

Greetings!

I hope everyone is having a busy, enjoyable gluten-free summer!

In November we'll be having our elections for President and Secretary for two-year terms beginning with the December meeting. Please think about someone you know who would be a good candidate and take the time to call or email me with their name. Leadership of an organization with almost 800 members is a great opportunity for the right individual.

Don't forget to consider becoming a member of our parent group, the Celiac Sprue Association. CSA is having a big membership promotion this year and we would like to see our chapter win a prize for the most new members. The dues for membership are *tax deductible*, and are \$33 for New Members and just \$25 per year for Renewing Members. Contact me for a membership form or go to www.csaceliacs.org. Even if you frequently attend our meetings, **you will count as a new member if this is your first time to register with the national CSA organization.**

Thanks to Rose Farris, Sherri Garner, and Margaret Whittlesy who have taken on responsibility for our Hospitality Committee, along with Ann and George Smiley. And thanks to Ray and Paula Melton who have served on this committee for the last two years!

Judy Bond
JBond@kc.rr.com

**Do you wish to continue receiving this newsletter? If so, please notify us.
See details on page 2.**

UPCOMING EVENTS



- | | |
|--------------|--|
| Aug 12, 2007 | Liz Wheelihan, Prometheus Laboratories, will discuss testing methods for celiac sprue. |
| Sept 9, 2007 | Amy Rohrs, owner of Kitchen Concierge, will discuss her service providing ready-made GF meals to take home and reheat. |
| Oct 14, 2007 | Restaurant Dining by Mary Scharff. Discussion of methods to help improve the safety of GF dining. |
| Nov 11, 2007 | Annual Thanksgiving Dinner *
Elections of new President and Secretary. |
| Dec 9, 2007 | Annual Holiday Celebration *
<i>*Details in November newsletter.</i> |

*All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month.
Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.*

Do You Wish to Continue Receiving This Newsletter?

(Note: If you have already sent notice to Gary Richards, you do NOT need to do so again.)



As in any organization, cost control is a major concern for our support group. One area under review is the cost of printing and mailing *The Gluten-Free Advocate*.

We are seeking your help. **If you wish to continue receiving the newsletter, please notify us no later than August 25, 2007. Beginning with the November issue, the newsletter will be discontinued for members who have not requested continuation.** If, at a later date, you wish to start receiving the newsletter again, just notify the editor and we will be happy to place your name on the mailing list.

Distribution by email has been considered, but too few members have this option to make it worthwhile.

To continue receiving *The Gluten-Free Advocate*, please notify us in writing by email or through the U.S. Postal Service. No phone calls, please. Send your request to Gary Richards, administrator of the mailing list, by August 25:

By Email: richgary@swbell.net

By U.S. Postal Service to:

Gary Richards, 14409 W. 123rd Terrace, Olathe, KS 66062

We value every member of our group and we appreciate your support. Thanks to all members and your families for all you do to make the Kansas City chapter of the Celiac Sprue Association a success.

Dietitian Available for Celiac Consultations



Celiacs, their family members, and individuals interested in the gluten-free lifestyle now have another resource for information and assistance regarding the gluten-free diet. Diadra Harnden, a registered dietitian and mother of two celiac children, owns and operates KC Medical Nutrition, a consulting service located in Overland Park. She provides individual consultations regarding how to start a gluten-free diet, recipes, baking tips, dining out, managing the GF diet in school, and other helpful information. She also conducts personalized grocery store tours.

Lasting about one hour each, the initial consultation (along with take-home materials) costs \$85; a grocery store tour is \$65; and followup consultations are \$60. You may contact Diadra at 913-424-8772 or at contact@kcmmedicalnutrition.com.

