gluten intolerance you may think many of your favourite foods and candies are off limits, but that's not always the case.

Some candies are gluten-free while others are not. To help you figure out this million-dollar question just remember that in Canada, it is mandatory for the company to label the gluten-containing candy! You will see the warning either in the CONTAINS statement or in the ingredient list itself. The label must be written in plain English, identifying whether wheat, rye or barley is included in the product.

You can start with a list of gluten-free candy, however, check the label before you buy as ingredients may change. Names of candies differ sometimes between the US and Canada so be aware.

Some useful lists:

<https://www.beyondceliac.org/gluten-free-diet/is-it-gluten-free/candy/> (US)

<https://celiac.org/gluten-free-living/gluten-free-foods/gluten-free-candy-list/> (US)

<https://theceliacscene.com/gluten-free-halloween-candy-list-for-canada-2018-celiac-dietitian-selena-de-vries/> (Canada)

But to answer your question: fuzzy peaches, Starbursts and Caramilk bars are all gluten-free today!

Websites may provide further information to you but they are not a "legal" statement and there are no guarantees information is up to date. You can phone the company, but they cannot say anything different than what is on the label and "customer service" staff often don't have the knowledge to answer specific questions. Always, rely on the label.

- Hershey's: [Hersheys.com](https://www.hersheys.com) or 1-800-468-1714
- MARS: [Marschocolate.com](https://www.marschocolate.com)
- Nestlé: <https://www.corporate.nestle.ca/en>
- Tootsie: [Tootsie.com](https://www.tootsie.com) or 1-773-838-3400
- Smarties: [Smarties.com](https://www.smarties.com)
- Wrigley: [Wrigley.com](https://www.wrigley.com)
- Jelly Belly: [Jellybelly.com](https://www.jellybelly.com) or 1-800-522-3267
- Ferrara: [Ferrara.com](https://www.ferrara.com) or 1-800-323-1768

## Change of Address

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**Canadian Celiac Association British Columbia**  
2675 Oak St,  
Vancouver, BC V6H 2K2

**Note:** Address is for mail only – we have no staff.

Thanks to the BC Lung Association for assisting us!



# Celiac Disease in the News

Submitted by Val Vaartnou

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

## Gluten Exposure in Patients with Celiac Disease on a Gluten-Free Diet

By studying gluten immunogenic peptides in urine and fecal samples over a 4-week period from 53 adults in Argentina diagnosed with celiac disease the study determined that even patients on a long-term gluten-free diet are frequently exposed to gluten. They also concluded that stool and urine samples might be used to assist dietitians in determining gluten-free compliance. "Patients with symptoms had more weeks in which GIP was detected in stool than patients without symptoms." 37.9% of the samples were positive for GIP and 88.7% of patients had at least 1 positive sample.

For more information: <https://pubmed.ncbi.nlm.nih.gov/32217152/> and <https://www.beyondceliac.org/research-news/new-evidence-gluten-in-gluten-free-diet>

## Organic Pollutant Exposure and Celiac Disease

Researchers affiliated with New York University School of Medicine found a high correlation to organic pollutant exposure and the development of inflammatory autoimmune conditions. Although more research is required, the study looked at levels of DDE, PFOS, PFOA and BCE153 in patients and found a greater incidence of celiac disease in: both males and females with higher levels of DDE; females with increased concentrations of perfluoroalkyl substances (PFASs); and, males associated with BCE153. Persistent organic pollutants (POPs) are known endocrine disruptors that interplay with the immune system.

To reduce exposure, open windows and recirculate air as well as use a wet mop to reduce household dust that includes pollutants. When cooking use cast-iron or stainless-steel pans to reduce PFAS.

Comments by Dr. Fasano regarding this study: "Common sense is advisable not just because of celiac disease. Any child will get sick if they are exposed to chemicals beyond normal levels," Fasano said. "Try to have a lifestyle that minimizes the risk that your child and your family in general are exposed to chemicals that can be offensive to you."

For more information: <https://www.sciencedirect.com/science/article/abs/pii/S0013935120303327>

## Increased IBD Risks for Celiac Patients and Celiac Risk for IBD Patients

Researchers from the Francombe Family Digestive Research Institute, McMaster University, Hamilton reviewed medical databases and found nearly 10K studies, using 65 in their assessment. They found higher risk of anti-Saccharomyces antibodies, a serologic marker of IBD, in celiac patients and IBD patients had an increased risk of anti-tissue transglutaminase (tTG) antibodies. Further study is required.

For more information: [https://www.gastrojournal.org/article/S0016-5085\(20\)30609-0/fulltext](https://www.gastrojournal.org/article/S0016-5085(20)30609-0/fulltext)

## Gluten Contamination in Labelled and Naturally Gluten-free Grain Products in Southern India

I know travel is limited at this time, but in BC there is a large population from India who have higher than normal incidences of Celiac Disease. A study of gluten-free grain product in India found that Among "35.9% of the flour samples and 85% of the oat samples (11.67–1830 mg/kg) were contaminated with gluten. In the case of flours, unbranded samples collected from local markets (70%) and directly from local mills (30%) showed gluten content above Codex safety levels (20–400 mg/kg)." "The problem seems to be on products source from local retailers and directly from millers. Be aware of the risks if you are travelling in India.

For more information: Nagaraju Raju, Apurva Kumar R Joshi, Raidu Vahini, Thappatla Deepika, Kandlakunta Bhaskarachari & S. Devindra (2020) Gluten contamination in labelled and naturally gluten-free grain products in southern India, Food Additives & Contaminants: Part A, 37:4, 531-538, DOI: [10.1080/19440049.2020.1711970](https://doi.org/10.1080/19440049.2020.1711970)

## High Prevalence of Celiac Disease in First Degree Relatives

A Mayo Clinic study found that of 360 first degree relatives of diagnosed celiacs (FDR) screened 44.4% were diagnosed with CD. 62% of those diagnosed were female. 6% had classical symptoms, 66% had non-classical symptoms and 28% had no symptoms. tTG levels were high even with no symptoms.

For more information: [https://www.mayoclinicproceedings.org/article/S0025-6196\(19\)30353-2/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(19)30353-2/fulltext)

## Recurrent Aphthous Stomatitis Points to Anemia and Celiac Disease

A Turkish study of children between 6 months and 18 years, reviewed medical records of patients diagnosed with recurrent aphthous stomatitis (RAS). RAS is one of the most common diseases of the oral mucosa and may be related to vitamin deficiencies or systemic diseases such as celiac disease (CD). Iron deficiency anemia, hematological abnormalities and malnutrition was much more prevalent in the patients diagnosed with RAS.

For more information: <https://pubmed.ncbi.nlm.nih.gov/31957941/>

## Digestion of Intact Gluten Proteins by Bifidobacterium Species: Reduction of Cytotoxicity and Proinflammatory Responses

A Brazilian study showed that *Bifidobacterium species* reduced the destruction of living cells and the inflammatory response in the body. These results indicate that Bifidobacterium may be beneficial in the treatment of celiac disease.

For more information: *J. Agric. Food Chem.* 2020, 68, 15, 4485–4492, Publication Date: March 20, 2020, <https://doi.org/10.1021/acs.jafc.0c01421> , Copyright © 2020

# Celiac Disease in the News

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## Celiac Disease and Children's Mental Health

34% of children within the study published in the Journal of Pediatric Gastroenterology Nutrition were found to have at least 1 mental disorder compared to 13% of the general population. "The significant psychological and psychosocial impact of celiac disease in children and adolescents has gone unrecognized for too long. This lack of recognition can leave children on their own to deal with anxiety, anger, depression, ADHD and more," said Salvo Alesci, MD, Beyond Celiac chief scientist and strategy officer. "As this study suggests, mental health should be routinely assessed and monitored in children with celiac disease to provide help that can make a big difference in their lives and the lives of their families. Overall, we need to pay more attention to extraintestinal symptoms of celiac disease."

For more information: <https://www.beyondceliac.org/research-news/children-mental-issues-risk>

## Possible Role of Vitamin D in Celiac Disease Onset

Italian researchers call for further research into the role Vitamin D has in celiac disease. Researchers have noted that the Vitamin D receptor sites (VDR) expresses itself as antigen-presenting cells and lymphocytes, which indicates that vitamin D is a key modulator of immune and inflammation mechanisms, and suggests that VDR gene polymorphisms function as markers of either resistance or susceptibility to autoimmune diseases.

For more information: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7231074/>

## Nausea and Vomiting, but not IBS-like Symptoms are Common for Gluten-Free Celiacs

A study at the University of Queensland, Brisbane, Australia, School of Medicine, indicates that nausea and vomiting are common symptoms of being exposed to gluten if you are a gluten-free celiac. Levels of interleukin – 2 correlated highly with the severity of the symptoms. They also stated that FODMAP issues are common among celiacs.

For more information: <https://onlinelibrary.wiley.com/doi/abs/10.1111/apt.15551>

## Tofacitinib Triggers Celiac Disease Remission in a Gluten-Eating Patient

A patient who started tofacitinib therapy for alopecia areata had complete histologic and serologic remission of his celiac disease (CD), despite being on a gluten-containing diet. This is only one instance. "The efficacy of tofacitinib in alopecia areata may also be related to inhibition of CD8+ T-cell reactions to follicle-associated autoantigens," Dr. Wauters and his team write. If the findings are confirmed, the researcher noted, the advantages of tofacitinib for patients with refractory CD could outweigh the potential risks. Further study is required.

