



EMAIL BULLETIN

# Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

online at [WWW.SouthernArizonaCeliacSupport.org](http://WWW.SouthernArizonaCeliacSupport.org)

DECEMBER 2011

DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

## General meeting January 14th at 10am Pima Community College



### Eating Gluten Free and Healthy

Few people realize it, but making poor food choices when eating gluten free can harm health in non-gluten-related ways. Many people are doing that, unknowingly making mistakes with their diet that lead to unwanted weight gain, diabetes, heart disease risk factors, new allergies, immune system problems, and more.

Beginning 2012 on a healthy note, nationally recognized gluten-free author Melissa Diane Smith will cover these issues when she speaks on "It's Gluten Free but Is It Healthy?" at SACS general meeting on Saturday, January 14<sup>th</sup>,

2012, at 10:00 a.m. She'll explain the most common mistakes people make with the gluten-free diet that lead to health problems and cover key food concepts that promote better health. The presentation, which will take place at Pima Community College, 4905 E. Broadway Blvd., will be immediately followed by book signings of Melissa's revolutionary book *Going Against the Grain* and her highly-rated follow-up book *Gluten Free Throughout the Year*. The event is free and open to the public with proceeds going to SACS

Melissa is a Tucson resident and long-time SACS member who has received national acclaim as a gluten-free diet expert – as the author of *Going Against the Grain* and *Gluten Free Throughout the Year* and as the writer of the very popular Go Gluten Free column in *Better Nutrition* magazine for the past four years. She is a holistic nutritionist with fifteen years of experience coaching and counseling clients around the country on how to use food as medicine, with special expertise in the gluten-free diet and how to personalize it for individuals with many different health conditions. She herself has been eating gluten free for almost 20 years.

If you're one of many who have gone gluten free and felt better at

first, but over time have gained weight or developed new health problems – or if you simply want to do everything you can to prevent new chronic illnesses from developing – don't miss our January 14<sup>th</sup> general meeting and this eye-opening presentation.



Happy  
Holidays  
From  
Southern Arizona  
Celiac Support

### Calendar

**No Roundtable Meeting or 4th Tuesday Dining Out in Dec.**

**Jan. 13**, 12pm, Lunch Bunch, location TBD, please check the SACS website for updates

**Jan. 14**, 10am, General Meeting, Pima Community College, 4905 E. Broadway Blvd.

**Jan. 24**, 6pm, 4th Tuesday Dining Out, location TBD, please check the SACS website for updates

**Jan. 25**, 1pm, Roundtable, Ward Six City Hall. 3202 E. 1st St