The Difference Between Xanthan Gum and Guar Gum

Xanthan gum helps hold gluten-free foods together the way gluten holds wheat-based foods together. It is derived from bacteria in corn sugar and may not be tolerated by individuals with corn allergies. A good substitute is guar gum, but use half as much guar gum as xanthan gum in your recipes. One other consideration is that guar gum contains fiber and can irritate very sensitive intestines, sometimes causing diarrhea. (Source: www.celiac.com)

Pizza from Waldo Pizza at the May Meeting

Thanks to a generous anonymous donor, we enjoyed a wide assortment of gluten-free pizzas from Waldo Pizza at our Italian Feast in May. Other tasty Italian foods were brought by members of the group. A special thanks to our donor and to everyone else who made the May meeting a success.

New Gluten-Free Products Available

La Tortilla Factory Smart and Delicious GF Tortilla Wraps are made from teff, a high-protein GF grain. A soft, pliable, smooth-textured wrap for burritos, quesadillas, wraps, mini-pizzas, or any other creation. Just heat and eat! Available online at www.glutenfree.com, priced at \$3.59 for six wraps, and at some Hy-Vee stores.

Van Harden Pizza. A gluten-free pizza with a crust made of 100% cheese. Available at many Hy-Vee stores and can be ordered online from www.vanharden.com. Comes with pepperoni or sausage, but you can also add your own toppings such as onions, olives, etc.

HOTLINE REPORT

by Helen Richards

HOT! HOT! HOTLINE!

We've had 20 new contacts during the months of June and July. Most are newly-diagnosed, but others were diagnosed some time ago and need to expand their knowledge for a healthy and happy life. It's an ongoing education!

Our excellent local Web site has brought our chapter many contacts as well, several from out-of-state. We are ALL hotlines! Spread the word! An estimated 97% of U.S. celiacs are undiagnosed!

**Hotline Phone:
913-393-2400**

Local website: www.csakansascity.org
Webmaster: Kris Koehler
kmkoehler@kc.rr.com

Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris
Greeters	Lea Everist
Picnic	TBA
Hospitality	Rose Farris
	Sherri Garner
	Ann & George Smiley
	Margaret Whittlesy

\$\$\$ Treasurer's Report \$\$\$ by George Smiley

Beginning balance as of 12-31-06	\$2,471.37
Income	\$2,098.24
Expenses	<u>\$1,954.54</u>
Ending balance as of 7-23-07	\$2,615.07

Thanks to your generous donations, our Chapter has operated over 20 years without requiring membership dues. An accomplishment to be proud of!

CSA of Greater Kansas City—Executive Board for 2007

President Judy Bond
913-236-5659; JBond@kc.rr.com

Former President Anna Scharenberg
913-962-0282; glutenfreeme@everestkc.net

Vice-President Mary Scharff
816-650-3649; papabearscharff@earthlink.net

Secretary and Cindy Faulknier
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913-384-2276; cfaulknier@msn.com

Treasurer George Smiley
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KC Gluten-Free Advocate
Published February, May, August, November
Editor: Ray Melton
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Recipe: Gourmet Banana Splits



Use ripe bananas. Make the following sauces for the ice cream flavors suggested below. Top with whipped cream, toasted pecans, and a maraschino cherry. (With pecans at room temperature, toast in 350° oven for 5 or 6 minutes.) *Note: Omit the mint sauce when making the chocolate for banana splits.*

Recipe: Chocolate Sauce for Ice Cream

Makes about 12 servings. Good on vanilla ice cream. (Edy's Grand)

¾ cup light-brown sugar, packed
¼ cup + 1/8 cup granulated sugar
¼ teaspoon salt
¾ cup unsweetened cocoa powder
1½ cup GF whipping cream
4½ tablespoons unsalted butter
1½ teaspoons mint extract (optional)

For 4 servings:

¼ cup light-brown sugar, packed (C&H)
2 tablespoons granulated sugar (C&H)
Dash salt
¼ cup unsweetened cocoa powder (Hershey's)
½ cup GF whipping cream (Anderson Erickson)
1½ tablespoons butter (Land O Lakes)
½ teaspoon mint extract (optional) (McCormick)

Allow butter to reach room temperature (will occur faster if butter is cut into slices). Sift together brown sugar, granulated sugar, salt, and cocoa powder into heavy-bottomed pan (sifting eliminates lumps). Add cream and stir until smooth. Cook over low to medium heat until mixture is warm, smooth, and thickened (about 5 to 10 minutes). Stir in butter and allow to melt.

