



Celiac Digest

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

online at WWW.SouthernArizonaCeliacSupport.org

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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.

What is Celiac Disease?

Celiac disease (CD) is a genetically linked autoimmune disorder that can affect both children and adults. In people with CD, eating certain types of grain-based products set off an immune response that causes damage to the small intestine. This interferes with the small intestine's ability to absorb nutrients found in food, leading to malnutrition and a variety of other complications. The offending amino acid sequences are called "gluten" and are found in wheat, barley rye, and to a lesser extent, oats.

Celiac Disease is Not:

- Simply a food allergy.
- An idiosyncratic reaction to food proteins.
- Typified by rapid histamine-type reactions such a bronchospasm, hives, etc.).

Symptoms:

There are nearly 300 symptoms of celiac disease and they vary so widely among people that there is no such thing as a "typical" celiac. The type and severity of symptoms seems to be related to the level of intestinal damage and the length of time nutrient absorption had been abnormal. Some people with celiac disease report having no symptoms at all.

Diagnosis:

A thorough physical examination, including blood test for gluten antibodies (EMA - anti-endomysial, TTG - anti-tissue transglutaminase, and DGP Deamidated Gliadin Peptide.) These are IgA based tests. Then a small bowel biopsy is recommended.

Treatment:

At this time, the only treatment for celiac disease is the life-long commitment to a strict gluten-free lifestyle. This means

avoiding any contact with the offending proteins found in wheat, barley, and rye, or their derivatives. Self-management is the key to living a gluten-free lifestyle.

Support:

Trying to self-manage, especially right after being diagnosed, can be overwhelming. The Southern Arizona Celiac Support Group can help by providing a variety of activities and support for persons with celiac disease, gluten intolerance and/or dermatitis herpetiformis. This support is also extended to their families and friends.

If you are not a member, please fill in the form on the last page of this newsletter.

strictly 
GLUTEN FREE
Living Life Healthy!

General Meeting to Feature Hana A. Feeney

By Kathe Kubish

Last Tuesday, July 22, I had the pleasure of meeting Hana A. Feeney, who will be our guest



speaker at SACS general meeting to be held October 4. Hana is the current president of the SACS Medical Advisory Board. Her specialties include autoimmunity, digestive health, hormonal balance, weight management, optimal aging, and eating disorders. She has degrees in Exercise Science and Nutritional Sciences, and has been a Registered Dietician for nearly 10 years. She is also the founder of Nourishing Results, an integrative nutrition consultant firm. (See NourishingResults.com)

Hana is a celiac, having been diagnosed in 2010 by biopsy – which she requested. Her primary symptom was osteopenia first noticed in her early 20's, which worsened after the birth of her daughter.

Blood tests were inconclusive, both for the cause of the osteopenia, and for gluten sensitivity. Fortunately, as the result of this self-diagnosis, she brings this additional dimension of expertise to her practice.

Hana's presentation to SACS in October will discuss current food trends, and explore the topic of optimal eating. Optimal eating goes beyond eating gluten-free; we need to know which specific nutrients will contribute to our well-being, and how to bring these into our diets. We each have unique nutritional needs, depending on our individual genes, health status and lifestyles. Getting optimal nutrition from one's diet directly affects our potential for good health.

Topics to be covered include:

a. Optimizing nutritional status to optimize health; the food we eat is key to optimizing the way the body functions.

b. Getting optimal nutrition from one's diet; are we eating lots of "junk food" (even though it is gluten-free)? What supplements may we need? What is portion control? How many meals should we eat per

day? Are we eating emotionally? These highly personalized topics are all part of the conversation about optimal eating.

c. Plugging up "nutrient drains" certain "dysfunctions", such as poor sleep habits, drowsiness after eating, and needing to eat every few hours can all indicate that the "good" nutrients we are getting are not being metabolized.

Hana notes that those who recognize gluten intolerance later in their lives may have years of recovery after going gluten-free to repair the damage and stresses to the gut. Other symptoms, such as lactose intolerance, bacterial infections, and imbalance in digestive enzymes may linger for years after gluten intolerance is identified and a gluten-free diet begun.

There will be time for questions after Hana's talk. She told me that this is her favorite part of any presentation, so come prepared with a question!