For more information: <https://bit.ly/2CRJxeM> *Annals of Internal Medicine*, online July 27, 2020.

## Supercharged Shellfish Could Aid in Vitamin Deficiency

Researchers at the University of Cambridge have fortified shellfish (oysters, clams and mussels) through a new microencapsulation technology. As we eat the whole

organism when we eat these shellfish, so they are ideal to target for nutritional fortification.

For more information:

<https://www.newfoodmagazine.com/news/114597/supercharged-shellfish>

## Cytokines, IL-15 and IL-8 Can Aid in Differentiating Patients with NCGS versus Celiac Disease

Research in Iran found that IL-15 distinguished the celiac and NCGS groups from control groups 83% of the time. IL-8 was 75% sensitive. These cytokine levels can be useful in spotting the difference between the two conditions.

For more information:

<https://pubmed.ncbi.nlm.nih.gov/32660201/>

## Gut microbiome investigation in celiac disease: from methods to its pathogenetic role

This article details the microbiome and the differences in types of bacteria for celiacs compared to healthy individuals. It also details the microbiome organisms found in gut, oral, duodenum, and feces.

For more information:

<https://www.degruyter.com/view/journals/cclm/58/3/article-p340.xml>

## Association Between Celiac Disease and Mortality Risk in a Swedish Population

"In this population-based cohort study of 49 829 patients in Sweden with celiac disease followed up for a median of 12.5 years, the mortality rate compared with general population controls was 9.7 vs 8.6 deaths per 1000 person-years, a difference that was statistically significant."

For more information:

<https://jamanetwork.com/journals/jama/article-abstract/2764182>

## Gut Microbiota in Celiac Disease: Is There Any Role for Probiotics?

"Currently published data suggest the efficacy and safety of probiotic supplementation in improving CD-related symptoms, as well as documenting the ability of some probiotics to alter the fecal microbiota and decrease pro-inflammatory parameters such as TNF- $\alpha$  levels or peripheral CD3+ T lymphocyte counts (which probiotics are more effective, at what dose and how long they should be administered are yet to be definitively clarified."

For more information: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7243837/>



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- 7) Choices Nutritional Bucks

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# CCA BC Scotiabank Charity Challenge 2020

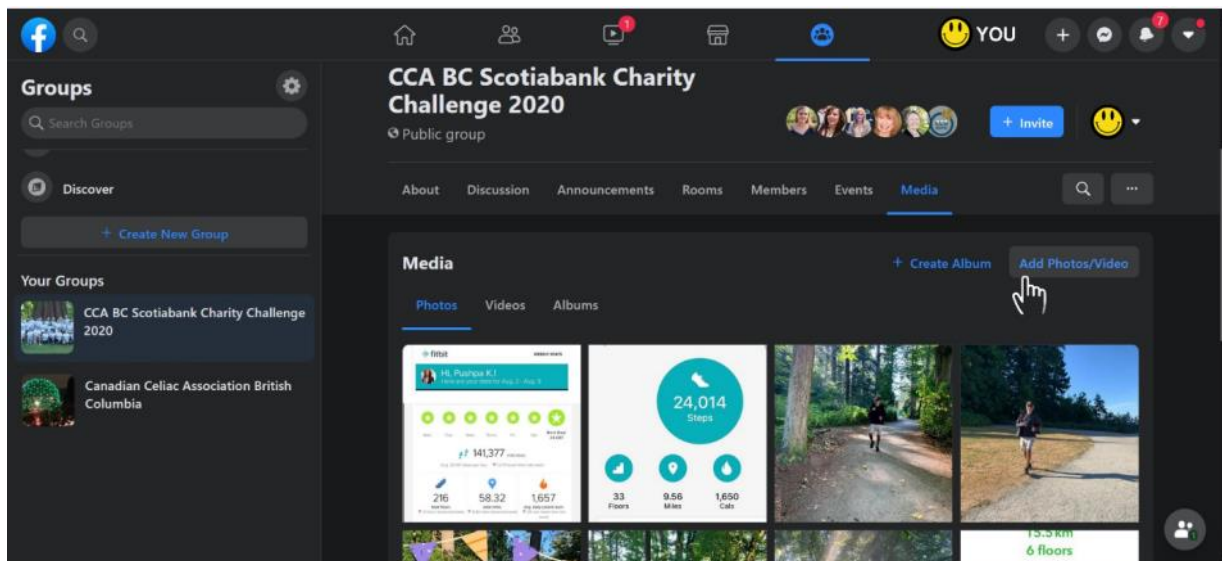
Submitted by Arica Sharma, CCA BC Director

Are you the competitive type? Perhaps you prefer strolls along scenic landscapes? Is there a bike path you have been meaning to conquer? There is plenty to do and see in our beautiful province, and you can enjoy all it has to offer while contributing to a great cause.

This year's CCA BC Scotiabank Charity Challenge is in full swing! Don't worry, there's more than one way to participate. This year is the first Virtual Race we have hosted, but we hope this will encourage people across BC to join our team and fundraise for the CCA BC! Grab a bib, t-shirt, and bag after you register before September 18<sup>th</sup> at: <https://bcceliac.ca/events.html>

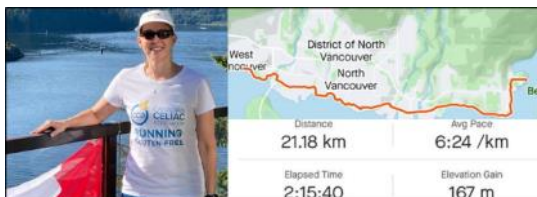
During registration, under Teams and Fundraising, select "I'd like to join an existing team, fundraising team or official charity team." Under "Fundraising Team - Scotiabank Charity Challenge", select Canadian Celiac Association British Columbia.

Our [Facebook Community](#) - is a fantastic motivator for you to get inspired. Join our group and share your pictures and progress! Cheer on star participants like Jennifer and Lia who ran over 21KM, and Aliya who is a weekly challenge winner!



With weekly challenges, prizes, and draws, there's no also shortage of incentives. However, if you're not likely to record and share all the adventures you go on, we understand! You can make a monetary donation to a [team member](#) .

Jennifer A.



Aliya H.



Lia F.



Walk – Jog – Run – Bike – Hike and fundraise, then tell us about the places you've gone!

Your last chance to donate for the CCA BC Scotiabank Charity Challenge is **October 9!**

# Changes to CCA BC Facebook Group

Submitted by Lynda Neilson

On August 1<sup>st</sup>, 2020, some changes were made to the BC Chapter Facebook group which were recommended in a Facebook Administrators seminar for groups that have been in existence for many years. The BC Chapter (formerly Vancouver) Facebook group started out as a Yahoo Group in 2004 and was then moved to Facebook on February 2, 2009.

Over the years the admins have encouraged people to search the group for previous posts prior to posting enquiries as there is a plethora of data already in the group's history. The downside is the search results contain both posts and comments using the keyword searched upon.

Now, there is a new feature that we have enabled called Post Topics. The actual topics are controlled by the Admin, and will be assigned to your posts by an Admin, however you can now search for posts based on the Post Topic and then use the regular Facebook search criteria to narrow down the Post Topic results to be more applicable to your situation.

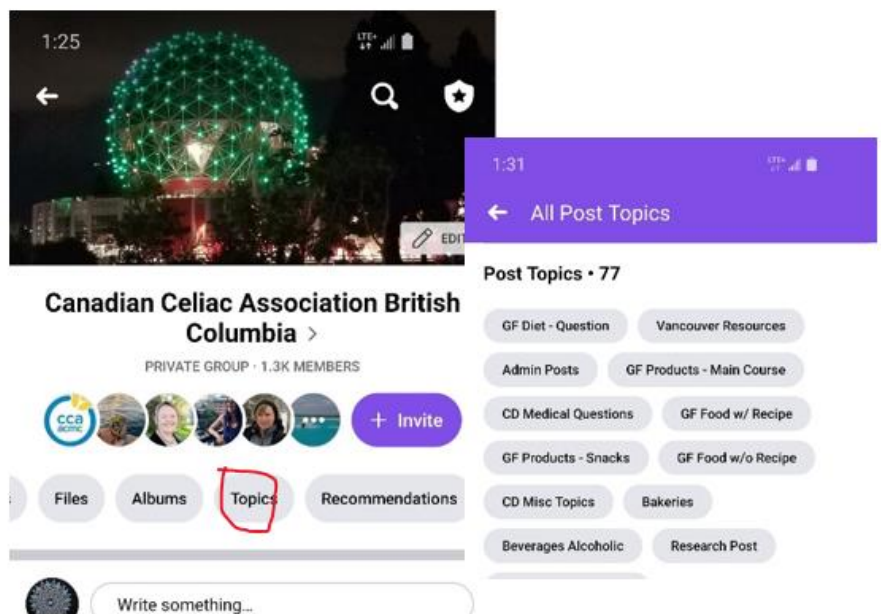
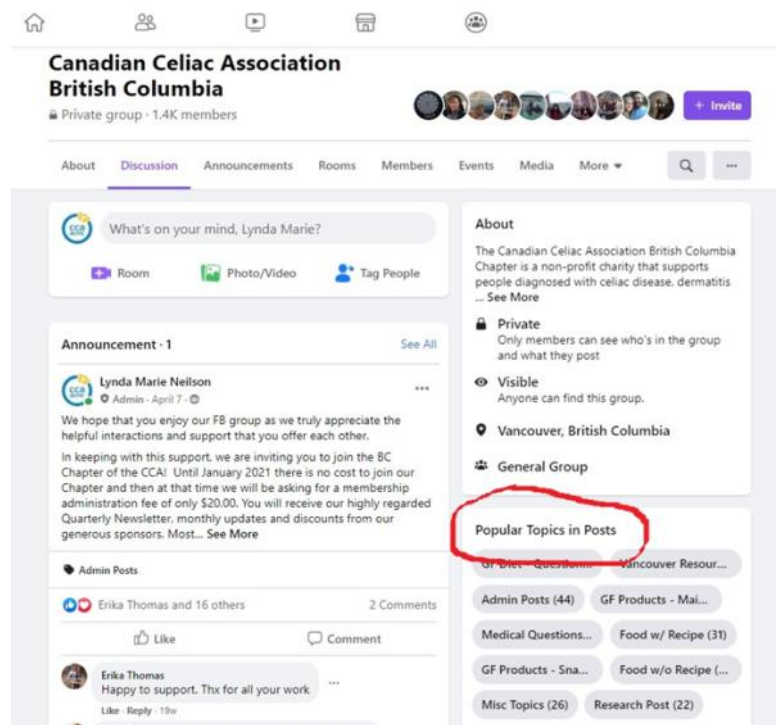
To start, here are a couple of the Post Topics – this is not an inclusive list – you can see the whole list if you look on the Facebook Group. Such topics as:

