

## November Meeting

I will host the November meeting on Thursday, November 19<sup>th</sup> @ 6PM at my home. Please RSVP to me via email or phone or on the [Facebook website](#).

### Quickies

- 1-2-3 Gluten Free sent me a couple of their mixes so I will whip those up for the meeting. They also have a discount running for support group members, please see page 3 for the email they sent me.
- I've got a couple leads on free community rooms that are available for groups. So I will make some phone calls and see what is available for us. If we get enough people coming I might try to see if we can hold the November meeting in one of those rooms. So, location may change but it will still be in McHenry. If it does change I will obviously let you know!
- I am also talking with the Chef, Joe, who can teach gluten-free cooking classes. I'm thinking January for a cooking class since the Holidays are upon us and things are getting so hectic already. I will let you know more specifics as soon as we get everything figured out.
- Erin went to Barrington Gourmet, 232 E Main St., Barrington, IL and here is her review:  
*"Had gluten-free pizza. They make their own crust from scratch and use separate pans etc for it. The BBQ chicken pizza was pretty darn good. Their sauce is homemade and they have GF pulled pork and ribs. They carry Redbridge and Woodchuck Cider. They brag about their gluten-free brownie...I thought it was so, so."*

## Nick's Pizza in Crystal Lake

Wow! We had quite the turn-out for our 2<sup>nd</sup> meeting!! From my count we had 30 attend. Thank you everyone who came and made this such a wonderful night. We did have 2 of the teens get ill for a couple days afterwards though. There was so much gluten flying around who knows where it came from. But, I do hope everyone enjoyed themselves and enjoyed meeting others in the area with Celiac.

I also really appreciate family members who came to support their loved ones! That was really awesome to see. I know sometimes we don't find the support we need with family and friends and it was so nice to see everyone supporting each other.

Overall, I felt the pizza was really, really good and I will certainly be going back to Nick's! Especially for ½ price night! For those that didn't attend, Nick's has ½ price dine-in pizza on Monday night and ½ price take-out pizza on Tuesday nights. And yes, gluten-free pizza is ½ price on those nights! They can even do your pizza half-baked so you can take it home and freeze it for a later date. So when you order one for dinner, order another one half-baked and freeze it for later!

## Miejer's Gluten-Free Event

Steve was very disappointed in the McHenry Meijer's gluten-free event. He said no one got there until 10:45 and then they only had popcorn as the gluten-free food. He said if you were newly diagnosed it would probably have been OK, but all-in-all it was a complete waste of time.

But not all hope is lost! It sounds like the Elgin Meijer's did much better than McHenry! I got this email from Lisa Petrik:

*"Not meaning to brag but the Elgin Meijer was AWESOME! There were 5 stations spread throughout the food section. First when you walked in, was a lady with Meijer brand coupons on their taco shells, and 9 other items. She was sampling Shaar chocolate hazelnut bars and Pamelas cookies. She displayed the Meijer popcorn in a box as well. Then by frozen food there were 2 stations that had a soy milk blueberry smoothy and something else and then the second station had a lentil soup and an awesome thai rice meal which were both great.*

*Then a 4th station was back by dairy and it had Yoplait yogurt and something else and station 5 was in middle of main isle "whole grain" rice which SHE even found barley in one of the flavors so I skipped that one - so I guess that wasn't so awesome. But overall, the fact that they had it so spread out and so many samples was so cool. And the lentil soup and thai food was something I would have never normally tried, and were so good."*

I'm glad the Elgin store did a better job. I just wish they would have done a better job planning, implementing and marketing this event – but at least they are trying!

## **WHEAT ALLERGY ALERT**

October 29, 2009

Pinnacle Foods Group LLC is recalling "ARMOUR Chili with Beans, Original" due to undeclared wheat.

The product was distributed to retail stores in Arkansas, Georgia, Illinois, Indiana, Maryland, Mississippi, Missouri, North Carolina, Ohio, Virginia, and West Virginia.

The 15-oz. cans come in a case of six with a plastic over-wrap that incorrectly states the product is "Gluten Free," while the product actually contains wheat. The label bears an "EST. 2AD" number inside the USDA mark of inspection with dates ranging from August 26, 2009 to October 28, 2009.

Consumers with questions may call (800) 253-5882.

## **Some Places to Shop**

Friends Country Market, Harvard, IL

Here's Health, Barrington, IL

Natures Cornucopia, McHenry, IL

Always Healthy, Lake Zurich, IL

Woodman's

Wal-Mart

Whole Foods

Trader Joe's

Jewel Foods

Meijers

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

*Have a store, website, product, any GF information you want to share? Just email me or call me with the information and I'll put it into our newsletter.*

## **File This Under "Ewww..."**

### **Worms linked to coeliac relief**

By Dina Rosendorff for News Online; Posted Thu Oct 22, 2009 1:23pm AEDT

#### **Parasitic hookworms: the key to treating coeliac disease? (US Centres for Disease Control and Prevention)**

There has been a global increase in the prevalence of allergies and auto-immune diseases, particularly in developed countries.

One theory is that such illnesses could be the unintended consequence of modern hygiene in preventing childhood infection.

Now a new Australian study has lent some credence to that hypothesis. Researchers at Brisbane's Princess Alexandra Hospital have shown for the first time that parasitic hookworms could hold the key to treating coeliac disease, which is caused by gluten intolerance.

The scientists recruited 20 participants for their human trial through the Coeliac Society.