GENERAL MEETING

WHEN: October 4, 2014
10:00 a.m. - Noon

WHERE: Pima College, 5555 E. Broadway, Tucson, AZ

WHO: Speaker Hana Feeney
"Current Food Trends"

GOT 2 BE GLUTEN FREE

By Kathe Kubish

A new Gluten-Free Restaurant has opened on Craftcroft and Pima called **“Got 2 B Gluten Free”**. Barely three months since opening, “Got2B” seems to already have found a steady clientele among Tucson’s ever-increasing population of gluten free diners.

Currently the menu choices are somewhat limited - the restaurant has only been open since May. There are 6 types of sandwiches available, each with a name based on a Tony Bennett song, and each with distinct personality. There are breakfast and lunch sandwiches, and two choices of bread are offered every day (with a “not-rye” bread offered on Monday and Tuesday only). Bottled drinks and chips are part of the meal menu, or you can buy sandwiches for \$2.00 less than the meal price. I chose a sandwich named “New York New York”. Lightly toasted rosemary bread, 3 meats, provolone cheese and seasonings – heaven! My friend chose the “Steppin’ Out”, a roast beef, cheddar and horseradish combination. She also enjoyed her choice.

The heart of the restaurant is the bakery counter. It is impossible to walk by this gorgeous display without taking at least a cookie home. They have a large, lovely selection of cookies, scones and muffins, as well as loaves of fresh bread, all at very reasonable prices. Special orders, such as cakes, are also available. One customer confided that he had tried every single item in the case – his favorite being the chocolate chip cookies. I bought one and am not sure if I even got out of the parking lot with it.

I spoke with Kami McPherson and Rebecca Wicker, the two main players in the “Got2B” game. Rebecca told me the story about how she decided to start this bakery. She loves baking, and after her husbands’

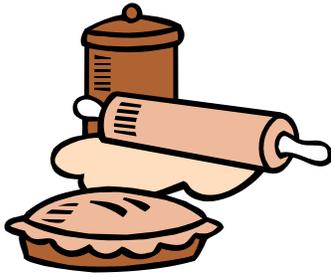
diagnosis, set out on a mission to figure out how to make GF food taste good and be more affordable. Kami’s youngest son has a variety of food allergies, gluten being just one of them. They both made it clear how honored they are to serve the GF community, and know the struggles of learning to modify your diet first-hand.

Kami related that they had anticipated a slow start, opening as they did at the beginning of summer. Such was not the case, however. She said that they have been hopping since day 1, and at this point, need to hire additional help! They feel their shop at the original Baggins on Tucson’s east side has been a great location. “It served Baggins well for 30 years” said Rebecca, “and we love the energy of the space. The neighborhood has been very welcoming, and we couldn’t be happier.”

“Got2B” are not confining their efforts to the restaurant either. Their products are currently available at several coffee houses, including the Civano Coffee House and Tucson Coffee Roasters. They’re working on a few other select wholesalers...stay tuned to their Facebook for updates! They source their flour in bulk, and make their own custom blend of flour which is available for sale in the bakery and works cup-for-cup with most baked goods including cookies, cakes and muffins. They make everything from scratch, including daily fresh-baked breads.

All in all, they make a fine addition to our restaurant list. The SACS Lunch Bunch will be visiting here in January, 2015. There’s no reason to wait that long before you visit.





Pie Cooking Class

On Saturday, November 1, 2014, SACS will be sponsoring a pie cooking class. Kathy Addis of "Your Gluten Free Kitchen" will be baking pumpkin, pecan, and others, all gluten-free of course.

The class will also be making a variety of gluten-free crusts, and then sampling them with jams, to determine which one individual's in the class like the best. Reserve your place early; only 10 students will be accommodated to insure active participation for everyone. An additional class will be provided if needed.

WHEN: November 1, 2014
10:00 a.m.

WHERE: 11020 E. 22nd Street

HOW: Call 730-8875
Or email:
Kathy@YourGlutenFreeKitchen.com

WHY: To get ready for the holidays by making pies with friends

COST: \$25 per person to help with ingredient costs

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Did you know that you can place Amazon orders through a link on SACS' website and at the same time help our support group? Just go to our website and select Amazon.com on the menu to log into Amazon, and then place your orders. SACS is an Amazon associate and they will pay us a small percentage of the purchase at no cost to you. Amazon notes that you connected through the SACS' website and then gives SACS about 5% of the purchase price.

Please remember to connect through SACS website when you order from Amazon. And someday your products will be delivered via Amazon drone.

www.SouthernArizonaCeliacSupport.org

General Meeting

The Southern Arizona Celiac Support Executive Board would like to invite you and your family to our General Meeting on October 4.