- GF Diet Questions
- Vancouver Resources
- GF Products (various categories)
- Admin Posts
- Medical Questions
- Food w/ Recipes
- Food w/o Recipes
- Beverages Alcoholic

So, when using Facebook on a computer, if you have a question about the gluten free diet, you would click on the right side of the Discussion where the Post Topics are listed (more are listed under the ... at the bottom of the column) and select GF Diet Questions. That will return all the posts that have been tagged with that Post Topic since late last year (as far back as we have gone tagging them). Then if you are looking for a specific topic within GF Diet questions such as "spices", with the GF Diet Questions posts being displayed, on the left side of the window, type "spices" in the search criteria and that will narrow down the results provided.

On a phone, whether Android or iPhone, if you want to search for Post Topics, on the top, there are categories displayed such as Files, Albums, Rooms, Announcements. Scroll to the right until you see Topics and the list of Post Topics will be displayed. Then you can pick one that you are interested in and tap on it and all the posts for that Post Topic will be returned. Unfortunately, on a phone, the search features currently available for Facebook do not narrow down the search more.

If anyone has any questions regarding these changes contact Lynda Neilson via PM in the Facebook group.







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# Celiac in the Kitchen

## Buckwheat with Zucchini & Mushrooms

*Submitted by Eugenia Mooney, CCA BC member – from Gluten-Free Bible*

It is best if you can vary the grains that you use if you are celiac. Buckwheat is a gluten-free grain despite the “wheat” is part of the name. Buckwheat is a fruit seed from the rhubarb family. Hulled buckwheat (buckwheat groats) is “kasha” in its toasted form.

### Ingredients:

- 1 ½ to 2 tbsp of olive oil
- 1 medium zucchini cut into ½ inch diced cubes
- 1 medium onion, chopped
- 1 clove garlic, minced
- ¾ cup buckwheat
- ¼ tsp dried thyme
- ½ tsp salt
- 1/8 tsp black pepper
- 1/14 cups vegetable broth (gluten-free)
- Lemon wedges (optional)

### Directions:

1. Heat oil in large non-stick skillet over medium heat.
2. Add mushrooms, zucchini, onion and garlic.
3. Cook and stir 7 – 10 minutes or until vegetables are tender.
4. Stir in buckwheat, thyme, salt and pepper and cook and stir for another 2 minutes.
5. Add broth and bring mixture to a boil.
6. Cover and reduce to low heat. Cook for 10 to 13 minutes or until liquid is absorbed and buckwheat is tender.
7. Remove from heat, cover and let stand for 5 minutes.
8. Serve with lemon wedges if desired.

**Optional:** pancetta or bacon can be added to this dish to add flavor.



## Salted Toffee Pretzel Bark

*Submitted by Lorraine Didrikson - adapted to gluten-free from Mennonite Girls Can Cook, December 30, 2013.*

I had requests for this recipe and thought it would be worth including in the newsletter again. It is easy to make.  
*Val Vaartnou*

### Ingredients:

- ½ large bag of gluten-free Pretzels
- 1 cup butter
- 1 cup brown sugar (Demerara)
- 12 oz. Chocolate chips of choice
- Sea salt (optional)

### Directions:

1. Heat oven to 350 degrees F.
2. Line 11 x 17-inch cookie sheet with parchment paper.
3. Cover the bottom with a layer of pretzels.
4. Combine butter and brown sugar in a small pan over medium heat and bring to a full boil while stirring.
5. Pour carefully over the pretzels.
6. Place in oven and bake for 8 minutes or until bubbly all over.
7. Remove from oven and sprinkle evenly with chocolate chips.
8. Let sit a minute to melt the chocolate.
9. Smooth surface with a spatula.
10. Sprinkle with sea salt if desired. (Salt adds a great flavor.)
11. Place in freezer for 10 – 15 minutes to harden the chocolate topping.
12. Remove from the pan and break into bit size portions.
13. Store in a tightly sealed container in a cool place.

Yields approximately 30 pieces.



# Celiac in the Kitchen

## Chocolate Fruit Cake

*Submitted by Julie Clement, Director CCA BC*

Growing up in the UK, for me fall (autumn!) means planning for Christmas and spending a day baking so that I can “feed” my fruit cake with alcohol for as many weeks as possible prior to decorating it! However, this cake tastes just as good eaten the same or next day but does keep for several months if well-wrapped in an air-tight tin. It has been my go-to Christmas cake recipe for many years now, and I also made it as our wedding cake. It is a very forgiving recipe and does not require xanthan gum.

### Ingredients:

- 350g dried soft prunes, chopped and all pits removed
- 375g dried fruit of choice - eg raisins, mixed peels, cherries, cranberries. (I generally use 250g raisins, 125g of peel and cherries mixed)
- 175g unsalted butter
- 175g brown sugar
- 175ml honey
- 125ml coffee liqueur, eg Kahlua
- 2 oranges, juice and zest only
- 1 tsp mixed spices eg cinnamon, nutmeg, cloves (in the UK “mixed spice” is a ready-made blend, but is NOT the same as all-spice)
- 2 tbsp good quality cocoa powder
- 3 eggs, beaten
- 225g gluten free flour - I use Bob’s Red Mill All Purpose or Western Family All Purpose
- ½ tsp baking powder
- ½ tsp baking soda

### Directions:

1. Line the sides and bottom of an 8” round (3 ½” deep) loose bottomed cake tin
2. Place fruit, butter, sugar, honey, liqueur, orange juice and zest, spice and cocoa powder into large saucepan. Heat until it reaches a gentle boil, stirring often, then allow to simmer for 10 minutes. Remove from heat and leave to cool for 30 minutes
3. Preheat oven to 300F, 150C
4. When mixture has cooled add eggs, flour, baking powder and baking soda and mix well until ingredients combined
5. Pour mixture into lined tin and bake for 1 ¾ to 2 hours until top of cake is firm but still has a shiny appearance. If you insert a skewer into the cake the centre should still be a little uncooked
6. Allow to cool before removing from tin
7. Decorate as required with royal icing; chocolate covered coffee beans; edible gold glitter etc as you prefer.

If you wish to “feed” your fruit cake with alcohol, use more of the Kahlua, otherwise rum or brandy work as well. Poke holes in the top of the cake with a fork and then dribble about a capful of the liquor. Wrap the cake in parchment paper and store in an air-tight cake tin. Enjoy!





# Celiac in the Kitchen

## Carrot Cake



Shelly Carpenter – GIG of North Texas

### Ingredients:

- 1 cup oil
- 2 cups white sugar
- 3 eggs, beaten well
- 2 cups carrots, peeled and grated finely
- 1 (8 ounce) can GF crushed pineapple, undrained
- 2 tsp vanilla
- 3 cups GF flour
- 1 tsp salt
- 1 tsp GF baking soda
- 1 tsp cinnamon
- 1 cup chopped pecans

### Directions:

1. Preheat oven to 350 degrees.
2. Mix oil, sugar, eggs, carrots, pineapple and vanilla until combined.
3. Mix dry ingredients in a bowl and add slowly to the wet ingredients.
4. To make a 9x13 cake, pour into a greased 9x13 baking dish for 45 minutes.
5. Cupcakes, 20 -30 minutes depending on your oven.
6. To make a 2-layer cake use 2 round pans and bake for 35-40 minutes or until toothpick inserted in the center comes out clean. If using 2 round pans make sure to really grease or use parchment cut in circles so that your cake comes out clean. Invert cakes into a cooling rack.
7. When cake has cooled frost with cream cheese frosting.

