

January 09 Eugene GIG Bulletin

The awareness of celiac disease and gluten intolerance is slowly increasing, but it is still one of the most commonly missed or misdiagnosed conditions. There are more than 250 symptoms associated with gluten intolerance. Rachel Gross, N.D. will be discussing some of the extra-intestinal conditions associated with gluten intolerance at our next meeting, Thursday, January 8th from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene, OR.

There is still time to sign up for our Social at McGrath's Fish House on Jan.19th at 6pm. They have a gluten free menu. Please call or email Diane if you plan to attend.

I've recently tried two tasty snack crisps that you might enjoy. I bought them at Market of Choice. RiceWorks rice crisps are made with whole grain brown rice and come in six flavors. I've also seen them at Costco, although I don't know if they always carry them. Check out <http://www.glutenfreesnacksforme.com/> to find out more about Riceworks Crisps.

Another tempting snack is Mr. Krispers Baked Rice Krisps. They have now been certified by the Gluten Free Certification Organization. Be sure to check the package for the Certified GF label since they still have bags on the shelves that are not certified. They are made with brown rice flour and come in several flavors. My favorite is sour cream and onion. Since they are baked, they are lower in fat than many chips.

Carole Fenster has donated a number of her cookbooks to our group so we wanted to let you know she has written a new one, "1,000 Gluten-Free Recipes". Susan Wong from the North Texas GIG group recently reported in their newsletter that she had tried several recipes including Chicken-Chile Relleno Casserole which was like a crustless quiche and the basic muffin recipe to which she added pecans. She said both were delicious and she highly recommended this book.

The National Institutes of Health (NIH) recently launched a campaign to heighten awareness of celiac disease among health care professionals and the public. "The Awareness Campaign provides current, comprehensive, science-based information about the symptoms, diagnosis, and treatment of celiac disease, also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy." Their website is <http://celiac.nih.gov/Default.aspx>.

Want to help support GIG North America? GoodSearch is a search engine that donates 50% of its revenue to the charities designated by its users. You use GoodSearch as you would any other search engine. It's powered by Yahoo so you get proven search results. You do not spend a dime! Simply put in Gluten Intolerance Group of North America as your designated charity and it raises money for GIG. Go to <http://www.goodsearch.com/> to sign up.

Dr. Welker, who recently spoke to our group, is holding several talks. They aren't related to celiac per se, but may be of interest to you:

- Tues. Jan. 6th at 6pm - Got Hormones-are hormones safe? What are bio-identical hormones?
- Jan. 12, Mon 6pm - How to gain balance in a burnout world (with Catharine Ban Wetter)
- Jan 13, Tue 6 pm - Why Can't I lose weight? What to do to lose it and keep it off.
- Jan 20th, Tues 6pm - Why am I so Tired?! What causes fatigue and how to fix it.

RSVP requested/space limited. Contact person: Kelsey, 542-762-1155. Address: 1200 Executive Parkway, #360 in Eugene. No Charge.

One of our members, Cheryl Chapman, passed along this recipe and said it was very good.

Banana Buckwheat Breakfast Cake

1 1/2 cups buckwheat flour
2 T. arrowroot
1 t. baking soda
1 t. cream of tartar
1/2 t. salt
1 1/3-1 1/2 cups mashed bananas
1/3 cup walnut oil (or olive oil)
1/2 cup maple syrup

Preheat the oven to 350. Oil an 8x8" baking pan. In a large mixing bowl, whisk together the flour, arrowroot, baking soda, cream of tartar, salt. In another bowl, combine the bananas, oil and maple syrup. Pour into the flour mixture and mix just until combined. Pour into the pan and bake for 20-22 minutes, or until the top is brown and a cake tester inserted in the center comes out clean. Cool in the pan on a rack. Serve warm or at room temperature.

With all the cold and rainy weather we've been having, including the following recipe seemed appropriate. It's very tasty.

Hearty Winter Casserole

1 large onion	1 tsp dried thyme leaves, crushed
3 small carrots, thinly sliced	1/4 tsp pepper
3 cloves garlic, minced	1 1/2 pounds chicken breasts/thighs or pork loin chops, cut in half
3 cans (15 oz) great northern white beans w/ liquid (I've also used black beans)	1 pound smoked GF garlic sausage links, cut into 2 inch pieces
3 tsp GF chicken bouillon granules.	Optional: chopped cabbage
1 tbsp tomato paste	
1 medium bay leaf	

If you have trouble digesting beans, I've found draining the bean liquid and rinsing them sometimes helps. In this recipe, I drained the beans and used chicken broth in place of bouillon and bean liquid.

- Layer in a slow cooker in the following order: onion, carrots, (cabbage if used), garlic, beans with liquid, bouillon granules, tomato paste, bay leaf, thyme, pepper, chicken or pork, sausage and bacon. DO NOT STIR!
- Cover and cook on high for 3 1/2 to 4 hours or on low for 7-8 hours or until vegetables and meat are tender. Remove bay leaf. Serves 6.

If you would like to share your favorite recipe with the group, please send it to egl656@gmail.com. Cooking gluten free can sometimes be a challenge so it's nice to have a recipe that's been tested and enjoyed by another member.

I'd occasionally like to include some human interest stories in our bulletin. If you'd like to share a short story about your journey to a diagnosis of gluten intolerance/ceeliac disease, send it to the above email address. We will include your name or you can remain anonymous if you prefer.

Upcoming Speakers:

- Feb 12th Wendy Coen, RN Will speak on Celiac disease
- March 12th Ken Welker, MD Private practice, Oregon Optimal Health, in Eugene. He has Fellowship training in Functional Medicine, Anti-Aging and Restorative Medicine. Their emphasis is treating the causes of disease, not just the symptoms.
- April 9th Patricia Kortekaas Physical Therapist humans and animals. Knowledgeable about gluten intolerance.

For more information contact Diane at 343-0459 or dianecon@comcast.net