

CNY Celiac Newsletter

A Publication of the Central New York Celiac Support Group

Meeting Location

Town of Dewitt Community
Room
148 Sanders Creek Parkway
(off Kinne Street), E. Syracuse

Date: Nov. 15 2015, 2 pm – 4 pm

Introduction – Dr. Kiran Anna

Dr. Anna is a new gastroenterologist in our area with a strong interest in Celiac Disease.

Dr. Anna is associated with the Syracuse Gastroenterologist Associates. He is particularly interested in CD and also treats other conditions which are associated with CD that are often overlooked, such as bone metabolism, mineral deficiencies and vaccinations.

AND

Gluten Free Doughnut Holes

Holly O'Hara (one of our members) has been making them for her family for years. She says it is so easy – she just whips them together in about 10 minutes. And they are sooo good!

So hope you can come meet Dr. Anna, and observe and taste homemade Gluten Free Doughnut holes and cider.

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Laurel Sterling, Registered Dietitian

Need help, one-on-one with the G.F. diet? Laurel is employed by Natur-Tyme and is available for personal consultations – **free of charge**. She can be reached at 671-5187 or LSterling@natur-tyme.com

Important Changes

Please Read

Our CNY Celiac Support Group will again move back to Natur-Tyme Health Store – Community Room in February 2016. Wendy Meyerson (owner) has graciously offered this opportunity to our group.

Laurel Sterling, Registered Dietitian, employed by Natur-Tyme and very well known to our group, will become Co-Chairman along with myself (Ruth Wyman). I so appreciate Laurel's willingness and her knowledge and expertise on Celiac Disease and the gluten free diet to be a real asset to our group.

This will be the last newsletter from our group. We will have meeting notices on our website (www.cnyceliacs.org) and will send out an email notice. So I encourage you to sign up for Natur-Tyme's newsletter which will include meeting notices too.

We hope this will not be an inconvenience for anyone. But printing and mailing has become very expensive.

Meetings will continue to be free and we will no longer collect dues.

In 2016 our meeting will be on February 7, 2016 (Sunday) at 2pm. Laurel will be the speaker. Her topic will be "The Leaky Gut/Autoimmune Disease Connection."

**The address for Natur-Tyme is:
3160 Erie Blvd East, Dewitt, NY**

Central New York Celiac Support Group

Medical Advisory Board:

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5100 Taft Rd. Liverpool, NY

Mission Statement:

The CNY Celiac Support Group was formed to share support and understanding in helping us manage our lives without gluten, and to create public awareness in both the lay and professional community.

Disclaimer:

This newsletter is intended to be a general information resource. It is not for use in diagnosis, treatment, or any other medical application. All recommendations, information, dietary suggestions, product news, menus, and recipes generated by the CNY Celiac Support Group are intended for the benefit of our members and other interested parties. Individuals should consult with their physicians before following any medical or diet information mentioned in this newsletter. Food manufacturer's products are subject to formula change at any time and these changes may not be reflected on labels. Products mentioned do not constitute endorsement. No liability is implied by or assumed for the use of information in this newsletter. Feel free to reproduce any portion of this newsletter unless it specifically states otherwise. We request that you indicate where the information came from.

**** Directions to Meeting ****

Take James St. to Kinne St., E. Syracuse. Turn left. Go exactly one mile to Sanders Creek Parkway. Turn right. The Community Room will be on the right, next to the Fire Department. Park in the lot on the left side of the building. *Wheelchair accessible.*

CNYCSG Board of Directors:

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www.cnyceliacs.org

For more information or to be on our email list, contact Ruth Wyman at 463-4616, or send email to: jwyman1@twcny.rr.com

Many Probiotics Taken for Celiac Disease Contain Gluten

By Anahad O'Connor

Last year, doctors at Columbia University found that people with celiac disease frequently use probiotic supplements, but that those who take these products tend to experience more symptoms of the disease than those who do not.

Now these experts say they may know why: More than half of the top-selling probiotic supplements they analyzed contained gluten, a protein found in wheat, barley and rye that is harmful to people with celiac disease. The authors of the study found gluten in probiotic supplements that carried “gluten-free” claims on their labels, and they discovered that the most expensive supplements were just as likely to contain gluten as the cheapest products.

The results suggest that people with celiac disease, or those avoiding gluten for any reason, should be cautious about taking probiotic supplements, said Dr. Peter H. R. Green, the director of the [Celiac Disease Center at Columbia University](#) and the author of the new study, which was presented at a recent medical conference in Washington, called Digestive Disease Week 2015. He said that many people in this category do not realize that dietary supplements can be contaminated with gluten, and that it was baffling to him that gluten would turn up in these products at all.