### Cream Cheese Frosting

#### Ingredients:

- 1/2 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla
- 1lb (4 cups) powdered sugar

#### Directions:

1. Beat butter and cream cheese until light and fluffy.
2. Add vanilla and then powdered sugar one cup at a time, scraping the bowl often.

*Note - If you are using 2 round cake pans you may want to do 1.5x of this frosting recipe. I like a LOT of frosting in the middle and on top.*

*If you like coconut: In a pan, you will need some butter, and coconut, (enough butter to almost coat it. Cook the coconut until your desired crispness, I used about 2 TBS of butter and a cup of coconut. \*Make sure the coconut is cooled and drained on a paper towel before adding to the cream cheese.*

## Peanut Butter Banana Ice Cream

Peanut butter and bananas have always been a favorite combo. This treat calms the sweet tooth without a lot of damage to the diet. Enjoy!

### Ingredients:

- 3 bananas, peeled and frozen
- 1 tbsp Peanut Butter
- 1.5 tbsp Mini Chocolate Chips



*Picture from pinchofyum.com*

### Directions:

1. Blend frozen bananas in a food processor until smooth.
2. Transfer to a freezer-safe container and swirl with Peanut butter and mini chocolate chips.
3. Re-freeze until solid. Enjoy!

### Options:

You can be creative with this recipe.

Try adding walnuts, coconut, pecans, vanilla, cinnamon, peanuts, sea salt, caramel sauce or whatever strikes your fancy.....

# Celiac in the Kitchen

## Almond Sweet Rolls Gluten Free

From <http://www.mennonitegirlscancook.ca/> where you can find great gluten-free recipes. They have a cookbook as well and all proceeds are donated to charity. This recipe is from Julie.

I am so pleased to share this recipe with you. The rolls are wonderfully light and fluffy, and the taste is exceptional. I was rewarded by my granddaughter's reaction with her first bite, "Oh, my goodness, these are SO good !" and my gluten loving husband said... "These are miraculously good!"

I had to smile, didn't I? These keep well, they are still soft and good the next day. Takes a bit of effort to get the combination of flours required, but it is well worth it.

### Ingredients:

- 1/2 cup water
- 1 tsp sugar
- 1 tsp gelatin
- 1 1/2 tbsp reg. yeast
- 1/3 cup milk
- 1 egg
- 1/4 cup butter
- 1 tsp almond flavoring
- 1/3 cup sugar
- 3/4 cup millet flour
- 1/3 cup white bean flour
- 1/4 cup brown rice flour
- 1/2 cup tapioca starch/flour
- 1/4 cup cornstarch
- 1/3 cup almond flour
- 1/4 tsp salt
- 1 tsp baking powder
- 1 tsp xanthan gum
- sweet rice for handling dough
- 1 egg white
- sesame seed or poppy seed (optional)

### Directions:

1. Mix sugar and gelatin, add warm water and yeast - let proof.
2. Beat butter and sugar, add egg flavoring and warm milk.
3. Blend well together dry ingredients.
4. Add dry ingredients all at once to liquids, blend on low, then beat on high for 2 minutes.
5. Turn dough out onto counter sprinkled with sweet rice. Work in enough sweet rice (I use about 1/4 cup) to make the dough just barely not sticky (on the outside, don't try to work the flour into all the dough) It is important to keep dough as soft as possible.
6. Pat dough into a 13- or 14-inch circle -- using a pizza cutter dipped in sweet rice flour, cut circle into 16 equal segments.
7. Starting at the wide end of each segment roll up ending at point - dipping fingers into sweet rice flour if dough is sticking.
8. Brush tops (I find it easier to use my fingers rather than a pastry brush) with whisked egg white.
9. Optional -- sprinkle tops with poppy seed or sesame seed.
10. Place rolls on parchment lined cookie sheet and let rise in warm place about 1/2 -3/4 hour.
11. Bake in 375 degrees F oven for 20 minutes or until golden brown.





# Celiac in the Kitchen

## Lebanese Burgers

From ATCO Blue Flame Kitchen's column on healthy eating for busy families runs Wednesdays in the Calgary Herald's food section. For tips on cooking, food safety or household matters visit us online at [ATCOBlueFlameKitchen.com](http://ATCOBlueFlameKitchen.com) This recipe is modified for gluten-free.

### Ingredients:

- 1 1/2 lb (0.75 kg) lean ground beef
- 1/2 cup (125 mL) chopped fresh parsley
- 1/4 cup (50 mL) finely chopped red onion
- 1 tsp (5 mL) cinnamon
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) cayenne pepper
- 3 gluten-free buns or gluten-free pita buns, halved
- Minted Yogurt Sauce
- Shredded lettuce

### Directions:

1. Combine first 8 ingredients (beef through cayenne pepper).
2. Shape mixture into 6 oval patties.
3. Grill patties over medium heat on barbecue until completely cooked or use your preferred cooking method.
4. Serve in pita halves or in buns with Minted Yogurt Sauce and lettuce.

Serves 6.

### Minted Yogurt Sauce

- 3/4 cup (175 mL) diced seeded Roma tomatoes
- 1/2 cup (125 mL) diced seeded cucumber
- 1/2 cup (125 mL) yogurt
- 2 tbsp (25 mL) slivered fresh mint
- 1 clove garlic, finely chopped
- 1/8 tsp (0.5 mL) salt

1. Combine all ingredients.
2. Cover and refrigerate for up to 1 hour.
3. Makes about 1 1/2 cups (375 mL).



# Modern Meat

Interview with Tara Haddad, CEO, Modern Meat with Lizbeth Wall, Past President CCA BC



**What is your / Modern Meat's background? When did you start? What products do you sell? Where can they be found?**

Modern Meat is a Canadian food company based in Vancouver, British Columbia that offers a

portfolio of plant-based meat products. I started the company in June 2019 as I was looking to create and bring to market a line of nutritious meat alternatives made free gluten, soy, nuts and GMOs. Modern Meat is unique in that its recipes are created by local chefs in a kitchen and all products are made using real whole food ingredients with no additives or preservatives.

Our current selection of products includes the Modern Burger, Mini-Burger, Crumble, Crab Cake and Meatballs as well as a line of vegan sauces. Modern Meat products are currently available for purchase at numerous retail stores and independent grocers across Western Canada as well as several top restaurants and e-commerce sites.

For information on where to purchase Modern Meat visit our website [www.themodernmeat.com](http://www.themodernmeat.com)

**What prompted you to start your gluten-free business?**

Interestingly, many plant-based meats contain gluten and I was determined to create products that were safe and enjoyable for the growing population of people who are gluten intolerant. All Modern Meat products are made free of gluten, soy, nuts and GMOs. I felt it was important that there was a healthy meat alternative available on the market that did not contain these common allergens. There are millions of Canadians living with food allergies, and while most have mild or minor symptoms it is still a cause of great discomfort to those affected. Over the years there seems to be a growing awareness of celiac disease and gluten intolerance which is driving the gluten-free food market. We remain committed to developing chef inspired restaurant quality products with unique flavors that do not contain gluten.

**Where are your products produced? Is the facility dedicated?**

We produce all our products in the only gluten-free kitchen facility on the North Shore. It is completely dedicated to vegetarian and gluten-free products.

**What have the challenges been? What successes have you had?**

Worldwide there has been a surge in meat alternative companies, from start-ups like us, to established meat companies that realize the plant-based meat trend is here to stay. These large meat companies already have the extensive reach and capability with a network of distribution facilities and production plants.

Our long-term goal is to be a leader in the plant-based market, and our advantage is that we offer only premium products that meet high standards in nutritional value. We will not put any product to market that doesn't reach our benchmark levels in important nutrients like protein and iron.

We are expanding our reach and distribution capabilities. It will take time, but our reputation of creating quality products will drive the demand from retailers and consumers allowing us to further penetrate other markets.

Consumer questions surrounding health claims of meat alternatives can be an issue but one which we can quickly overcome. There are many companies that offer plant-based products that are highly processed, high in saturated fat, additives and have a long list of ingredients that are unfamiliar. We can't forget that these foods aren't automatically healthy just because they are plant-based and good for the environment. People need to be aware of the ingredients and nutritional content when they make their purchasing decisions.

We want consumers to know that Modern Meat is the 'gold standard' when it comes to health and nutrition. All our products are free of gluten, soy, nuts and GMOs. We are unique in that we have developed gourmet products that nourish your body and satisfy like traditional meat but without the health implications.

**Successes**

Since starting Modern Meat, there has been tremendous interest in our plant-based products and how we choose to develop our recipes. We have gained much traction throughout Western Canada with growing interest nationally and in the US. Our products have been well received by retailers, food service and consumers alike.

Earlier this year, we won gold for *Outstanding New Product* at an industry conference which further supports strategy of using only real whole food ingredients.

**What do you wish other people knew about Modern Meat?**

We are laser focused on health, nutrition and taste and don't rely on science in a lab to manipulate food. The kitchen is our lab. We have a team of chefs who develop recipes using premium quality, natural food to create a favourable culinary experience. We are not lab designed or highly processed.

