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GrainWise™ & GlutenFree

A Publication For The CSA Nashville–Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

September Meeting

Saturday, September 11th at 2:00 p.m.

Guest Speaker: Dr. Douglas L. Seidner, Door Prizes, GF Product Samples, Refreshments, Aunt Aprils' Bakery, & So Much More!

Program:

Our Guest speaker, Douglas L. Seidner, MD, FACG, will address severe intestinal malabsorption and nutritional support. Dr. Seidner is a member of the Division of Gastroenterology, Hepatology and Nutrition at Vanderbilt University Medical Center where he serves as the Director of the Center for Human Nutrition. He completed his fellowships in Nutrition and Metabolism at New England Deaconess Hospital, Harvard Medical School and Gastroenterology at the George Washington University School of Medicine and Health Care Sciences. He is certified by the American Board of Internal Medicine in both Gastroenterology and Internal Medicine. He is a board member of the OLEY Foundation, which is a non-profit organization dedicated to the improvement of the lives of patients on home parenteral and enteral nutrition. His research involves the studying of therapies and clinical outcomes in patients with severe intestinal malabsorption.

Product Sampling:

Aunt April's Bakery, will have a variety of sample sized treats. All the baked goods from Aunt April's bakery are Gluten, Dairy, and Soy free (only exception is the chocolate chip cookies). This is Nashville's only 100% Gluten Free offering.

Also sample baked goods using **Bob's Red Mill** GF Quick Cooking Oats and Whole Grain Oat Flour; **Pamela's Products** – Chocolate Brownies; **Pamela's Simplebites** – Extreme Chocolate Mini Cookies, Ginger Mini Snap, and Chocolate Chip Mini Cookies

Business Meeting:

We'll be discussing plans for our annual Thanksgiving banquet as well. Updates will be posted on Facebook. Search for the Nashville Middle Tennessee celiac chapter.

Bake Sale

Please bring gluten-free baked goods packaged to sell. Suggestions: Cookies – 12/plate, muffins & cupcakes – 6/plate, individually wrapped brownies, loaves of bread, etc. A list of ingredients must be included.

2010 New Location:

Medical Office Building (MOB) Auditorium, 2201 Murphy Ave, Nashville (One block over from Centennial Medical Center) The program will start promptly at 2:00 pm. Please come early to help set up! See below for directions to our new location.

Refreshments:

Please bring a GF product or baked good to share (include a copy of the recipe and ingredients) or let Brenda Boswell, Hospitality Chair, know in advance if you are able to provide a beverage, brenda@freshinixpro.com.

Set Up Help Needed:

Your help is needed to set up at 1:00 pm! Jobs to be done: Arrange tables and chairs, Post signs, Set up AV equipment.

NEW LOCATION

The Medical Office Building (MOB) Auditorium is located next door to the Woman's Hospital at Centennial Medical Center. The building faces Murphy Avenue, however, the entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

Directions:

From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to **22nd Ave**., turn right, go approximately two blocks to the intersection of **22nd Ave and Patterson**.

From I-440, take West End Ave. to Elliston Place. Turn left on **22nd Ave**., go approximately two blocks to the intersection of **22nd Ave and Patterson**.

Parking:

We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the MOB Auditorium, to use their parking lots. Handicapped parking is available near the entry to the MOB Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac Chapter #76

CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

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Fundraising – Need volunteers!

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Newly Diagnosed Coordinator –
Peggy Czyz, 615-646-2905,
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New Member Orientation Mentors:

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931-220-4497, campzedcarpenterswife@yahoo.com

Living The Gluten-Free Lifestyle

and other notes from Gary…

At our last meeting we had people volunteer for Secretary and Newsletter Editor. Ann Mc Queen will be the new secretary and Joe Graves is the new newsletter editor. We are very glad to have these two positions filled. But we are still in need of a Social Chair and Hospitality Chair. Maybe you can help us in these positions.

The more people that we have working to make our chapter better and stronger, the more we are able to help people new to "Celiac", and to get information to Doctors so that they will see that celiac is a major problem in our country and not very rare, as many of them have been taught. Our goal is also to help each other "Live the Celiac Lifestyle" and provide the information and help needed for all those in our chapter and newly diagnosed.

The more people that we have working to make our chapter better and stronger, the more we are able to help people new to "Celiac..."