Remove from heat. Stir in mint extract, if desired. (Omit mint for banana splits.)

Will keep up to two weeks in refrigerator (longer if frozen). Warm desired serving quantity in microwave to serve.

Recipe: Pineapple Sauce for Ice Cream

Makes about 1½ cups. Good on strawberry ice cream. (Edy's Grand)

½ cup granulated sugar (C&H)
1 tablespoon corn starch (Hodgson Mill)
1 6-ounce can pineapple juice (Dole)

¼ teaspoon grated lemon peel
1 8.75-ounce can crushed pineapple (Dole)



In small saucepan, combine sugar and cornstarch; whisk to mix thoroughly. Gradually add pineapple juice, stirring until smooth. Add lemon peel and crushed pineapple. Over medium heat, bring to boil, stirring, and boil until thickened and translucent. Cool, then refrigerate. Serve cold on ice cream.

Recipe: Caramel Sauce for Ice Cream

Makes about 1¼ cups. Good on chocolate ice cream. (Edy's Grand)

1/3 cup unsalted butter (Land O Lakes) 2 tablespoons light corn syrup (Karo)
1 cup light-brown sugar, packed (C&H) 1/3 cup GF heavy cream (Anderson Erickson)

Melt butter in saucepan over low heat. Stir in brown sugar, corn syrup, and cream. Bring to boiling point. Remove from heat and cool. Serve warm or cool. Store in refrigerator, but may need to reheat to remove sugar crystals before serving.

Celiac-Friendly Restaurants in the Kansas City Area

Compiled by Judy Bond

Eating out is always risky for celiacs and readers must decide for themselves how to apply this information to their situations.

Leawood – Overland Park - Stanley

Bonefish Grill, 5021 W 135th St., 66224, www.bonefishgrill.com
Bristol Seafood Grill, 5400 W. 119th, 66209, www.bristolseafoodgrill.com
Caspian Bistro, 8973 Metcalf, 66212, www.caspianbistro-ks.com
Carrabba's Italian Grill, 10586 Metcalf 66212
Cheeseburger in Paradise, 5041 W 135th 66224, www.cheeseburgerinparadise.com
First Watch, 12040 Blue Valley Parkway, 66213, www.firstwatch.com
First Watch, 7305 W. 95th, 66212, www.firstwatch.com
First Watch, 9916 College Blvd., 66210, www.firstwatch.com
Fortune Wok, 11236 W 135th St., 66221
Fortune Wok, 14537 Metcalf, 66223
Mimi's Café, 11885 W 95th, 66214, www.mimiscafe.com
Mimi's Café, 8301 W. 135th St., 66223, www.mimiscafe.com
Outback Steakhouse, 9501 Quivira Drive, 66214, www.outback.com
Pei Wei Asian Diner, 9222 Metcalf, 66212, www.peiwei.com

Olathe

Carrabba's Italian Grill, 12110 S Strang Line Rd., 66062, www.carrabbas.com
Pei Wei Asian Diner, 15141 West 119th St, 66062, www.peiwei.com

Fairway – Mission – Prairie Village - Shawnee

First Watch, 2800 W 53rd, Fairway, 66205, www.firstwatch.com
First Watch, 11112 W. 63rd, Shawnee, 66203, www.firstwatch.com
First Watch, 4117 W 83rd St., Prairie Village, 66208, www.firstwatch.com
Outback Steakhouse, 6870 Johnson Dr., Mission, 66202, www.outback.com