**What do you see in the future for your business?**

My long-term goal is for Modern Meat to be a leader in the plant-based food space, and I know we will get there. Our clear advantage lies in our simple ingredient profile. I believe we will gain consumer confidence by only offering products that meet high standards in nutritional value.

We have an aggressive sales and distribution plan which will see us roll out our core products throughout Canada in the coming months and the US and internationally thereafter. Our aim is to introduce one new product each quarter to food service and retailers.



# Modern Meat

Continued...

What is "special" about your products?



Our clean ingredient profile is what makes our products special. We craft our products using simple real ingredients from the earth. Nothing is highly processed, or lab created. We avoid using many of the common food allergens in our ingredients which makes our products more appealing to those concerned about

maintaining a healthy, nutritious diet. Of great importance is ensuring all our products are high in protein and low in fat. The desire to be as authentic as possible to clean eating, using protein from plants to fuel the body became the foundation of Modern Meat's philosophy.



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# How to Heal Your Gut for Strong Immunity



**Dr. Jill**

Your Functional Medicine Expert®  
Jill Carnahan, MD ABIHM, ABoIM, IFMCP

Reprinted with Permission:

<https://www.jillcarnahan.com/2020/06/24/how-to-heal-your-gut-for-a-stronger-immune-system>

When you think of staying healthy and supporting your immune system, what's the first thing that comes to mind? Maybe it's washing your hands and avoiding germs. Or maybe it's taking copious amounts of vitamin C. These approaches can certainly help ward off any illnesses, but the real secret to a stronger and healthier immune system actually lies in an unexpected place – your gut.

In this article, we're going to dive into the fascinating connection between your gut and your immune system. And more importantly, we'll uncover exactly how you can support your gut and give your immune system a boost.

## How Exactly Does Gut Health Affect Your Immune System?

Your immune system is a complex network of cells, tissues, organs, and signaling molecules that all work together to defend against perceived threats. Increasing research is finding that your gut and immune system are more intricately connected than we had previously thought. Some of the ways your gut supports your immune system include: (1,2)

- **Housing immune cells:** Your digestive tract houses a large number of immune cells in what's known as gut-associated lymphoid tissue. In fact, 70-80 percent of your immune system is found in these special gut tissues.
- **Forming a barrier:** The epithelial cells that line your intestines are linked together. This forms a barrier that blocks harmful pathogens from entering the rest of your body and causing damage.
- **Trapping bacteria:** The cells that line your digestive tract are coated with mucins and glycoproteins that trap harmful bacteria so they can be neutralized and excreted.
- **Sounding the alarm:** Your intestinal cells act as sensors – sounding the alarm and recruiting immune cells to destroy foreign invaders.
- **Communicating with your immune system:** Your immune system and the millions of beneficial bacteria that reside in your gut are able to “cross-talk.” This means they can communicate crucial information to keep you healthy.

- **Producing metabolic compounds:** The beneficial bacteria that reside in your gut produces short-chain fatty acids and a number of other compounds that boost immunity, reduce inflammation, and play important roles in other metabolic functions.
- **Crowding out “bad” bacteria:** A healthy population of beneficial bacteria doesn't leave room for potentially harmful bacteria to make themselves at home and start replicating.

So, you see, your gut provides protection both structurally and with its ecosystem of microorganisms. Now, let's take a look at exactly how your immune system can be impacted if this ecosystem of microbes in your gut becomes disrupted.

## How Dysbiosis Impacts Your Immune System

Your microbiome is composed of a cocktail of diverse organisms – with thousands of different microbes making themselves at home and performing different functions. Your microbiome is designed to maintain homeostasis.

When in homeostasis, a healthy balance of beneficial microorganisms do their jobs while any bad bacteria get flagged and removed before they even have a chance to replicate. But when this delicate ecosystem becomes imbalanced, it can throw your immune system out of whack.

An imbalanced microbiome is known as *gastrointestinal dysbiosis* and occurs when invading microorganisms begin populating your gut and crowding out the “good” bacteria. (3) This interferes with your gut's ability to properly communicate and coordinate with your immune system. Or worse, dysbiosis can cause your immune system to become overworked and hypervigilant – leading your body to mistakenly begin attacking your own cells and setting the stage for autoimmunity.

While the microbes that make up your microbiome are important, there's another piece of the puzzle that's crucial to supporting a healthy microbiome and keeping your immune system running on all cylinders – the integrity of your gut.

## What Is Leaky Gut Syndrome?

Your intestinal lining covers more than 4,000 square feet of surface area and is constantly bombarded with toxins and foreign pathogens through the food you ingest. (4) Because of the large surface area and constant exposure to potentially harmful microbes, our digestive tract is designed to be the ultimate barrier. It keeps potentially harmful compounds locked up tight until they can be excreted.

It accomplishes this with a thin layer of cells lining the inside of your intestines that are linked together by proteins called tight junctions. (5) These tight junctions serve as the gateway for nutrients to pass from your intestines into your bloodstream. They're like a filter, allowing approved substances to pass into the bloodstream and others to remain in the intestines to be processed out.



# How to Heal Your Gut for Strong Immunity

*Continued...*

But if these tight junctions become compromised, the “gaps” that allow nutrients to pass through get larger and larger – allowing tiny particles never meant to enter your bloodstream to begin squeezing their way through. This compromise in the integrity of your intestinal lining is known as “increased intestinal permeability,” or “leaky gut syndrome” and it can have serious implications for your immune system.

## Leaky Gut, Dysbiosis, and Your Immune System

Leaky gut syndrome can send your immune system into a tailspin. Here’s how:

- **Step 1:** As substances leak out, they cause low-level inflammation, sending your immune system into overdrive in an attempt to address the perceived threats.
- **Step 2:** Due to the damage to your intestinal lining, your gut is unable to properly digest food, causing a shift in the balance of your microbiome and resulting in dysbiosis.
- **Step 3:** This dysbiosis further triggers your immune system, causing your body to ramp up its immune response even more.
- **Step 4:** This causes a vicious cycle of more inflammation, increased dysbiosis, and subsequently, even more damage to the lining of your gut

This downward spiral of dysbiosis and inflammation burns out your immune system – leaving it with less and less energy to fight off foreign invaders. Fortunately, there are some simple steps you can take to heal your gut and ensure your immune system is firing on all cylinders.

## How to Heal Your Gut and Boost Your Immune System

Having an optimally functioning gut, and subsequently, a healthy immune system requires two things: integrity of the lining of your intestinal tract and a flourishing population of beneficial bacteria. Let’s take a look at some of the best ways to heal your gut and give your immune system a boost.

### Focus on a Healthy Diet:

The food you eat is one of the most powerful tools you have when it comes to healing your gut and boosting your immune system. By focusing on nutrient-dense, non-inflammatory foods that support a healthy microbiome, you give your gut the tools it needs to begin healing. Some simple ways to incorporate non-inflammatory and gut-friendly foods include:

- **Basing your diet on real food:** Focus on building your meals around fresh vegetables and fruits, [high-quality protein](#), and healthy fats.
- **Minimizing inflammatory foods:** Refined oils and sugars, artificial sweeteners, and processed food can irritate and inflame your gut, so keeping these foods to a minimum will reduce your overall inflammation.

- **Incorporate gut-friendly foods:** Probiotic-rich and fermented foods like kombucha, sauerkraut, and yogurt help replenish your gut with beneficial bacteria.

While the food you eat is an excellent foundation, the truth is most of us simply can’t get all the gut-healing nutrients we need from diet alone – which is why I highly recommend adding in some specific supplements.

### Take Gut Healing Supplements:

Supplements are one of my favorite ways to give your body a concentrated dose of nutrients. The most potent gut-healing supplements that give you the most bang for your buck are:

- **Probiotics:** Maintaining a balanced ecosystem among the bacteria that reside in your gut is pivotal when it comes to the overall health of your gut and immune system. Taking a [daily probiotic](#) ensures that you have plenty of beneficial bacteria that will crowd out any bad bacteria.
- **Collagen:** Chock-full of healing amino acids, [collagen](#) works to essentially “seal the gaps” in the lining of your intestines.
- **Glutamine:** As a type of amino acid, [glutamine](#) can help reduce inflammation and plays a particularly important role in replenishing the tissues that make up the lining of your gut.
- **Digestive Enzymes:** If you’re suffering from an imbalanced microbiome and leaky gut syndrome, you can bet your bottom dollar that you’re not digesting nutrients properly. [Digestive enzymes](#) can help your body break down the food you ingest and ensure it’s more readily used by your body.

These supplements will help get your gut healthy, which will give your immune system a boost.

### Reduce Your Toxic Burden:

All of us are inevitably exposed to countless toxins on a daily basis. The problem arises when your body becomes overloaded and can’t properly filter out these toxins, allowing them to begin to accumulate in your body. This toxic overload is double trouble and can result in:

- An overworked and burnt-out immune system – depleting your immune system of the energy and resources it needs to fight off potential threats
- A negative impact on the health of your gut by promoting dysbiosis and damaging the integrity of the lining of your gut

If you want to learn more about how your toxic burden impacts your immune system, head over to my article [How to Boost Your Immune System by Reducing Your Toxic Burden](#).

# How to Heal Your Gut for Strong Immunity

Continued...