I get several E-mails a month from people who are newly diagnosed and there is almost a feeling desperation in their E-mails, for they are wanting to get help, and they are finally able to contact someone who can help them. Peggy does an excellent job of getting information to these contacts. Our only problem is that once we give them the information, we very rarely hear from them again. They need to know that being diagnosed with celiac is not a one time event, but a journey through life. The information on celiac awareness has exploded, and almost every day new products are coming on the market that makes "Living the Celiac Lifestyle" easier.

We want our meetings to be helpful, interesting and informative. If you would like to see a subject covered or have information that we can use for our meetings we would appreciate you contacting one of the board members and bring this to our attention.

I feel that everyone likes the new meeting place, and not having to be fight all the traffic that we experienced at the hospital site.

Not having to do the newsletter mail out by hand has been a blessing. But like anything new, "Glitches" will crop up and it is a learning experience to smooth out the wrinkles. If for some reason in the future you do not get your news letter on time, just look at the previous issue and the meetings for the whole year are listed there. Our face book page should also have this information available. Or you can call or E-mail one of the board members for this information.

We are still in the process of updating our web site. The person that volunteered got very busy all of a sudden and was unable to help us. So unfortunately at this time there will be a delay in getting that done.

— Gary Seise, Co-Chair

New to CD or DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a New Member Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise

ANNOUNCEMENTS

Volunteers Needed for Annual Thanksgiving Meeting

Once again we are planning for our annual Thanksgiving Celiac Group meeting on November 12, 2010. We will need 4 or 5 people to help bake turkeys for our potluck dinner as well as items for a silent auction.

doglutenfree.blogspot.com

Our own Ann McQueen has started a blog about living gluten free. http://www.doglutenfree.blogspot.com/ She has some great advice about eating out. Please take a look and "follow her". Also take a moment to thank Ann for volunteering to be the group's Secretary.

Share Your Knowledge

Educational information on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to be shared please contact Greg Foreman, glforeman@gmail.com.

UPDATE! GF Bakery in Nashville

During the last meeting we all sampled, or bought, bread from Sam Tucker. He was one of the many families that was struck by the 2010 flood. He has temporarily closed the doors to the bread bakery as he and his family rebuild their home. Please keep Sam and family in your prayers. I (Joe Graves) had a wonderful visit with Sam over a cup of coffee. His spirit is good, humor intact, and the "Fat Jack's Gluten Solution Pullman Loaf with Teff' will be back!

www.nashvilleceliacs.org

Look for our newly designed website in the near future. We will post meeting information, events, contact information, local GF dining and shopping, and more!

2010-2011 Meeting Schedule

September 11, 2010

November 13, 2010
Annual Thanksgiving Dinner & Silent Auction

February 12, 2011

May 14, 2011

August 20, 2011

November 12, 2011

33rd Annual CSA Conference

October 29-October 31, 2010
Kansas City, MO

The Annual CSA Conference is a major event in CSA's yearly calendar. CSA invites experts from a broad spectrum of disciplines relating to celiac disease and the required gluten-free diet to share current information. Researchers, healthcare professionals, dietitians, authors, chefs, restaurant owners, and gluten-free food vendors from across the United States participate in this annual educational event.For more information visit their website, www.csaceliacs.org/Conferences/AnnualCSAConferences.php

5th Annual CSA Dietitian Day

October 28, 2010 • Kansas City, MO
Registration Deadline: October 15

This daylong seminar addresses all aspects of celiac disease for registered dietitians interested in the emerging area of clinical nutrition practice. Nationally known experts in celiac disease will provide current evidence-based research, education and practice information. Although registered dietitians are the primary focus of Dietitian Day, other health-care professionals are welcome. www.nashvilleceliacs.org

Celiac Awareness Day • Sept 13

Celiac Awareness Day is September 13th. The first annual Celiac Disease Awareness Day Resolution was passed in 2006 by the United States Senate (S.Res. 563). This bill, sponsored by Senator James Inhofe of Oklahoma and co-sponsored by Senator Ben Nelson of Nebraska, made September 13, 2006 national Celiac Disease Awareness Day. September 13 is the date of Samuel Gee's birthday. Samuel Gee, credited with being the first person to find a link between celiac disease and diet, once said "if the patient can be cured at all, it must be by means of diet." CSA encourages everyone to contact their U.S. Senators to again support a new resolution which will help to increase national awareness of celiac disease.

