



GLUTEN INTOLERANCE GROUP
of East Central Wisconsin

GLUTEN-FREE NEWSLETTER

http://bit.ly/GIGECW_Newsletters

Educate / Motivate / Advocate

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Meetings

When: Third Saturday of odd numbered months (Jan, Mar., May, July, Sept., Nov.)

9:00 am to 11:00 am

Where: Ripon Medical Center in the Ripon/Princeton Rooms.

Spouses and loved ones are also encouraged to attend.

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Branch Manager

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www.facebook.com/GIGofECW

Happy New Year!

So, did you make any new year’s resolutions? If so, you are taking part in an ancient tradition.

More than 4,000 years ago, Babylonians celebrated their new year on the first new moon following the spring equinox (the day in March when there is equal amount of sunlight and darkness).

During their twelve day religious festival called Akitu (a Summarian word meaning barley-sowing), Babylonians crowned a new king, or reaffirmed their loyalty to the reigning king. They also made promises to their pagan gods to pay their debts and to return any borrowed items. Keeping their promises would put them in good standing with their gods. Those promises are thought to be the beginnings of our current new year’s resolutions.

Understand that I’m not equating the need to be gluten-free with making and keeping a new year’s resolution, but, I do feel they share the same processes when it comes to executing either plan.

We [the gluten-free community] know that lifestyle changes are not always easy. For many of us, going gluten-free is not of our own choosing, but instead due to any number of underlying medical conditions.

Making a change - regardless of the reason - requires the desire to change, knowledge of how to make the change, and the dedication and motivation to stay the course.



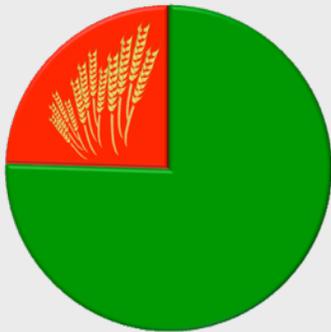


**New Years Resolution Statistics
2015 Statistic Brain Research
Institute, publishing as
Statistics Brain
December 27th, 2015**

<http://bit.ly/1mYWrtT>

**PsychCentral's "For New Year's
Resolutions, Ask Positive
Questions by Traci Pedersen"**

<http://bit.ly/1ZJ4p8h>



**The Celiac Center at Beth Israel
Deaconess Medical Center -
"Factors governing long-term
adherence to a gluten-free diet
in adult patients with coeliac
disease."**

<http://bit.ly/1O7rrhQ>

Gluten-Free Thoughts - Continued

It's no secret that the long-term success rate for New Year's resolutions are less than stellar. 39% of American vicenarians (twenty-somethings) and 14% of quincuagenarians plus (50 and over), achieve their resolution according to University of Scranton's Journal of Clinical Psychology. [See side bar]

Almost one fourth (24.5%) of diagnosed celiacs do not have adequate long term adherence to their gluten-free diet according to a 2015 study published by The Celiac Center at Beth Israel Deaconess Medical Center (BIDMC) in Boston. [See side bar]

According to research done by University of California, Irvine, the University at Albany, State University of New York, the University of Idaho, and Washington State University, maybe we need to alter our approach. [See side bar]

"Will you give up gluten forever?"

"Stop eating gluten."

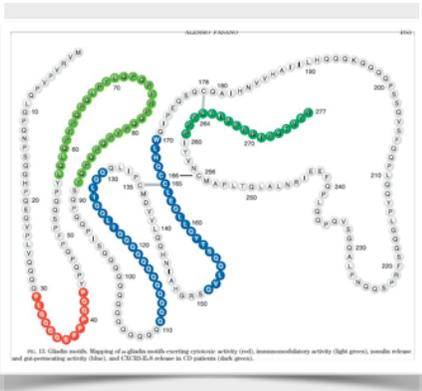
"Are you going to keep cheating?"

Being asked [or asking ourselves] a positive, direct question is more likely to return the desired result over negative statements or questions.

Researchers examined more than 100 studies investigating the "question-behavior effect." If a behavior is questioned, the likelihood of that behavior occurring changes. They found the effect was strongest when questions were used to encourage behavior with personal and socially accepted norms - like eating healthy foods or volunteering...or maybe remaining gluten-free?

Here's to inner strength, motivation, and a gluten-free new year!

Alan Klapperich
GIG of ECW Branch Manager



A String of Pearls

Think of gluten as a string of pearls that must be broken down into individual pearls.

Humans do not have the enzymes to completely break down the gluten molecule into individual amino acids.

Fragments [known as peptides] of undigested gluten remain.

Some of those peptides are known as gluteomorphins.

Due to increased intestinal permeability, the gluteomorphins pass through intestinal wall and enter the blood stream.

Gluteomorphins react with the opiate receptors in the brain, just like heroin and morphine.

This reaction creates a craving - generating the desire for more of the substance.