## Putting It All Together

While we still have more to learn about the relationship between our guts and our immune systems, research has proven that your gut does a whole lot more than just digest your dinner. The health of your gut plays an instrumental role in beefing up your defenses and keeping your immune system in tip-top shape.

So, if you're looking for ways to give your immune system a boost, give your gut some love and follow the tips outlined in this article.

When it comes to your health, I am a firm believer that you are your own best advocate. That's why I'm dedicated to bringing you the resources you need to make your health a priority. If you're ready to take your health to the next level, I encourage you to sign up for my newsletter – you'll get my exclusive and very best tips delivered straight to your inbox.

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# Myths and Facts (or what you thought you knew)

Submitted by Lizbeth Wall, Past President, CCA BC

**Even though celiac disease continues to become more recognized, understood and accepted, there are many misconceptions and myths around this autoimmune disorder:**

## **Myth 1: Celiac disease is a food allergy**

**Fact:** Celiac disease is a food allergy to gluten or any other food. It is an autoimmune disorder, which means the immune system is attacking the small intestine. The immune reaction is triggered by the presence of gluten.

## **Myth 2: Celiac disease is the same as gluten intolerance**

**Fact:** Gluten intolerance is marked by sensitivity to gluten. If you are gluten intolerant you can be tolerant to traces of gluten. However, celiac disease has to do with genetics, and no amount of gluten is safe.

## **Myth 3: Celiac disease is not a serious disease**

**Fact:** Celiac disease is a serious condition that can adversely affect the quality of life. It can also cause serious conditions such as ulcers, anemia, infertility, miscarriage, osteoporosis, to name only a few.

## **Myth 4: Celiac disease is a disease of children**

**Fact:** Celiac disease can affect anyone, regardless of gender, race, or age. You can't outgrow it, which is why a strict, life-long gluten-free diet is recommended.

## **Myth 5: Celiac disease cannot be diagnosed**

**Fact:** It can be diagnosed using several methods, including blood tests, genetic testing (only determines if you are predisposed to celiac disease, but cannot determine if you have the disease), biopsy, and endoscopy.

## **Myth 6: It is possible to outgrow Celiac Disease**

**Fact:** Individuals with celiac disease cannot outgrow the disease since it is a lifelong autoimmune disorder like diabetes and rheumatoid arthritis. Celiac disease is not a food allergy; rather it is an autoimmune disease. Food allergies, including wheat allergy, are conditions that people can grow out of.

## **Myth 7: There is a cure for celiac disease**

**Fact:** Sadly, there is no documented cure for celiac disease.

## **Myth 8: Celiac disease can be treated with a gluten-free diet and drugs**

**Fact:** A gluten-free diet, multivitamins, supplements, and certain drugs may help, but there is no sure-fire cure for celiac disease.

## **Myth 9: Celiac disease is only a gastrointestinal (GI) disease**

**Fact:** Yes, you may experience prominent gastrointestinal symptoms when you have celiac disease. You can also manifest other non-GI symptoms like fatigue, headaches, anemia, itchy skin rash, to name only a few.

## **Myth 9: You must experience the same symptoms as your relatives**

**Fact:** Symptoms of celiac disease vary from person to person, even different from your celiac relatives. You may not have any symptoms. If a family member has been diagnosed, you should get tested every 2-3 years or at any time you are bothered with symptoms consistent with celiac disease.

## **Myth 10: Gluten-free restaurant meals contain no gluten**

**Fact:** It's difficult to remove gluten from food. Besides, contamination can happen during preparation for, making, and serving the dish.

## **Myth 11: Gluten-free diet is great for everyone**

**Fact:** Unless closely monitored, a gluten-free diet can restrict your fiber intake, cause weight gain, and reduce the vitamins and minerals you consume.

## **Myth 12: You should only use gluten-free shampoo and cosmetics**

**Fact:** This is a personal decision that each of us can make, but science indicates that gluten in shampoo and cosmetics is not a threat to those with celiac disease – except for those that may be easily ingested, like lipstick or potentially hand lotion. Even then, the gluten you would ingest would likely be lower than 20 ppm. Researchers have found that unless you have a deep and open wound, gluten cannot be absorbed through the skin making topical items acceptable for use. (A quick reminder: don't forget to wash your hands after applying a gluten-containing hair or cosmetic product to avoid any unintentional ingestion.) If you have a reaction to a cosmetic or toiletry, consider an alternate culprit like an allergic reaction or sensitivity to an ingredient and avoid the product.

## **Myth 13: Celiac disease is on the rise because today's wheat is different than it used to be**

**Fact:** There are many theories as to why celiac disease is becoming more and more prevalent. Dr. Kasarda published a study last year that found that wheat breeding was not to blame for the rise in celiac disease. Other factors, such as overall wheat consumption or an additive known as "vital wheat gluten," are potential areas to explore in the future, but so far, no definitive causes have been identified.

## **Myth 14: 'Celiac disease only affects people of European origin'**

Celiac disease affects all ethnic groups and is common in Europe and North America, as well as in southern Asia, the Middle East, North Africa, and South America. Genetics do play a role in celiac disease, but this is not confined to one particular ethnic group.

## **References:**

imaware  
Beyond Celiac  
Celiac UK

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# Two New Studies Point to Nutritional Deficiencies in CD

By Amy Ratner, Medical and Science News Analyst, Beyond Celiac, Reprinted with Permission  
July 16, 2020

Lack of nutrients and knowledge about a healthy diet common in celiac disease



Recent research into nutrition in the gluten-free diet found celiac disease patients lacking, with one study concluding vitamin and mineral deficiencies are common and another that patients' focus on avoiding gluten interferes with their attention to overall healthy eating.

Researchers from the Netherlands found people with celiac disease on an established gluten-free diet continue to lack sufficient iron, zinc, and vitamins D and B6. Newly diagnosed patients also lack folic acid and calcium and vitamin B12. Investigators' observations were based on a review of studies of celiac disease and nutrient deficiencies done around the world since 1960.

Osteoporosis, anemia and neurological symptoms can be indications of impaired nutritional status, the study, published in the journal *Nutrients*, found. In children, delayed growth highlights the impact the of vitamin and mineral deficiencies.

Meanwhile, researchers in Italy who surveyed people with celiac disease and people with inflammatory bowel disease (IBD) about their nutritional knowledge found that celiac disease patients were less aware of overall nutrition recommendations and tended to focus their diet mainly on avoiding gluten. IBD patients tended to follow a healthier diet, probably because they believe diet plays a major role in regulation of inflammation and consequent symptoms, according to the study, also published in *Nutrients*.

"Nutrient deficiencies can be an important contributor to some of the extra-intestinal clinical manifestations of celiac disease, such as anemia, premature bone loss, and neurological symptoms and failure to thrive," said Salvo Alesci, Beyond Celiac chief scientist and strategy officer. "Yet, they remain poorly understood and researched."

The two new studies highlight the limitations and challenges of the gluten-free diet as the only available option for celiac disease patients, Alesci said. They demonstrate that the diet may not only fail to resolve some of the nutrition deficiencies in celiac disease, but may inadvertently worsen the situation by becoming more of a focus for patient than healthy eating, he added. "These findings also point to the need for physicians, dietitians and healthcare providers to better educate celiac disease patients about nutrient deficiency and its consequences once the diagnosis is made," Alesci noted.



# Two New Studies Point to Nutritional Deficiencies in CD

*Continued...*

## **Lack of nutrients**

Nutritional challenges in celiac disease have long been recognized, but the Dutch study that reviewed previous research found that the causes of nutrient impairment are poorly understood. About 70 percent of the studies in the review were conducted in Europe, but 13 percent were done in North America. Others were done in India, Israel, Australia and South America.

“Despite their clinical significance, consensus is lacking on the pattern and frequency of nutrient deficiencies in celiac disease, the usefulness of their assessment at the time of diagnosis and during follow-up,” the study says.

For example, iron deficiency in newly diagnosed patients was described in six to 82 percent of adult patients and in 12 to 82 percent of children.

The authors call for research that explores differences between adults and children and between untreated and, “more importantly,” treated celiac disease. More long-term investigation of the prevalence of certain nutrient deficiencies, their resulting health complications and the potential role of nutrient supplements is needed, wrote the authors, all of whom are from Maastricht University Medical Centre.

Currently, evidence is inconclusive regarding whether nutrient supplements help with healing of the intestine, correction of vitamin and mineral deficiency or recovery from other conditions, they note. Future studies could provide evidence of the time it takes for celiac disease patients to recover from nutritional deficiencies and which factors influence the process.

“This may shed light on the questions of whether we should strive to achieve a more rapid recovery of nutrient levels in celiac disease patients after diagnosis,” the authors wrote, noting that studies could also clarify whether diet alone is enough or if supplements are needed.

People following the gluten-free diet who do not have celiac disease could serve as valuable controls in future studies seeking to determine the cause of nutritional deficiencies, that is whether it is diet or disease.

### Related: Following a healthy gluten-free diet

The study says nutrient deficiencies in newly diagnosed celiac disease patients may result from the loss of the absorbing lining of the intestine. Improvement in the intestine occurs gradually and recovery of nutrient levels after diagnosis takes time. Vitamin B12, folic acid, calcium and magnesium appear to generally improve in celiac disease patients on a gluten-free diet.