Celiac Awareness Month

CSA celebrates celiac awareness throughout the month of October. Traditionally, since 1987, October has been celebrated as Celiac Disease Awareness Month in the US Celiac Awareness Day/ Month is the perfect opportunity "to get the word out".

Find Us On Facebook

CSA Nashville-Middle Tennessee Celiac Chapter #76. Are we friends on Facebook yet? Facebook is a wonderful place for our membership to communicate between meetings. Share your dining out experiences, receipts, and stories with everyone.

Important announcement concerning membership

The membership is being updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. With membership renewal your newsletter will be reinstated with the next issue.

Also, we are looking to communicate with all of you more often in order to share news, stories, and specials more often than 4 times a year. So we must get an email address from everyone. Please help use by sending an email to (Membership email). Our first goal once we update our email list is to send out a survey. What do you want to see, learn, taste, and have during our future meetings? We'll be able to serve you better. So please send us an email!

Resources

GFS Marketplace Partnership and Savings Program

www.gfs.com

At checkout please give the name "NASHVILLE CELIACS". A rebate will be given every three months to our support group on a percentage of your purchases. You may shop at any GFS location throughout TN and the USA. A 14 page gluten-free shopping guide is available at customer service counters. No membership. Open to the public 7 days a week, Stores in TN: Cool Springs, Rivergate, Murfreesboro, Clarksville.

www.catholicceliacs.org

The Catholic Celiac Society has been formed to educate Catholic Celiacs about their options for Holy Communion as provided for by canon law and the U.S. Conference of Catholic Bishops. info@catholicceliacs.org

Have You Checked Your Library Lately?

The Williamson County Library has a selection of 12 books on Celiac and the Gluten-free Diet. Check the library near you for what is available.

Junior League Family Resource Center

www.vanderbiltchildrens.com/frc

The junior league family resource center at Vanderbilt Children's Hospital is a free Library service to the community offering information and resources on chronic illnesses, disabilities and severe injuries. Materials on Celiac are available for children, adolescents, and adults. Hours: Mon – Fri, 8:30 am – 5:00 pm. Requests: 615-936-2558 or 800-288-0391, Email: family.frc@vanderbilt.edu.

Donations of books on celiac and the gluten -free diet are being collected at our support group meetings for the FRC.

Magazine Discounts

Group discounts on magazines are offered at our meetings for Living Without, www.LivingWithout.com, and Gluten-Free Living, www.glutenfreeliving.com

UT-Knoxville Celiac Center

865.305.6970
http://www.utmedicalcenter.org/cms/Departments/Gastroenterology/Medical+Services/Celiac+Center/2613.html

Celiac Center at The University of Tennessee Medical Center in Knoxville, Tennessee, offers patients access to diagnosis, treatment and management of celiac disease. The Celiac Center understands the critical needs of those diagnosed with celiac disease and aims to raise awareness and diagnosis rates with this disease that so often goes undetected and untreated. In fact, as much as 97% of people with celiac disease have not been diagnosed.

The Celiac Center provides a state-of-the-art interdisciplinary treatment team including gastroenterologists, nurses and registered dietitians who work together to develop an individualized treatment plan that includes lifestyle counseling and nutrition education on the gluten-free diet. It also provides celiac disease education to increase public awareness among health care professionals and the public, ongoing patient assistance through a community support group and has established a "gluten-free" zone for inpatients as well as outpatients that provides appropriate foods through the Department of Nutrition and Food Services.

St. John's Celiac Listserv

www.enabling.org/ia/celiac

Join over 3600 fellow celiacs in ongoing discussions about a Gluten-Free Diet. To ask questions and share information, click "Subscribing to the Celiac List."

In Memoriam

Herschel A. Graves, Jr., MD, one of our long time members and friend, passed away August 7th, of an Abdominal Aortic Aneurysm. Many of us fondly recall meeting with Herschel at Wild Oats Market in Green Hills after being newly diagnosed for a grocery store tour and a bit of advice. Herschel served as both our Chapter Medical Advisor and Coordinator. Our chapter donated $100.00 to CSA in memory of Hershel. Graveside services were on August 10th at Mt. Olivet followed by visitation and a memorial service at Westminster Presbyterian Church.