Kansas City Kansas – Lansing – Tonganoxie – Lawrence

Cheeseburger in Paradise, 1705 Village West Pkwy, KCK, 66111, www.cheeseburgerinparadise.com
Daniel's Bar-B-Q, 834 N Main 7 Hwy, Lansing, 66043, www.danielsbbq.com
Daniel's Bar-B-Q, 215 W St. 24/40 Hwy, Tonganoxie, 66086, www.danielsbbq.com
First Watch, 2540 Iowa, Lawrence, 66046, www.firstwatch.com
Local Burger, 714 Vermont St., Lawrence, 66044, www.localburger.com
Outback Steakhouse, 1851 Village West Parkway, KCK, 66111, www.outback.com

Kansas City, Missouri

Eden Alley Cafe, 707 W. 47th, 64112, www.edenalley.com/
Grand Street Cafe – 4740 Grand St., 64112, www.eatpbj.com/grandstreetcafe/
LuLu's Thai Noodle Shop - 333 SW Blvd., 64108, www.lulusnoodles.com
Peppercorn Duck Club, 2345 McGee St., 64108, www.hyattkc.com/pcdc/
P.F. Chang's China Bistro, 102 W. 47th Street, 64112, www.pfchangs.com
Skies, 2345 McGee St., 64108, www.hyattkc.com/skies/
Waldo Pizza, 7433 Wornall, 64114, www.waldopizza.net

Northland

Bonefish Grill, 6334 N. Lucerne, 64151, www.bonefishgrill.com
Outback Steakhouse, 7006 NW Barry Rd, 64153, www.outback.com
Outback Steakhouse, 4323 NE Chouteau Trafficway Suite A, 64117, www.outback.com

Lee's Summit

Outback Steakhouse, 1731 NE Douglas, 64063, www.outback.com
Waldo Pizza, 1543 N.E. Douglas, Lees Summit, MO 64086, www.waldopizza.net

Independence/Blue Springs

Carrabba's Italian Grill, 19900 Valley View Pkwy, Independence, 64055, www.carrabbas.com
Outback Steakhouse, 20000 E. Valley View Parkway, Independence, 64055, www.outback.com

This list will soon appear on our local website at www.csakansascity.org and will be updated periodically. If you find a good celiac-friendly restaurant to recommend for evaluation, please notify our support group's President.

More Celiac-Friendly Restaurants

The following restaurants are celiac-friendly, but are listed separately from those on the preceding page because they request at least 24 hours' notice to prepare for a gluten-free meal:

The American Restaurant, Crown Center, 200 East 25th Street, Suite 400, 64108,
www.americankc.com

Milano Italian Dining, 1st Level, Crown Center Shops, 2450 Grand Blvd, 64108,
www.hyattkc.com/milano

New Theatre Restaurant, 9229 Foster, 66212, www.newtheatre.com (Overland Park)

With Your Help, Our Group Can Win a Buffet Dinner at a Restaurant

To celebrate CSA's landmark 30th Annual Conference, CSA's Chef Aaron Flores will work with a local restaurant to prepare a gluten-free dinner for up to 150 people in the CSA chapter that recruits the most new CSA members for 2007 (over and above 25 people). To qualify, each new member must enroll as a member of the Celiac Sprue Association by calling 1-877-CSA-4-CSA or by visiting the website at www.csaceliacs.org. Currently, *tax deductible* fees for new members are \$33 and for renewing members, \$25, per year. **If you attend our support group, but**



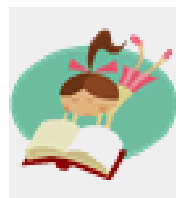
have not enrolled in the national CSA organization, please

consider doing so—you will count as a new member. *If you know of other celiacs who don't attend our meetings, encourage them to join us and to become members of the national organization.* **OUR CHAPTER IS THE BEST—WE CAN WIN!**