The gluten-free diet appears to reduce the prevalence and severity of iron deficiency anemia, but iron deficiency was still found in 14 to 41 percent of adult celiac patients. “A considerable group of micronutrient imbalances improve yet remain a prevalent problem on a gluten-free diet, iron deficiency being a chief example,” the study says.

Even patients on a gluten-free diet who have biopsy-proven

remission, may still lack in vitamins and minerals because they are not consuming a sufficient amount. And some nutritional deficiencies, for example Vitamin B6, may become even more prominent on the gluten-free diet, according to the study.

“The goal of [future studies] should be to relieve symptoms, recover the intestinal mucosa and reverse the consequences of celiac disease related malabsorption while enabling patients to secure a nutritionally adequate gluten-free diet,” the study says.

## **Lack of nutritional know how**

Investigators from the University of Padua recruited about 100 patients each with asymptomatic celiac disease or IBD in remission from the University of Padua outpatient clinic, along with 65 healthy controls. All study participants filled out a questionnaire to measure their nutritional knowledge.

Celiac disease patients were less able to choose healthy food compared to both IBD patients and controls. Additionally, they were less aware of nutritional recommendations compared to healthy controls and less able to identify source of nutrients compared to IBD patients.

Treatment of celiac disease is focused on avoiding gluten food, with less emphasis given to the nutritional quality of the diet, the study says. When patients are diagnosed, doctors should focus not only on what foods to avoid, but also on a balanced diet, study authors wrote. They noted that their results support the Dutch researchers’ conclusion that dietitians should focus on a balanced diet for celiac disease patients and not only on eliminating gluten.

While IBD patients view diet as a crucial component in disease management, more than half have reported not receiving any information about diet, an earlier study had found. Despite that lack of information, the IBD patients in the Padua study tended to have better dietary knowledge compared to those with celiac disease.

The study is thought to be the first to evaluate nutritional knowledge using a validated questionnaire in a large group of celiac disease patients and comparing the results to those from patients with another immune-mediated disease involving the gastrointestinal tract, the authors wrote. A limitation of the study based on surveys might be that nutrient levels were not measured through blood samples, something that would give researchers a real idea of how nutritional deficiencies correlated to nutritional knowledge.

You can read more about these studies [here](#):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7071237/>

and

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7230195/>

# Enzymes that Break Down Gluten

*Submitted by Val Vaartnou*

There are several different types of enzymes that are being researched to determine their effectiveness and safety in breaking down gluten. The enzymes do not replace the gluten-free diet but would be used in conjunction with a gluten-free diet. The following are enzymes that have been studied:

1. AN-PEP – these enzymes are derived from *aspergillus niger* fungus. GliadinX is currently on the market and can only be used as an adjunct to the gluten-free diet, not a replacement.
2. Kiwi contains actinidin, which aids in breaking down gluten. Kiwi is rich in dietary fibre, vitamin C and therefore might help to reduce inflammation. It has not been confirmed that actinidin can break down gluten in the gut.
3. Papaya contains an enzyme called caricain. The product, GluteGuard, contains caricain. Two studies found that this product helped celiac disease patients, symptoms and some reduced skin impacts of dermatitis herpetiformis, however it is only a hedge against occasional gluten exposure and cannot replace a gluten-free diet.
4. Carnivorous plant enzymes – University of Calgary researcher David Schriemer envisions a concentrated protein extract from the pitcher plant. Obtaining the enzyme from the plants was difficult, although it did break down gluten. This study was reported in 2016 and no further studies have occurred.
5. Latiglutenase – in a study published October 2019 including the Mayo Clinic and Columbia University and sponsored by Alvine Pharmaceuticals, latiglutenase, when taken at mealtime reduced gluten-induced symptoms and improved quality of life. Again, it does not replace the gluten-free diet.
6. Enzymes from oral bacteria - *Rothia* bacteria found in human saliva can break down gluten compounds. *Rothia* is like a food-grade *Bacillus* enzyme, *B. subtilis*, “and has been consumed in a product called natto, a fermented Japanese soy-bean dish.” A 2016 study reviewed this gluten degrading enzyme noting further clinical applications should be explored.
7. TAK-062, an orally administered synthetic enzyme that survives the acidity of the stomach and digests gluten effectively, has passed its phase 1 clinical drug trial, indicating it is safe to use in celiac patients. It is being developed by Takeda Pharmaceutical Co. and Dr. Danielle Leffler is the lead medical advisor for the trial. The prototype for the drug was developed by a team of undergraduate students at the University of Washington and won an engineering competition. It was called Kuma-062 at that time.

Healthy volunteers were given varying doses of the drug or a placebo while consuming one to six grams of gluten. Researchers mixed ingredients containing fat,

carbohydrates and protein in a bread crumb smoothie to simulate what would be in a normal meal, Leffler said. The drug successfully breaks down at least 95 percent of gluten while passing through the stomach. It is hoped that this drug could treat celiac patients who continue to have poor outcomes despite their best efforts to avoid gluten.

A larger Phase 2 trial is planned for the spring of 2021.

8. Larazotide acetate is being studied by 9 Meters Biopharma in a Phase 3 clinical trial. This drug is also being looked at for its effectiveness in treating lung disease and potentially helping in the fight against COVID 19.

“This patent along with the vast pre-clinical and clinical data that has characterized larazotide, highlight the importance of normalizing leaky tight junctions in disparate disease states,” John Temperato, president and CEO of 9 Meters, said in a press release. “Given the potential clinical impact that may result from normalizing tight junctions in disorders beyond larazotide’s main target of celiac disease, we are allowing the exploration of the compound’s broader potential utility in certain cases.”

In celiac disease it is designed to tighten junctions in the intestinal wall cells and therefore reduce leaky gut.

You can monitor the status of these and other clinical trials at <https://www.beyondceliac.org/research/drugdevelopment/drug-development-pipeline>.

This site provides the name of the drug, the company completing the trials, and what phase of development it is currently at. It also identifies the therapeutic approach being tested in each of the studies.

## References:

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<https://www.beyondceliac.org/research-news/drugs-break-down-gluten>



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# What I Wish People Knew About Celiac Disease

<https://twitter.com/Alysa/status/1265665085617438723>,  
Alysa Bajenaru, RD, blog post - reprinted with permission

## It's real.

Celiac disease is not a fad, it's not a diet, it's an autoimmune disease.

## It's not an upset tummy disease.

While some of us have gastrointestinal symptoms, celiac disease affects the entire body. There are over 200 known [celiac disease symptoms](#), ranging from joint pain to neuropathy to infertility.

## No, I can't have just a little gluten.

It's hidden in a lot of things and a tiny bit can make me sick for weeks.

## I'm sorry but I can't eat the "gluten-free" cookies you made me.

But I would be happy to teach you how to make your kitchen more safe for me if we're going to be hanging out a lot.

## Bringing my own food keeps me safe.

It has nothing to do with being picky or snobby. Believe me, I wish I could just eat whatever I want.

## Eating out is hard for me, but I still want to be invited.

I want to be part of the group! If you truly want to make

sure I can participate in the meal, I can teach you some questions to ask before deciding on a restaurant. But please don't exclude me because of my gluten-free diet.

## Gluten-Free ≠ Vegan

I'm not sure where this misconception stems from, but gluten-free means avoiding wheat, barley, rye, and contaminated oats. Vegan means avoiding all animal products. Just because something is vegan doesn't mean it's safe for me.

## Celiac disease doesn't have a cure, and there is no medicine I can take to treat it.

My only treatment is to eat gluten-free for the rest of my life.

## I'm not trying to be difficult.

Speaking up for myself, reading labels, asking questions...honestly, it's all exhausting and sometimes even embarrassing. I'm doing what I need to do to stay healthy, not to be a pain or to seek attention.

## Just because I can't eat gluten doesn't mean my diet is boring.

There is [so much delicious food I can eat](#). Fruits, vegetables, potatoes, rice, meat, beans, gluten-free grains, ice cream, wine, cheese...don't feel sorry for me!

## Unmet Patient Needs

Marilyn Geller, CEO of Celiac Disease Foundation, presentation to the National Institute of Health



Marilyn Geller, CEO of the Celiac Disease Foundation in the United States, gave a presentation to the National Institute of Health to support increased funding for Celiac Disease research. Many feel that the gluten-free diet is adequate as a treatment for celiacs but current surveys of those with the disease and research is saying that the

treatment is not adequate. As a result, many suffer on-going symptoms.

A recent study showed a statistically significant increased risk of mortality for those with celiac disease, even for those strictly adhering to a gluten-free diet. Unfortunately, gluten is everywhere and it only takes 50 mg of gluten ingested to cause damage to the small intestine.

Depending on the study 30% - 50% of celiacs adhering to a gluten-free diet continue to have symptoms and small intestinal damage. Funding for research into Celiac Disease is required. When the Celiac Disease Foundation put out a request for stories regarding celiac disease, they

received over 800 stories of delayed diagnosis and treatment horror stories that in some cases resulted in death. Marilyn herself has seen the issues of poor diagnosis and medical advice. It took 15 years for Marilyn's son to be diagnosed and the medical community provided misinformation upon diagnosis. Her son was told that in a matter of weeks, he could enjoy beer and pizza on the weekends.

iCure Celiac is a database developed by the Celiac Disease Foundation that tracks patient data regarding diagnosis and treatment of celiac disease. Patients in the database, all wanted treatment other the gluten-free diet. ¼ of patients had low symptom burden on the gluten-free diet, yet over 1/3 had high symptom burden even though they adhered to the gluten-free diet. 97% said they always or often followed a strict gluten-free diet. Despite the high percentage of patients adhering to the diet, they continue to suffer. Their disease caused them to miss significant work or school because of their celiac disease symptoms.

