

February Meeting

Our next meeting will be Tuesday, February 22, 2010@ 6:00PM at my house – 5108 W Malibu Ct, McHenry, IL. If interested, do we want to order Nick's for ½ price take-out Tuesday? Let me know when you RSVP!

Please RSVP if you will be attending – 815.363.1523 or email me! If you have RSVP'd on Facebook then you don't need to RSVP again.

Wheat Allergy Alert

EGG, SOY & WHEAT ALLERGY ALERT February 5, 2010

Cousins Products, LLC is recalling 16-oz. jars of "Spinach Vinaigrette" due to undeclared egg, soy, and wheat.

The product was distributed through retail establishments in Louisiana and Mississippi and through internet sales to Florida, Illinois, Texas, and Virginia from June 2009 until present.

Consumers who have questions may call (985) 871-8797, Tuesday-Thursday, 10:00 a.m. to 2:00 p.m., for information and return instructions.

Katz Gluten-Free - Review

Katz Gluten Free Bake Shoppe, www.katzglutenfree.com, was established in early 2006 by Fradel Katz. Mrs Katz is the mother of 2 children with Celiac Disease, with not much more than a home model kitchen mixer, some thoroughly tested recipes, and an unyielding quest for perfection. As word of our famously delicious confections rapidly spread, so did our base of operations.

Katz Gluten Free operates out of a state-of-the-art facility, which has been Certified Gluten-Free by the Gluten Intolerance Group® (www.gluten.net). Their facility is completely nut-free and dairy-free and all of their products are certified Kosher, and are under the stringent supervision of the OU and Rabbi Y. Gruber.

Katz sent us challah bread & rolls, rugelach, and cookies. The challah bread & large challah rolls were really good! I felt they both had a really good texture and were soft for a gluten-free breads – they didn't crumble and break in my hand. They had a good taste and didn't have that "gluten-free" taste most breads leave in my mouth. You could get away without toasting the bread for sandwiches, but I the sandwich bread seemed more crumbly than the rolls so it might fare better if lightly toasted. Still, the bread had very minimal crumbling and the rolls did not crumble at all. I highly recommend the challah rolls.

I have never had rugelach before so I do not know what a glutenated version is supposed to taste/feel like. I did feel these were very hard and crumbly. The taste was good (we had both the chocolate and cinnamon versions) but I couldn't get paste how hard they were and how much they broke apart. Maybe they should be dunked, but I really don't know how much that would help.

The chocolate cookies they sent were better than I expected them to be. They are on the small side, but are pretty thick and have a good flavor and texture. These could be addicting!

Katz also makes many other products – all gluten-free. Check out their website at www.katzglutenfree.com for the full selection of products. (I notice they have white, whole grain, and challah bread loaves. We got samples of the sliced challah bread and that is what is reviewed here.) Shipping is not free and is a little pricey as they ship everything 2nd day, but I feel it is worth it so I placed my first order already. Can't wait to get my challah rolls! Sloppy joe's are in my near future...

Katz did ask me for phone numbers of places we buy our GF food to try to get them to sell their products, so I gave them the list from this newsletter. If you would like them to try to call any other places please let me know and I can email them with the information.

Researching “Mind-Body” to Treat Celiac Disease

As you know, treating celiac disease with a gluten-free diet can be quite a challenge, as even just the smallest exposure to gluten can cause damage to the small intestine and make us celiac quite sick.

With this in mind, Dr. Ali Keshavarzian, vice chairman of medicine and gastroenterologist at Rush University Medical Center, has been looking into the effectiveness of mind/body techniques in the treatment of celiac disease.

Celiac patients who are enrolled into the celiac disease and mind/body study at Rush will be randomly assigned to two course assignments for a period of eight weeks. If you'd like to find out more information about the study or to enroll, you can contact Dr. Sunana Sohi at 312-942-1551 or Sunana_Sohi@rush.edu.

Some Places to Shop

Always Healthy, Lake Zurich, IL

Friends Country Market, Harvard, IL

Here's Health, Barrington, IL

Jewel Foods

Joseph Caputo's, Algonquin - they have about a quarter of an aisle (and it's labeled!) devoted to gluten free stuff

Market Day - has a Gluten Free list under the Quick Menu tab. Also lists other allergens.

Meijers

Natures Cornucopia, McHenry, IL

Trader Joe's

Wal-Mart

Whole Foods

Woodman's

Have a store, website, product, any GF information you want to share? Just email me or

Celiac Vaccine Trial Underway in Australia

Peptides responsible for the immune response to gluten were isolated and a vaccine has been composed. Phase one of the vaccine trial began in April 2009 on 40 participants. Phase one intends to indentify the safety of the vaccine. Assuming the vaccine is deemed safe, the next phase will involve treating Celiac sufferers and testing their response to gluten when ingested. If trials are successful, the vaccine could be available within the next 5-10 years [1].

I found this article from April, 2009 on NFCA's website about the trial:
http://www.celiaccentral.org/News/Celiac-in-the-News/161/vobld_1538/pm_83/

Esteemed researcher and NFCA Scientific/Medical Advisory Board member, Dr. Bob Anderson is leading a groundbreaking celiac treatment trial, and will speak at DC Area Gluten-Free Cooking Spree.

This month in Melbourne, Australia, clinician scientist at the Walter And Eliza Hall Institute of Medical Research (WEHI), Dr. Bob Anderson, will begin the Phase 1 clinical trial of an experimental vaccine for the treatment of celiac disease. If this scientific team is successful, it could mean that a strict gluten-free diet for celiacs is a thing of the past.

The early trial will test the drugs safety on 40 volunteers that have celiac disease. If the Phase 1 trial is successful this year, Phase 2 will determine the clinical effectiveness of this vaccine. A company, Nexpep, has been created to lead in the development of the vaccine.

"The vaccine itself is intended to gradually desensitize the coeliac sufferer, so that gluten is tolerated. Consequently, the villi in the small intestine should revive and absorb nutrients in the normal way. Ideally, that would mean the end of gluten-free diets for people with coeliac disease." says Anderson.

Dr. Anderson joined the NFCA in 2008 as a member of its prestigious Scientific/Medical Advisory Board, and will be stateside to join NFCA as a distinguished guest and event honoree at the 2009 Washington DC Area Gluten-Free Cooking Spree on May 1st.

Dr. Bob Anderson is a recognized international leader in the immunology and clinical management of celiac disease. Dr. Anderson holds a doctorate and specialist physician qualifications in internal medicine and gastroenterology.

Published in 2000 (Nature Medicine 6, 337-342), his work at Oxford University revealed that the toxic components of gluten could be simply studied in patients with celiac disease using their blood shortly after they consumed gluten. After returning to the Walter and Eliza Hall Institute in Melbourne, where he is now a Laboratory Head in the Autoimmunity and Transplantation Division, Dr. Anderson established high throughput screening to map out the entire T-cell response to gluten in patients with celiac disease.

Dr. Anderson is the inventor of four patents that describe the toxic components of gluten and their therapeutic, diagnostic and functional food applications. Dr. Anderson is a founder of Nexpep Ltd (est. 2005).

[1]. Hall, Joanna. *A Cure for Coeliac Disease, Hope for Millions of Sufferers*. The Sunday Telegraph. [News.com.au](http://www.news.com.au). February 7, 2010.