Gluten-Free Cookbook for College Students (and others)

Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating, and Living Gluten-Free is available from Amazon.com, priced at \$18.95. It offers hilarious first-person tales of the trials and tribulations of living with celiac disease. Author Vanessa Maltin uses her own personal experience to help students cope and offers tips for a gluten-free lifestyle that is easy and fun to maintain. There are easy-to-make recipes including snacks, finger foods, soups, salads, main dishes, and desserts as well as tips for cooking and managing a gluten-free diet. Most recipes require a small amount of time and use a limited array of ingredients and basic kitchen utensils.

A Book to Help Kids Understand and Explain Celiac Disease



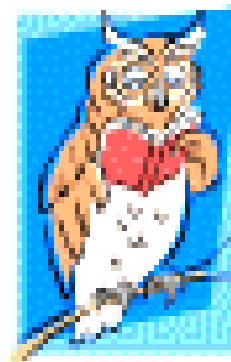
Gluten-Free Friends: An Activity Book for Kids helps kids ages 4 to 11 learn about celiac disease and explain it to their friends and teachers. Kids learn about the symptoms, appropriate foods, and how to adapt at school. The book is available for \$21.50 at To Your Health Kansas, 335 N. Moonlight Road, Gardner, KS, in the Moonlight Commons Shopping Center. Phone: 913-856-6262.

Gluten-Free Tasting at Englewood Hy-Vee on August 31

Are you curious about many of the new gluten-free mixes and ready-to-eat foods? Stop by the Englewood Hy-Vee HealthMarket to try items that are safe for those with celiac sprue. Nicole Kreber, Hy-Vee dietitian, will be there to answer any nutrition-related questions and offer recipe ideas. The tasting is from 2:00 p.m. to 5:00 p.m. on Friday, August 31, at Englewood Hy-Vee, 207 NE Englewood Road, Kansas City, MO. Phone: 816-454-4776.

Did You Know....?

- Scientists are aware that celiac disease can occur in one identical twin and not the other, but have yet to explain why. (Source: *St. Johns Listserv*)
- While scientists know that celiac disease is inherited, it has been difficult to identify the genetic risk factors. Recently, University of London researchers have discovered that people with celiac disease tend to lack a protective DNA sequence that influences two immune-signaling proteins. The genes affect an immune response called inflammation. Inflamed tissues send out signals that stir up the body's immune cells like a swarm of bees. The new findings, and more findings yet to come from the study, are expected to lead to new discoveries in how to diagnose and treat celiac disease. (Source: *WebMD*)
- Nuvelo, a biopharmaceutical company, has announced that clinical trials of its NU206 gastrointestinal growth factor product will begin within a few weeks. NU206 is a recombinant, secreted protein that stimulates gastrointestinal epithelial cells. One of several potential uses is to repair and prevent mucosal damage in celiac disease. Rapid mucosal repair in celiacs by using NU206 therapy would quickly alleviate the persistent problems caused by increased intestinal permeability as well as restoring other normal mucosal functions. (Source: *Celiac Listserv*)
- A study published in *Alimentary Pharmacology and Therapeutics* reports that individuals with celiac disease, including children with celiac disease, may be at increased risk of hip fracture and fracture of any type. Celiac disease may be positively associated with long-term hip fracture risk.
- **Editor's Note: The following article about eating oats only reports information that has been published and is NOT included in this newsletter to encourage consumption of oats**



Consuming oats is risky for celiacs because of contamination from fields that have grown both wheat and oats, trucks that haul both, grain elevators that store both, etc. The Celiac Sprue Association strongly discourages the consumption of oats by celiacs. The article follows:

An international research team, reporting in the *Scandinavian Journal of Gastroenterology*, shows that patients with celiac disease can consume oats with no risk of adverse immunological effects. Over a five-year period, one group of patients consumed oats regularly and the other group strictly excluded oats from their diets. At the conclusion of the study, the researchers conducted biopsies and counted T cells and found no differences between the two groups of participants. The researchers concluded that the mucosa of the small intestine show no immunological response in celiac patients who consume oats over a long period of time. (Source: *Celiac.com*)

An Excellent Website, Especially for Newly-Diagnosed Celiacs

The University of Maryland's Center for Celiac Research has a website with a great deal of useful information for celiacs, especially answers to the questions that newly-diagnosed celiacs ask. Of particular note are four short videos with celiacs describing their experiences leading up to diagnosis. Whether you're new or an old timer with the celiac lifestyle, you'll find the videos interesting and informative. Visit the site and recommend it to other celiacs you know or meet. The address is <http://celiaccenter.org>

Cruise Lines Accommodate Gluten-Free Diets

A celiac writing recently in an online forum described her satisfaction and joy at being able to eat good GF food during a Caribbean cruise on Celebrity Cruise Lines. The chef reviewed menus with her before preparing her food. Another person reported that Carnival, Royal Caribbean, and Princess cruise lines also work closely with celiacs to assure safe and tasty food. (Note: This is not an endorsement or a guarantee, but only communication of information.)



Pre-Prepared Gluten-Free Meals Shipped to Your Home

Ceres Kitchen, a completely gluten-free facility owned by Sharon Bivins, a member of the celiac support group in Colorado Springs, prepares a wide selection of family-size gluten-free meals for shipment nationwide. They try to accommodate other allergies, too. The menu changes monthly and offers vegetarian as well as meat-based meals. Orders require no minimum number of meals which come in two sizes: serving 3 adults or serving 6 adults. Visit the website at www.cereskitchen.com or call 719-266-8202.

KC Masterpiece BBQ Flavored Potato Chips No Longer Gluten-Free

Lay's KC Masterpiece BBQ Flavored Potato Chips are no longer gluten-free because barley flour has been added to the formulation and is not listed in the ingredients list. However, Hot'n Spicy KC Masterpiece BBQ Flavored Potato Chips continue to be GF. This is an example of the need to call manufacturers to verify gluten-free status of foods even though labels seem to indicate there is no gluten, especially if the labels list "natural" or "artificial" flavors. The BBQ chip label lists "natural flavors" which covers the barley in this particular product. Many Lay's products are GF, so visit the website at www.fritolay.com and click on "Products and Promotions," then click on "Ingredient Concerns" for a long list of GF products.

Wendy's Website Provides a List of "Menu Items Without Gluten"

For a list of Wendy's gluten-free products (free of wheat, barley, rye, and oats), visit their website at www.wendys.com and click on "Food," then "Nutrition," then "Menu Items Without Gluten." The list cannot be published in this newsletter without special permission. This gluten-free listing is much more useful than the listings provided by many restaurants and restaurant chains that show the eight allergens (including wheat, but not barley, rye, and oats). You can make a difference by contacting the corporate headquarters of your favorite restaurants and calling to their attention that Wendy's gluten-free listing is most useful.

Where to Eat in Branson



Disclaimer: In May, 2007, the following information, written by a celiac who lives in Branson, appeared in a St. Louis support group's internet forum. The information has NOT been verified. Eating out is always risky for celiacs and readers must decide for themselves how to apply this information to their situations. It has been edited for brevity.

"We like to eat at Landrys which is a seafood restaurant primarily and the chef is very willing to accommodate. My husband usually has the lemon pepper catfish (grilled), baked potato and sautéed veggies. They said that the catfish just had lemon pepper and a bit of oleo on it and the veggies had oleo and a bit of oil. He also had the green salad with house balsamic vinaigrette for dressing. They have an appetizer that is GF -- fresh tomatoes with mozzarella on top and drizzled with balsamic vinaigrette. They serve Crème Brulee for dessert, so make sure to save room.