Adhering to a gluten-free diet does not guarantee the patient will be healthy. It is not a cure. Better treatment options are required to improve quality of life and lost productivity at work and in school because of celiac disease. Additional research is required to improve treatments and quality of life of those patients with celiac disease.



# Featured GF Business: Two Brothers Gluten Free

Interview with Stephanie Clarke, Owner Two Brothers Gluten Free by Julie Clement, CCA BC Director

## two brothers



Board member Julie Clement recently had a socially-distanced conversation with Stephanie Clarke, the founder of Two Brothers Gluten Free.

Two Brothers Gluten Free was born out of the desire to create mouth-watering, made-from scratch gluten free baked goods when founder and owner Stephanie Clarke's son was diagnosed with celiac disease at a young age. Influenced by the tradition of baking by her mother and grandmother, Stephanie quickly discovered the lack of exceptional baked goods that were available for her son and family to enjoy.

"I needed to reinvent my baking," says Stephanie and that prompted her to start Two Brothers in 2019.

"My love for baking began at a young age in the kitchen with my mother and grandmother. When my son was diagnosed with celiac disease, I quickly realized that baking delicious treats for my family was much more challenging and it was difficult to find baked goods that weren't made with high amounts of sugar and artificial ingredients."

Stephanie is a self-taught baker. Her background is in the non-profit sector where she was a Program Manager for an organization that delivered prevention education strategies on the issue of human trafficking of children and youth in BC.

"The diverse nature of my work experience has been an asset in starting my own business," says Clarke. "One of the elements I love the most is interacting with the community and meeting my clients."

Julie asked Stephanie if there was anything that prompted her to start her business when she did.

"On a vacation in Hawaii with my family, I found a local woman who baked the most amazing gluten free baked goods and delivered them to our hotel in Maui. Her products were absolutely delicious and I ordered her treats a few times for my family so that we could enjoy fresh baked goods. Even the non-celiac members of my family loved her baking. It was that moment that inspired me to know that gluten free baked goods could be delicious.

Upon returning home from our holiday, I continued to

perfect my gluten free baking and eventually I started an Instagram page to share my baking journey.

Throughout 2019 I began to take the many steps in starting my own small business. It began with setting up my own gluten free kitchen and obtaining approval from the health authority, creating a brand and website, and continuing to perfect my gluten free recipes."

Stephanie told Julie that all their baked goods are made from scratch in small batches in a dedicated gluten free kitchen located in Port Moody, BC. "Our products are currently sold at the Coquitlam Farmers market and will be sold at the Port Moody Winter market this coming fall/winter. Two Brothers Gluten Free also delivers custom orders within Port Moody, Coquitlam and Port Coquitlam.

I look forward to meeting our customers at the market and hearing their fantastic comments about our products. Our morning glory and pumpkin muffins have been extremely popular, but we also sell cookies, donuts, salted caramel brownies, cinnamon buns, cupcakes, and loaves. I look forward to continuing to expand our menu to include baked goods like cakes, pies and other pastries."

Two Brothers Gluten Free products are unique in that everything is made from scratch, including the salted caramel sauce. Stephanie doesn't use any artificial flavours or anything that comes out of a bucket.

Stephanie is facing the wonderful "problem" of trying to keep up with demand for her gluten free baking.

"By my second and third farmers market, I noticed that I have a loyal following of customers who come to the market bright and early just to buy my baked goods! My custom orders have also grown and as I develop my client base I am producing more and selling out. The challenge will be scaling my business to meet the demand. This will mean more help with production and could eventually mean moving to a larger dedicated gluten free kitchen space.

My goal is to continue to provide delicious gluten free baked goods to my customers. I truly enjoy interacting with people at the farmers markets, and I hope to grow and expand my farmers market presence in the future. I would love to see our products in our local coffee shops. The idea of opening a local store front one day is something I would love to work towards."

Julie asked Stephanie if Two Brothers Gluten Free has faced any particular challenges.

"Opening a new business in 2020 during a global pandemic has not been the easiest. Initially I was faced with ingredient shortages, such as gluten free flour. I quickly realized that people were still looking for gluten free baked goods, and I was able to offer a solution with my delivery service.

It has taken over a year to set up my business and get into the market. Looking back, I think about all of the challenges along the way and it's rewarding to see my idea as a reality; but most of all, it's wonderful to see our customers enjoy our product."



# Featured GF Business: Two Brothers Gluten Free

Continued...



Stephanie has some advice to offer parents of a child newly diagnosed with celiac. "I remember feeling overwhelmed at the thought of what meals and snacks to prepare when my son was newly diagnosed with celiac disease.

I immediately went to a specialty food store and bought a whole bunch

of gluten free flour and processed snack foods. At the time I thought this was the only option to move seamlessly into this new reality.

Looking back, I would have told myself to go back to basics. Keep meals simple with protein, fruits, vegetables and dairy. Slowly start to introduce new gluten free products such as gluten free crackers or granola bars as it can be overwhelming at first.

It has been over three years since my son was diagnosed and I have met so many people on a gluten free diet.

Everyone has been supportive and sharing information is key."

Two Brothers Gluten Free is inspired by Stephanie's two sons, Evan and Aiden. Stephanie lives in Port Moody with her husband Scott and two boys. To find Two Brothers visit [www.twobrothersglutenfree.com](http://www.twobrothersglutenfree.com) or follow their Instagram page @twobrothersglutenfree



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# Messages From Your Leaders

Due to COVID 19 and the provincial health guidelines that change from time to time, confirm with the contact person whether any meeting is taking place.

## Support Groups

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

**Powell River Drop-In** – Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca for location and time.

**Richmond Drop-In** – Second Monday of each month at 6:30 pm. Contact: Val at val\_vaartnou@telus.net or 604-271-8828.

**South Surrey Drop-In** – Meetings are the 3rd Tuesday of each month, starting at 6:30 pm. Contact Pushpa Kapadia at pushpakapadia@gmail.com or phone her at 604-721-0098.

## Victoria - Living Gluten Free in Victoria

Volunteers with the Canadian Celiac Association in Victoria present free workshops for those newly diagnosed with Celiac Disease or Gluten Intolerance. Workshops are offered on the 4th Saturday morning of alternate months. The sessions run from 10:00 to 12:00 noon. Those scheduled for 2020:

September 26                      November 28

Pre- registration by the preceding Monday. Contact Rilla Murchison for registration and meeting details at glutenfree278@gmail.com .

## 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:** 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.

If you are interested in a brunch meeting, please contact Eugenia. Depending on interest she will set up a time and location.

**Vancouver:** Val Vaartnou will meet with anyone newly diagnosed or who needs assistance with the gluten-free diet. Contact Val at 604-271-8828 or email at val\_vaartnou@telus.net

**Help Line:** If you have any questions, you can also phone our helpline 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.

## Fighting Inflammation

Source: <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation?>

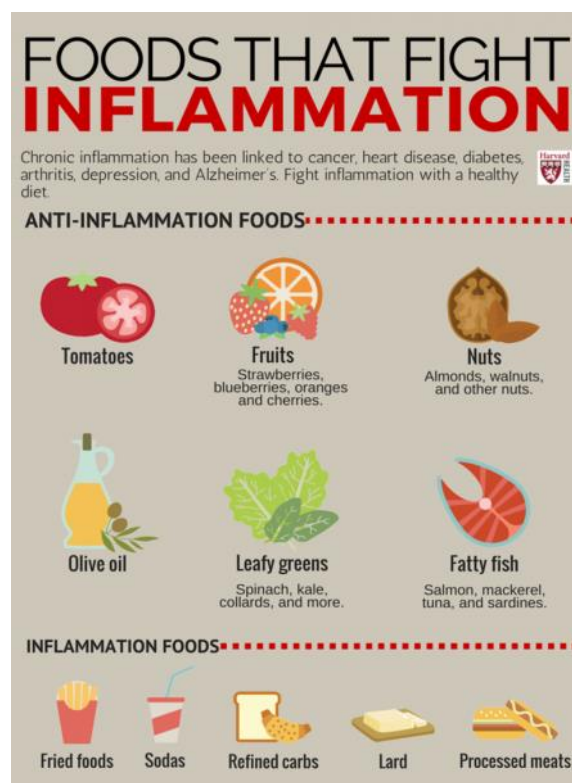
Celiac Disease causes damage by flattening the villi of the small intestine.

Due to increased levels of zonulin the space between cells may stay open further and longer and allow molecules that normally would not pass into the bloodstream to do so.

These “foreign bodies” are viewed as intruders and your body attacks them.

In the process, inflammation of surrounding tissue occurs. One of the best medicines for inflammation is your diet.

The following infographic from Harvard Medical indicates the foods that are anti-inflammatory and those that increase the inflammatory response. Let food be thy medicine!







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