KUDOS

King Arthur's Flour, www.kingarthurflour.com, for the donation of their "new" GF baking mixes for our September meeting! Samples sent: Chocolate cake, muffins, brownies, pancake mix. The chocolate cake was outstanding!

Bob's Red Mill, for the sampling of their newest GF oatmeal products and recipes, some of which were given as door prizes at our September Meeting! View the latest at www.bobsredmill.com — GF Quick Rolled Oats, GF Rolled Oats, GF Oat Flour.

Michael Martin, Marketing Director, Whole Foods Marketplace, Galleria Blvd., Franklin, and **Pamela's Products**, sponsors of our GF Ice Cream Social Fundraising and Celiac Awareness Event! It was a huge success!!! The "Whole Foods" ice cream and toppings along with a variety of Pamela's "Simple Bites" cookies were a welcome treat on a hot day! . . . And, to our Chapter volunteers who scooped the ice cream and gave out information on celiac disease and the gluten-free diet: **Carol Ann Baily, Brenda Boswell, Diane and Joel Buckberg, Cheryl Chamberlain, Peggy Czyz, Carly and Denise Jania, Tiffany Rome.**

New Products from General Mills

This summer, General Mils will be launching some old favorites in a gluten-free version. General Mills will be introducing 3 varieties of Hamburger Helper in June. These will be Chicken Fried Rice, Cheesy Hash browns and Beef Fried Rice. In late summer, look for Gluten-Free Bisquick. You can see all of the General Mills gluten-free products at www.liveglutenfreely.com. Many of their items, such as ready-to-spread frosting, can make your life much easier in the kitchen.

2011 Gluten & Allergy Free Cooking Expo And Fair

The 2011 Gluten & Allergy Free Cooking Expo and Fair will be held Friday through Sunday, April 29 - May 1, 2011 at the Wyndham Hotel, Lisle, IL. Friday, April 29th: Public Vendor Fair and Dietitian Training Day.

Saturday, April 30th: Cooking Classes and Public Vendor Fair. Sunday, May 1st: Cooking Classes and Public Vendor Fair. This year's Expo and Vendor Fair will focus not just on gluten Free, but gluten & allergen free cooking and living.

Cooking classes will be held on Saturday and Sunday (the same concept as previous years). This year we will offer two levels of cooking classes - one for beginners and one with more advanced topics. Cooking classes will require advanced registration. The vendor fair will again be open to the public (we had over 1,500 people last year). This year we will be adding more allergen-friendly vendors and a stage for general presentations, which will be adjacent to the vendor fair and open to the public.

Registration for the cooking classes will be available at a discount rate in the next few weeks. You will receive an email letting you know when registration will open. We have limited seating for the cooking sessions. Watch for updates at http://gfreelife.com/

Tips from Facebook

- Just found the new Snyder's of Hanover gf pretzels at Whole Foods Franklin. They are soooo good! Very buttery! Only $2.99.
- While on a trip to Chattanooga recently, we stopped in A Bountiful Harvest, a GF bakery. The cupcakes were yummy! Nice to know that the owner not only delivers to the Nashville area, but all over the country—even wedding cakes!
- Mellow Mushroom in Franklin has gf pizza, but no one's posted that they tried it out yet.
- Naticreme in Franklin will have gf cupcakes soon! Yipee!!!!! (Note: They come from your "Aunt April")
- Angelfood Ministries is no longer offering Allergen Free food boxes.

Save Money on a Gluten Free Diet

Top Ten Money Saving Tips and Tricks

1. Buy staple items when they are on sale
2. Look for sale items on www.amazon.com
3. Ask your favorite company if they have a case or bulk discount
4. Join a food coop such as United Buying Clubs. www.unitedbuyingclubs.com
5. Make your purchases through online sites, such as www.greenpolkadotbox.com
6. Prepare meals and desserts ahead of time and freeze them. When you don't have time to cook, you will have food available instead of going out to eat. This saves a lot of money!
7. Ask your grocer if they offer case discounts. Many offer 10% off.
8. Trade the items you purchased that you don't like with others in your support group. You won't feel you are wasting your money and you might get an item from someone else that you love.
9. Sign up for scheduled mailings from www.amazon.com. You can often save up to 25% on your favorite products.
10. Learn how to cook. You can usually save more money preparing your own food then when buying pre-made items.