The Risks of Cheating

When it comes to dietary compliance for the gluten-free diet, there are many barriers that must be overcome: time constraints for cooking or preparing food, misinformation, lack of knowledge or education (label reading, detecting gluten), lack of cooking skills, ability to manage emotions: (depression, anxiety, fear), ability to resist temptation, feelings of deprivation, food availability, financial restrictions, social pressures, peer pressures, travel, lack of symptoms, effectiveness of the diet (it doesn't help). The list seems almost endless.



It seems that removing gluten is easier said than done, particularly for those just starting their gluten-free journey. Give up the foods that you've been eating for your entire life? That's crazy talk!

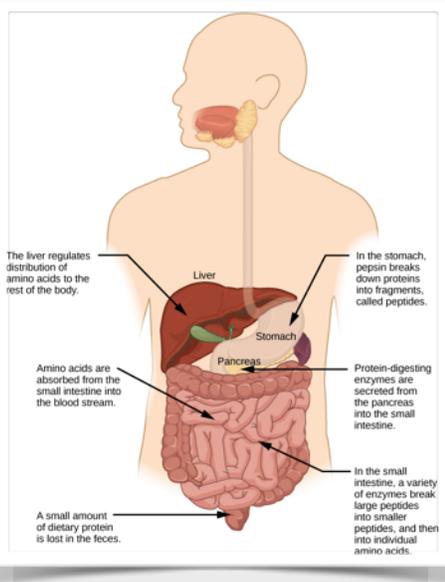
"I need gluten. I can't live without gluten!"

Ironically, a heroin addict might say something very similar. This is not surprising since narcotics and gluten are addictive. Yes, let's add addictive and withdrawal symptoms to the barriers of compliance list.

As we learned above, a 2015 study published by The Celiac Center at Beth Israel Deaconess Medical Center (BIDMC) found that 75.5% of study participants had adequate adherence. So what about the other 24.5%? They may be setting themselves up for additional [often serious] medical conditions.

While it maybe easy to rationalize away gluten cheats as simple aches and pains or as minor [major] inconveniences - beneath the surface, a battle is taking place that may not be evident...at least right away.

Here's a list of just some of the possible complications of cheating: Increased risk of heart attacks and strokes, increased



Julianne Taylor, RN at PrimalDocs.com offers up a great explanation on how gluten creates an autoimmune reaction.

<http://bit.ly/1Pgh6QA>

“Celiac disease: Why your body thinks gluten is a nasty invasive antigen or ‘bug’. And how – if you keep eating gluten a vicious cycle of damage will ensue.”

Special thanks to Anne Luther - Branch Manager GIG of Central Arkansas for sharing the Chris Kresser article.

Risks of Cheating - Continued

risk of blood clots and Deep vein venous thrombosis (DVTs), heart muscle damage, heart rhythm problems, coronary artery dissection, anemia, bone loss, cancer, ulcerative jejunitis, collagenous sprue, depression, malnutrition, neurological disorders, infertility, miscarriage, increase risk of triggering additional associated autoimmune conditions.

To learn more about the above list, please check out the following links

Cheating on a Gluten Free Diet? Increased Serious Risks May Occur

by Linda J. Dobberstein, DC

<http://bit.ly/1TDnOnE>

7 Serious Complications of Untreated Celiac Disease

by Sarah Patrick

<http://bit.ly/1OyRQZE>

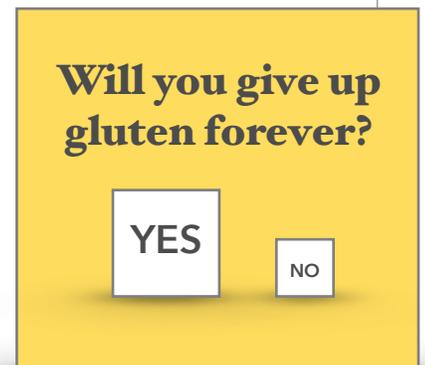
Those with Non Celiac Gluten Sensitivity are still at risk for eczema, psoriasis, depression, peripheral neuropathy, ADHD, multiple sclerosis, ataxia, diabetes, Amyotrophic Lateral Sclerosis (Lou Gerhig’s disease), and potentially much more.

3 Reasons Gluten Intolerance May Be More Serious Than Celiac Disease

by Chris Kresser, M.S., L.Ac

<http://bit.ly/1n5wysf>

After processing this information and applying what you’ve learned about influencing behavior by asking positive questions instead of negative questions or statements, please allow me to ask this question...



Alan Klapperich



Hidden Danger of "Grain Free" Food Companies Don't Want You to Know

by Jennifer Fugo
of GlutenFreeSchool.com

<http://bit.ly/1mJMakK>

Jennifer's excellent article explores several facets - benefits and the hidden danger - of grain-free foods.

"Grain Free" doesn't mean gluten-free."

"Grain free is not (nor may ever be) a safe substitute for gluten free, nor is any sort of paleo certification labeling."

Special thanks to Anne Luther - Branch Manager GIG of Central Arkansas for sharing the Hidden Danger article.

Grain-Free for the Gluten-Free

At this stage of the game, you've probably heard about some type of low or no carb diet template. As the name suggests, these diets remove all grains - yes, even the gluten-free grains.