"We also eat at the Plaza View on the ninth floor of the Plaza Hotel. They have a few choices -- their prime rib is GF as are their steaks and of course, baked potato and salad. They serve dessert with their entree and they always bring my husband vanilla ice cream when the rest of us are enjoying the cheesecake or whatever they are serving for the evening. (This is our favorite place in Branson to eat.)

"There is a buffet on the strip called Peppercorns where we have successfully eaten breakfast --- scrambled eggs, hash browns, bacon, and fresh fruit. Several other celiacs that I know have also eaten there successfully.

"The Outback Steakhouse in Branson is NOT part of the chain and DOES NOT have a GF menu. However, we have eaten there. You just have to ask them what they have that is not marinated and they can grill a piece of meat, baked potato and salad.

"Montana Mikes is a new steakhouse on the strip (Route 76) right near the Titanic. They are very willing to work with you. We have eaten there numerous times and it was delicious. I believe that the best choices would be the steaks, baked or mashed potatoes, green salad w/o croutons and either bring your own dressing or use vinegar and oil. Make sure to tell your server of your needs -- or you can always ask for the manager.



“We now have a Chilis. It is just off Rt 65 by Home Depot and Target. You can't miss them at the exit. They are on the west side of the road. Chilis has a GF menu on their website, but we are instructed to print it off every month as it could change periodically.”

“GF FOOD SOURCES:

“Nature's Sunshine on Route 76. It is in a little strip mall almost right across the street from the Alaska Down South store, toward the east end of Route 76. Nice assortment of GF foods.

“Country Mart grocery store, on Route 248, which is the exit off Route 65 and north of Route 76.

“There is a KMart in the same complex as the Country Mart. They have a large health food section and carry many GF products like cereals, Tinkyada pasta, Gluten Free Pantry mixes, Bob's Red Mill flours and mixes, some Kinnikinnick and some of Amy's frozen dinners, and Van's waffles. They also have Boar's Head deli meats and cheeses, but remember to ask them to clean the slicer before cutting your selections. They have also moved a lot of their health food stuff and mixed it in with the regular selections in the store -- like you will find the Lundberg rice in with the regular rice.

“Hiland Dairy products are commonly found in the Branson grocery stores and all of their dairy products are GF except for the obvious ones like ice cream with cookie dough, etc.

“There is a Super Walmart in Branson West and they have a lot of foods that are now being marked gluten free -- all Great Value or Walmart's own brand. There is also a regular Walmart on the strip in Branson that carries some foods. I don't know what you would be able to find there, though.”

Editor's addition: Shorty Smalls is another Branson Restaurant where celiacs have eaten successfully.

For New Members of Our Group

Prior issues of this newsletter have contained information that new members might find useful. Here is a summary of some of those items:

- Inexpensive and store brands of spices may contain gluten in the form of wheat flour added as an anti-caking agent. It is considered part of packaging and law does not require it to be listed as an ingredient. Use name brands such as McCormick, Tone's, and Durkee.
- Scientists at Stanford University and at Leiden University are researching enzyme products that may lead to a pill to help celiacs digest small quantities of gluten that are accidentally consumed. However, a marketable product may be years away. *Note: There are enzyme products currently on the market that claim to help assimilate gluten. The Celiac Sprue Association has not commented on their safety and effectiveness. Anyone interested in these products may wish to inquire into the scientific and medical validations supporting their safety and effectiveness.*
- For information on gluten-free medications, visit the website www.glutenfreedrugs.com or call KU's Drug Information Center at 913-588-2328. Formulations can change with each lot manufactured, so call the manufacturer each time the medication is purchased to verify gluten-free status.
- For purposes of itemized tax deductions, donations to our support group must be documented regardless of the amount. We recommend donating by check and keeping the canceled check for your records.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

14409 W. 123rd Terrace

Olathe, KS 66062

**Do you wish to continue receiving this newsletter?
If so, please notify us. See details on page 2.**