Sorghum food workshop draws scientific arena

By Larry Dreiling High Plains Journal. June 2010. www.hpj.com

While sorghum has been touted in the U.S. primarily as a livestock feed crop, it's been gaining strength in demand via healthy exports for human consumption and ethanol feedstock use.

Less visible domestically has been sorghum's reach as a food product. It has been gaining in demand as consumers learn about sorghum's benefits as a food product.

A gluten-free grain that is an excellent choice for those with celiac disease and for diabetics because of its low glycemic index, sorghum has been a staple of many diets around the world, but its full potential in the U.S. human diet has yet to be reached.

"A lot of the baking industry is unaware of sorghum and the health attributes that come with it," Virgil Smail, Ph.D., USGP executive director, said. "They don't know much about sorghum products and their commercial availability.

Sorghum is a native of Africa and is used extensively as a human food where drought is prevalent. While some corn is grown in African countries, sorghum wins because it produces grain where corn often fails. Africa is a major source for sorghum, with 33 million tonnes produced in 2007, compared with 12.7 million tonnes of U.S. production. It is produced primarily in Nigeria, Ethiopia, Niger, Mali, and Zambia.

The key to human nutrition from sorghum, however, is in tannins (not to be confused with tannic acid). They have high antioxidant properties, with cancer-fighting activity approaching that of fruits and vegetables. Guinea pigs fed low tannin sorghum, Rooney said, had lower cholesterol levels than those fed whole wheat, rolled oats or pearl millet diets.

Perhaps the biggest selling point so far for sorghum is as a food product for people with celiac disease, the multi-symptomatic autoimmune disorder that is triggered by gluten protein found in certain cereal grains. Compared with corn, sorghum has one percent less fat and slightly higher protein, but word isn't getting out on these benefits, Rooney said.

Toxic Trio Identified As The Basis Of Celiac Disease

* 4/2910: Written *Article Date: 22 Jul 2010 - 5:00 PDT Source: Walter and Eliza Hall Institute, http://www.medicalnewstoday.com/articles/195553.php*

Walter and Eliza Hall Institute scientists have identified the three protein fragments that make gluten—the main protein in wheat, rye and barley—toxic to people with celiac disease.

Their discovery opens the way for a new generation of diagnostics, treatments, prevention strategies and food tests for the millions of people worldwide with celiac disease.

When people with celiac disease eat products containing gluten their body's immune response is switched on and the lining of the small intestine is damaged, hampering their ability to absorb nutrients. The disease is currently treated by permanently removing gluten from the patient's diet.

Dr Bob Anderson, head of the Walter and Eliza Hall Institute's celiac disease research laboratory, said it had been 60 years since gluten was discovered to be the environmental cause of celiac disease.

"In the years since, the Holy Grail in celiac disease research has been to identify the toxic peptide components of gluten; and that's what we've done," Dr Anderson said.

The research, done in collaboration with Dr Jason Tye-Din, Dr James Dromey, Dr Stuart Mannering, Dr Jessica Stewart and Dr Tim Beissbarth from the institute as well as Professor Jamie Rossjohn at Monash University and Professor Jim McCluskey at the University of Melbourne, is published in the international journal Science Translational Medicine.

The study was started by Professor Anderson nine years ago and has involved researchers in Australia and the UK as well as more than 200 celiac disease patients.

The patients, recruited through the Celiac Society of Victoria and the Celiac Clinic at John Radcliffe Hospital, UK, ate bread, rye muffins or boiled barley. Six days later, blood samples were taken to measure the strength of the patients' immune responses to 2700 different gluten fragments. The responses identified 90 fragments as causing some level of immune reaction, but three gluten fragments (peptides) were revealed as being particularly toxic.

"These three components account for the majority of the immune response to gluten that is observed in people with celiac disease," Dr Anderson said.

This knowledge has already been used by Melbourne-based biotech company, Nexpep Pty Ltd, to develop a 'peptide-based' immunotherapy that aims to desensitize people with celiac disease to the toxic effects of gluten. Nexpep's Phase 1 trials of the therapy were completed in June and final results are expected in coming months.