Grain-free diets are known by several different names: Specific Carbohydrate Diet (SCD), Caveman, Ancestral, Paleolithic, Gut and Psychology Syndrome Diet (GAPS), Autoimmune Paleo Diet (AIP), Wheat Belly.

These diets tout a host of benefits that extend beyond a traditional gluten-free diet. Many members of the gluten-free community feel best when they're grain-free as well.

By definition, grain-free should be gluten-free. "Gluten" is the generic name for the various proteins found in grains. You ditch the grains, you ditch the gluten. It's a no-brainer! Um, not so fast Slick...

The purpose of this article is to make you aware of an important fact that is not always discussed by the proponents of grain-free diets.

Don't be lulled into a false sense of gluten-free safety by a grain-free food - even though it may be "Paleo Certified". Sure, the food itself may be naturally gluten-free, but gluten-cross contamination could still be a threat. This fact is rarely - if ever - discussed by several of the grain-free experts. My concern is for those who may not know to be concerned about cross contact. The unknowing may wonder why they're not feeling better while being grain-free due to gluten contamination.

One medical professional constantly shouts out the evils of a standard GF diet compared to his grain-free diet. To be fair, there are evils that need to be noted, however, he does not address the potential cross contamination concerns for his celiac/non-celiac gluten sensitivity followers.

In fact, a food company [making grain-free baking mixes] he prominently features on his website and Facebook page, states: "SOME OF OUR FACILITIES MAY HANDLE WHEAT OR OTHER ALLERGENS". At the very least, it would be prudent to



GlutenFreeWatchdog.com

Gluten contamination of grains, seeds, and flours in the United States: a pilot study - July 2010

by Tricia Thompson, MS, RD, Ann Lee, EdD(c), RD, LD, and Thomas Grace

This study tested twenty-two single ingredient naturally gluten-free grains, seeds and flours.

“Seven of 22 samples (32%) contained mean gluten levels >/=20 ppm”

“Gluten contamination of inherently gluten-free grains, seeds, and flours not labeled gluten-free is a legitimate concern.”

<http://bit.ly/1OQVXSN>



The Gluten-Free Kingdom

The adventures of Sir Alcher, Lady Pechal, and Roderick the Wizard have been completed!

<http://bit.ly/GFKingdom>

Grain-free for Gluten-Free - Continued

call the manufacturer to ask some questions.

Almond flour, coconut flour, chick pea flour, flax seeds (whole or ground), whole nuts of all kinds, herbs, spices, and seasonings are some of the popular ingredients in many grain-free foods. Sure, those are all single ingredient foods - but if these foods are ground, processed, packaged on lines used for gluten containing foods, then the end product could have detrimental levels of gluten.

The bottom-line for those with gluten-related disorders who want to be grain-free - **make sure your grain-free foods/ingredients are labeled or certified gluten-free.**

Alan Klapperich

! Product Alert !

Aldi's Live G Free and Sam Mills Gluten-Free Chocolate Chip Granola Bars contain barley malt extract. Sam Mills is the importer of this product for Aldi's. These bars are made in the Czech Republic by Emco.

A formal complaint has been filed with the FDA. If you have gotten sick please email tricia_s_thompson@hotmail.com. Please include the specific product eaten, when it was eaten, when you (or loved one) became ill, and whether you have celiac disease or non celiac gluten sensitivity. If you still have the box please also provide expiration date, lot number, and UPC Code. Please also know that your information including contact information will be compiled and submitted to an FDA Consumer Complaint Coordinator and also FDA personnel in DC on Monday, January 11th 2016





GLUTEN-FREE RECIPE

Ingredients

1 cup almond butter
 1/4 brown sugar
 1/4 honey
 1/2 teaspoon vanilla extract
 1 beaten egg
 1/2 baking soda
 1/4 tsp salt
 2/3 cup unsweetened shredded coconut
 1/3 cup flax seeds
 1/3 cup golden raisins

Optional substitutions:

Peanut butter
 Tubinado sugar
 Coconut Sugar
 Currants

Peg Notes:

Peanut butter & coconut sugar combination make a drier cookie than almond butter & brown sugar combination.

Almond Butter - Coconut - Flax Seed Breakfast Cookie

Submitted by Peggy K.

*If you are making this recipe for a gluten-free guest, please read our
Guide to Gluten Cross Contamination:*

http://bit.ly/GIGECW_GlutenContamination

Directions:

Preheat oven to 350°F.

Line two baking sheets with parchment paper and set aside

In an mixing bowl combine the almond butter, sugar, honey, and vanilla. Beat until mixture is combined and creamy. Scrape down of bowl as needed.

Add egg, baking soda, salt, coconut, flax seeds, and raisins (if using). Mix until well combined.

Drop a heaping teaspoon of dough onto baking sheet about 2 inches apart. Gently flatten into disks.

Bake until cookies are brown at the edges - about 10 - 15 minutes. Remove baking sheet from oven and place on cooling rack. Allow cookies to cool completely before removing.

Store cookies in airtight container in the fridge.