If you bring a treat to share with others, please remember to attach the list of ingredients to avoid causing allergic reactions in others.

As stated on page 2 of this Newsletter, Hana Feeney will be the guest speaker. She will be talking about the new trends in gluten free foods.

Bags, with a variety of gluten free “goodies”, will be raffled off along with two \$25 gift certificates at North’s.

This meeting is not one you want to miss!



WHAT:

General Meeting

WHY:

Bring Members and Community up to date on what is going on with SACS.
and

To learn and enjoy the guest speaker, Hana Feeney, Registered Dietician

WHEN:

October 4, Saturday
10 a.m. to Noon
Meeting and Speaker start at 10:30 a.m.

WHERE:

5555 E. Broadway
Between Swan & Craycroft

LUNCH BUNCH

Second Friday at Noon

- Sept 12 - Blanco Tacos
La Encantada
2905 E. Skyline Drive
232-1007
- Oct 10 – Tucson Tamale Company
2545 E. Broadway Blvd.
305-4760
- Nov 14 – Applebee’s
4625 E. Grant Road
319-0544
- Dec 12 – Cody’s
2708 E. Ft Lowell
322-9475
- Jan 9 –Got2B Gluten Free
5407 E. Pima
209-2872
- Feb 13 – Chopstix
8225 N. Courtney Page Way
569-8889
- March 13 – Egg Connection
3114 E. Ft. Lowell
881-1009
- April 10 – Gourment Girls
5845 N. Oracle
408-9000
- May 8 – Zinburger
6390 E. Grant
298-2020

DINING OUT

Fourth Tuesday at 5:30 pm

- Sept 23 - Mama Louisa’s
2041 S. Craycroft
790-4702
- Oct 28 – BJ’s Restaurant & Brewhouse
4270 N. Oracle
690-1900
- Nov and Dec—No Dinners
- Jan 27 – Feast
3719 E. Speedway
326-9363
- Feb 24 – Jonathan’s Cork
6320 E. Tanque Verde
296-1631
- March 24 – Lotus Garden
5475 E. Speedway
298-3351
- Apr 28 – PF Changs
1805 E. River Road
615-8788
- May 26 – Zivaz
4590 E. Broadway
325-1234
- Please RSVP to
kathekubish@gmail.com
Or call Kathe at (520) 270-3528



MEMBERSHIP RENEWAL

- Enclosed is my \$15 tax-deductible contribution for an annual membership.
- Enclosed is my \$65 tax-deductible contribution for a 5-year membership.
- Enclosed is a donation of: \$ _____

Mail to:

Southern Arizona Celiac Support Group
P.O. Box 13521
Tucson, AZ 85732

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

Date: _____

Southern Arizona Celiac Support Group

CSA/USA, Inc., Chapter 15 is a recognized 501 (c) (3) non-profit organization. All proceeds are tax deductible to the extent allowed by law.

Renew Your Membership

Our membership year is from July 1st to June 30th. Now is the time to renew your membership for 2014/15. Newsletters will NOT be sent to nonmembers after this publication.

Membership entitles you to Newsletters, General Meetings with guest speakers, Round-table, special events, and the dining out lunches and dinners.

Please tear off the above Membership Renewal Form, fill it in, enclose your payment, and mail or bring it to one of our many events.

You can also renew online through our website and pay with your credit card or PayPal account.

If you have any questions, call Toni Saccani at 299-2254.

Southern Arizona Celiac Support
Chapter 15, CSA/USA
P.O. Box 13521
Tucson, AZ 85732

PLEASE FORWARD IF NECESSARY



Sharing advice for a gluten-free life.

Bring Your Friends

December Holiday Party

Time and Place
Will be
Announced
On Web Site

STAY TUNED

Save the Date

General Meeting
Oct 4, 2014

Pie Cooking Class
Nov 1, 2014

Mark Your Calendar

Oct 28 — 5:30pm, Fourth Friday
Evening Dining @ BJ's, RSVP
Kathe 270-3528

Oct 22 — 1pm, Roundtable
Forum @ Ward 6 City Hall

Oct 10—Noon, Lunch Bunch @
Tamale Company
RSVP Kathe 270-3528, or email
kathekubish@gmail.com

SACS Roundtable Fourth
Wed each Month (except
Nov/Dec)

GF Lunch Bunch
Second Friday each Month

GF Dining Out
Fourth Tuesday
Evening
each Month