The immunotherapy works by exposing people with celiac disease to small amounts of the three toxic peptides and is based upon the same principles as desensitization for allergies.

"...the Holy Grail in celiac disease research has been to identify the toxic peptide components of gluten; and that's what we've done."

Dr Anderson said although celiac disease could be managed with a gluten-free diet, compliance with the diet is often challenging and nearly half the people on the diet still have residual damage to their small intestine. "Consequently, the immunotherapy and three other drugs are under development to help people with celiac disease."

The research was supported by the National Health and Medical Research Council, Celiac UK, the Celiac Research Fund, Nexpep Pty Ltd, BTG International and the Victorian Government.

New iPhone App Offers Hundreds of Gluten Free Recipes

A brand new iPhone App has just been launched for people with Celiac disease and/or food allergies that offers hundreds of gluten free recipes, with more on the way, that can all be customized to meet many food allergy needs*. As featured in Apple's "New and Noteworthy" and "What's Hot" section of the App Store, this is the essential tool for people allergic to gluten, dairy, eggs, nuts or soy. People no longer have to search for a recipe that does not contain specific ingredients. The new Cook IT Allergy Free iPhone/iPad/iPod Touch App is something that people with Celiac Disease and/or food allergies have been waiting for and takes the guesswork out of allergy-free cooking.

Cook IT Allergy Free customizes Gluten Free Recipes to meet many Food Allergy Needs!

For the first time ever, there is no need to spend time searching for recipes to suit specific allergy needs. Pick any recipe in the app and, with a simple tap, trade out hot button allergens for safe and correctly-calculated ingredient substitutions. Users can now easily adapt 'normal' recipes to create delicious meals that everyone will enjoy.

"You will love how Cook IT Allergy Free keeps you organized too," says App Creator Kim Maes. There is an interactive Grocery List, arranged either by aisle or by recipe. Users can also create a personal recipe box with customized recipes and personal notes.

About Cook IT Allergy Free iPhone/iPad/iPod Touch App, www.cookitallergyfree.com, 'Where No Recipe Is Off Limits!'

Support Opportunities

Nashville–Middle Tennessee Celiac Chapter Membership

Membership dues are only $20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or caseybohr@wmconnect.com if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above. www.nashvilleceliacs.org

CSA/USA Membership

The Celiac Sprue Association/United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE 68131-0700, 1-877-CSA-4-CSA www.csaceliacs.org

Membership Email Addresses/Changes

Be sure to let us know when your email changes, so you don't miss important reminders. Please email caseybohr@wmconnect.com

Vendor Advertising

Purchase ad space in this newsletter by contacting Kristen Beahm at 615-366-8898 or kbeahm@comcast.net . *GrainWise* is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Newsletter is produced in InDesign. EPS, JPG, TIF, or PDF ad formats are acceptable. Vertical half column ad space size is 3.5" (w) x 5" (h). Half column ad rate is $100 for 4 publications (one annual year). Make checks payable to: CSA Nashville – Middle TN Celiac Chapter #76. Mail to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

Disclaimer: CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance—helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material). However, please reference the source of the information.

CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

O New Membership O Renewal Membership O Information Change O Medical Professional Membership

(Please Print) Name_____

Address_____City_____ State_____ Zip_____

Phone #_____ Cell Phone #_____

Email Address (will be sent meeting and event reminders) _____

Who has Celiac or DH in your family? Self / Spouse / Child —Age ____ / Other_____

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who?_____

Please make $20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312

Check Number_____ Amount $_____ Date Paid_____

***Optional Information:**

*Name of Diagnosing Doctor _____ Date of Diagnosis_____

*Have you met with a dietitian? Yes / No If yes, who?_____

CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of $_____ Check #_____

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RENEW! RENEW! RENEW!
Please check your renewal date on the mailing label below.
If you've allowed your membership to lapse, then this may be your last issue.

ADDRESS SERVICE REQUESTED

September Meeting

Saturday, September 11th
2:00 p.m.

Guest Speaker:
Douglas L. Seidner, MD
Plus:
Door Prizes,
GF Product Samples…
and more!

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THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

If you need to contact us due to a change of address, for any reason, or you no longer wish to receive GrainWise, please E-mail us at tennceliac@gmail.com .