They infected half of them with live human hookworms. The parasites burrowed into participants' skin and entered the bloodstream after being applied to the forearm.

They then travelled via the lungs to the gut where they happily colonised. For 21 weeks, the coeliac patients were fed white bread each day and were examined for a reaction.

The study's co-author, Dr James Daveson, says patients with the parasitic gut worm fared dramatically better to gluten exposure than those without. "They experienced less inflammation and less damage was seen in the intestinal wall," he said.

At the end of the trial, the volunteers were offered worm medication to rid themselves of the parasites, but all chose to keep their worms. The study will be presented at the Australian Gastroenterology Week conference in Sydney.

The researchers say further trials are needed, but they believe the findings could help in the treatment of other auto-immune diseases including Crohn's disease and multiple sclerosis.

Dr Daveson says people need parasites for optimum health. "Over the last two to three generations we've got cleaner and lived in more hygienic surrounds and we've effectively de-wormed ourselves," he said.

"But parasites have been in our bowels for millions of years and we think they probably should be.

"Without them, one arm of our immune system gets up-regulated too much - it becomes too strong - and by introducing these parasites, downplays that arm of the immune system and brings out the other arm back into equilibrium."

But Dr Daveson cautions against rushing out to try and catch hookworms. "The best treatment for coeliac disease remains a strict gluten-free diet," he said.

"We're commencing the next phase of this trial this month, but until further work is done and things are clearer, patients should remain on that diet."

## Offer from 1-2-3- Gluten Free for Support Groups

During the entire month of November, for any orders placed on our website ([www.123glutenfree.com](http://www.123glutenfree.com)) where the customer puts "CDF" or "Celiac Disease Foundation" in the Special Instructions section of the ordering page, we will donate 5% of sales of 1-2-3 Gluten Free premium baking mixes to CDF.

Additionally, to thank your members (and help our environment), each such order will receive a 1-2-3 Gluten Free reusable shopping bag (a \$3 value), while supplies last. We will also throw in a free package of one of our mixes\* for all orders over \$75. This is a great way for your members to support CDF while getting some great products for themselves.

Our award-winning products make generous portions (twice other brands) which make them less expensive per serving than many other options. Additionally, they taste great, are very versatile (there are over 80 recipes for the 14 products), certified gluten free by the GFCO and are produced in a dedicated gluten and allergen-free facility in the U.S.A. All 1-2-3 Gluten Free products are certified kosher pareve (CRC) and are GMO free. More information about our products is available on our website and in the attached brochure. (See Page 4)

This offer is only valid for orders placed on our official website -- [www.123glutenfree.com](http://www.123glutenfree.com).

\*The bonus package of our product will be selected by our shipper.

## Gluten-Free Stuffing Recipe

From [www.glutenfreegirl.com](http://www.glutenfreegirl.com)

2 loaves gluten-free bread, diced into one-inch cubes, toasted and cooled  
2 large ribs celery, medium diced  
1 large yellow onion, medium diced  
2 tablespoons good olive oil  
2 tablespoons garlic, finely chopped  
1 tablespoon fresh rosemary, finely chopped  
1 tablespoon fresh thyme, finely chopped  
1 tablespoon fresh sage, finely chopped  
1 cup GF chicken stock  
1 egg yolk  
1/2 teaspoon salt  
1/2 teaspoon pepper

Sautee the onion and celery in olive oil on medium-low heat until they are translucent. You will be able to smell the onions cooking at this point. (Take a deep whiff. That's a beautiful smell.) Add the garlic, as well as the rosemary, sage, and thyme. Stir these in and cook until you can smell the herbs, about one to two minutes. Remove from heat.

Bring the chicken stock to boil on high heat. Place the egg yolk in a medium-sized bowl and carefully ladle two to three ounces of the chicken stock to the egg yolk, slowly, while whisking the mixture. Add the rest of the chicken stock to the egg mixture at this point. (Ladling a small portion of the stock into the egg first, and blending it, will prevent you from having scrambled eggs.)

Add the cooled celery, onion, and herbs mixture into the stock and egg mixture. Toss the bread cubes into this mixture and stir it all around with your hands (or a spoon), to coat the bread. Add the salt and pepper and toss the bread again. Place all of this into a greased casserole dish (big enough to hold three quarts) and cover it with aluminum foil. Bake for twenty minutes at 425°, then remove the foil and bake for another ten minutes. Take a toothpick and stick it into the stuffing. If it comes out clean, the stuffing is done. If not, bake until the toothpick comes out clean.

Serves six to eight people, depending on their appetite for stuffing.

### Note about recipe:

I made this stuffing and it is really good! I did add more of the chicken stock as not all the bread got wet. I also don't like huge chunks of bread in my stuffing so I ended up smashing up the bread more. But this tasted so good and I couldn't tell I had used GF bread. (I just used up spare pieces I had in my freezer – enough to make a loaf and then used a loaf of Kinnikinnick Italian bread.) You can use any GF bread you want.



# Easy TO MAKE, CAN'T BEAT the taste!



- Made in our dedicated facility that is free of wheat, gluten, dairy, peanuts, tree nuts, egg, and soy
- All products are corn-free, except for our Biscuits and Corn Bread
- GMO free
- Made in the U.S.A.
- Great value with a large yield per box
- All natural ingredients
- Great tasting, full flavor and delicious
- Versatile mixes can be used in different recipes
- Selling proudly since 2004

[www.123glutenfree.com](http://www.123glutenfree.com)