“The question is: Why are companies putting wheat or barley or rye in probiotic supplements?” Dr. Green said. “People use these natural products in an attempt to be healthy. Yet it’s a very poorly regulated industry. Can anyone trust a gluten-free label?” The new findings are a symptom of what experts say is a larger problem in the \$33-billion-a-year supplement industry. [Several large studies and law enforcement investigations](#) in the last two years have suggested that supplements often do not contain what their labels claim. The industry is loosely regulated, and the Food and Drug Administration has said that two thirds of companies do not comply with a basic set of good manufacturing practices.

Dr. Green said that he and his colleagues were troubled by [a 2013 article in The New York Times](#) that described a study carried out at the University of Guelph in Ontario. That study found that many herbal supplements contained cheap fillers, substitutes and unlisted ingredients such as soy and wheat.

The article prompted Dr. Green and his colleagues to launch their own study to see if the supplements their patients were using contained gluten – and they decided to focus on probiotic supplements because they had found that nearly a quarter of celiac patients use them. That may not be surprising. Probiotics are widely touted for digestive health, and according to the National Institutes of Health they are among the most popular supplements in America, along with fish oil and multivitamins.

[Studies show](#) that celiac patients who use probiotic supplements report that they have a higher quality of life but – paradoxically – more bloating, cramping, irregular bowel movements and other symptoms of celiac disease, said Dr. Benjamin Lebwohl, an assistant professor of medicine and epidemiology at Columbia’s Celiac Disease Center. “Often it’s almost a given that probiotics promote gut health, and that’s frequently on the label,” Dr. Lebwohl said. “But there’s very little evidence supporting this.” Dr. Lebwohl said it was unclear whether patients with more symptoms of the disease were seeking out probiotic supplements, or whether the supplements were contributing to their higher rate of symptoms.

To figure this out, he and Dr. Green purchased 22 of the bestselling probiotic supplements from Amazon.com and several national retail chains. Then they subjected the products to a type of laboratory test known as liquid chromatography-mass spectrometry.

The researchers found that 12 of the supplements – or roughly 55 percent – contained detectable levels of gluten. Eight of these 12 products carried gluten-free claims on their labels.

According to the F.D.A., to qualify as gluten-free a product must contain less than 20 parts per million of the protein. Dr. Green said that two of the products that claimed to be gluten-free – or roughly 13 percent – were found to contain levels of gluten that exceeded the F.D.A. threshold. One product was found to contain high levels of wheat, and the other had high levels of barley.

Of the seven products that did not carry gluten-free labels, four tested positive for gluten, including two that exceeded the F.D.A. threshold. The researchers declined to release the names of the products they tested.

“We don’t know exactly how widespread this is and whether the levels vary from batch to batch,” Dr. Green said.

Ultimately, the study found that most of the supplements that tested positive for gluten were found to contain it at levels below the F.D.A. threshold. But Dr. Green said this was not reassuring because a person taking more than one capsule a day could accumulate high levels.

“We don’t know how many capsules people are taking each day,” he said. “If the level in a capsule is 19.8 parts per million it can qualify as gluten-free. But if people are taking a lot of this product, they’ll get cumulative amounts of gluten that will cause them damage.”

He also said that even among people with wheat allergies and celiac disease, the level of gluten that can be tolerated varies tremendously from one person to the next. Some people “may be much more sensitive to even less than 20 parts per million,” he said. “So the question that comes up is: Why do these products have gluten anyway?”

Date Nut Bars by Grace Bentley

1 cup sugar
½ stick margarine or butter
2 eggs
2 cups chopped dates
2 cups chopped pecans
1 tsp vanilla
2/3 cup dried potato flakes
1 tsp baking powder

Cream first two ingredients.
Stir in others with potato flakes and
baking powder.
Bake 35 minutes @ 350° in 9" square pan.

Gluten Free Pumpkin Cupcakes

by Mildred Mann

Ingredients:

½ cup butter	1 tsp xanthan gum
½ cup brown sugar	1 tsp baking powder
½ cup sugar	½ tsp baking soda
1 cup pumpkin puree	½ tsp salt
2 tsp vanilla	1 tsp cinnamon
2 eggs	½ tsp ginger
1 ½ cups almond or coconut flour or your favorite GF flour blend	½ tsp nutmeg

Directions:

- Preheat oven to 350 degrees.
- In a small mixing bowl, mix together the flour, xanthan gum, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg
- In a mixing bowl, cream butter with brown sugar, sugar and vanilla until creamy.
- Scrape down sides of bowl.
- Add one egg at a time, mixing well after each addition.
- With mixer on low speed, slowly pour in flour mixture until well combined.
- Scrape down sides of bowl and mix on medium speed for about 30 seconds until well combined.
- Bake 26 – 28 minutes at 350°.

Brown Butter Frosting (for cupcakes)

¼ cup butter, browned
2 oz cream cheese
½ tsp vanilla
2 cups powdered sugar
1-2 tbsp milk, if needed

Brown butter over medium heat. Beat the cream cheese until creamy. Add the brown butter, vanilla, and mix well

Slowly add powdered sugar until well combined. Add 1 tsp milk until desired texture.

**CNY Celiac Support Group
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