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Gluten-Free Thoughts

Where, oh where has the time gone? The summer and a lion's share of the year are almost over. Looking back, I see that I hadn't published a newsletter since March. I apologize for that. I have not been sitting around eating GF bonbons. I wish!

What started as a simple 1 – 2 page short story to accompany Peggy's 2013 Cookie Daze Bake and Taste Contest entry – “[Chocolate Raspberry Gems of the Gluten-Free Kingdom](#)”, has turned into an extended story for GIG's [Gluten Free Just for Kids](#) Newsletter. The publisher claims I have a book on my hands. Once it's finished, I will explore that possibility.

After Cookie Daze, on a whim, I submitted Chapter 1 to GIG. They've published a few of my other articles in their *Celebrate Gluten-Free* publication, but this story wasn't a good fit, but they might consider it for the kids publication. I didn't know it, but they used it in their [Spring/Summer 2013 Issue](#).

In April they wanted Chapter 2, however, since I didn't expect they'd ever use the story, I never wrote it! Even though I had never written a story before, I decided to push my creative envelope and take advantage of this opportunity presented to me. So, I've been learning how to write a story as I go. It has given me a whole new appreciation of those that conjure and fabricate stories out of thin air.



Here is the text version of what has been published to date by GIG - <http://bit.ly/GFKingdom>. You can see the Chapter 2 layout by downloading GIG's Gluten-Free Just for Kids Spring/Summer 2014 here: <http://bit.ly/1qg4cpm>. Chapter 3 should be ready for proofing next week.

Now, on to other thoughts that have been rattling 'round this old brain...

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

~ Steve Jobs

Nadine, [The Gluten-Free RN](#) shared this quote on Facebook. Yes, Facebook can be useful! Steven's words struck a very loud chord in me, much like the [startup chime](#) of my beloved Apple Macintoshes. The late Steve Jobs imparted this bit of wisdom to the [2005 graduating class of Stanford University](#). Regardless of Steve's intended audience, I feel these words are quite useful for the gluten-free/gluten-zero community, even almost a decade later. Steve Jobs was a visionary on many levels.

Members of the gluten-free/gluten-zero community have endured a good bit of bashing as of late. Considering the increase in mainstream awareness and coverage, I suppose some abuse might be expected. Late night talk show hosts airing "Man on the street" interviews asking "[What is gluten?](#)" - with embarrassingly incorrect answers. Improperly researched and inaccurate information published in newspaper/magazine/internet blogs, social media sites like Facebook, Twitter, Tumblr allowing anyone

to offer up their [educated and uneducated] opinions on such topics. We can't forget those closest to us - sometimes they can be our toughest critics - perhaps thinking we're just being trendy, wanting attention or special treatment.

Add to this cacophony, the mainstream medicine dogma that still exists when it comes to gluten-related disorders. Even though celiac disease is one of the most common life-long disorders, it's still vastly under diagnosed, and don't even get me started on Non-Celiac Gluten Sensitivity. Healthcare professionals do not recognize the "clinical chameleon" that sits in their exam room. The medical community has come a long way, but many are still behind the times holding fast to what they were taught in medical school - celiac disease is rare and only presents with weight loss and diarrhea.

Many in the community will be able squelch all the negativity going on around them. You, who are active in a support group, and those that have properly educated themselves have gone through an annealing process to harden your resolve. I do worry about those that are just starting their journey back to health. For certain, all of that negativity can be emotionally taxing and mentally distracting. Lord knows, I get tired of it. Do they have enough knowledge and commitment to stay the course? Blocking those external voices could mean the difference between success and failure.

Mr. Jobs was right - our time is limited, and we need to maximize every second we are in an earthly-form. "[Sick, tired and grumpy](#)" is not the way to go through life. We need to focus on the positive, stand up and advocate for ourselves when it comes to our health. We must block out the noise that can overpower our inner voice - the voice that tells us what it takes to keep our bodies happy and healthy.

I will leave you with these 5 daily disciplines to stay in a positive state of mind.

1. Start getting spiritual (feed your soul)
2. Write a gratitude list
3. Fill your mind with positive messages
4. Surround yourself with supportive people
5. Stay Active

More details on the disciplines:

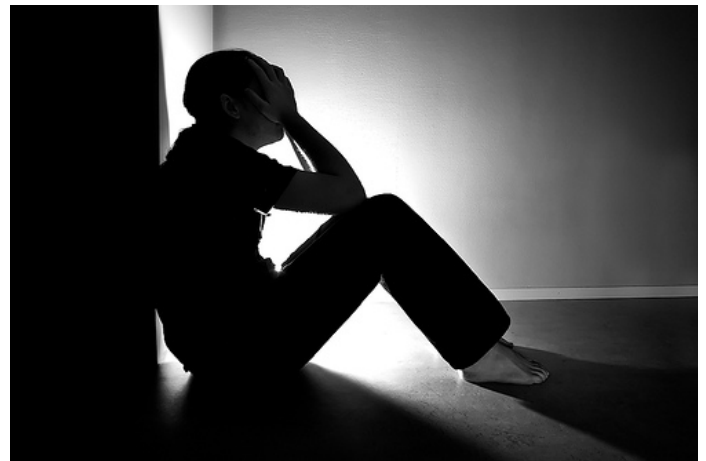
<http://bit.ly/PositiveMindTips>

Stay strong. Be well. Keep moving forward!

Al Klapperich – GIG of ECW Branch Manager

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Mood • Behavior • Mental Illness and Gluten



This article was originally titled "Schizophrenia and Gluten", however shortly after I started writing, the news of Robin Williams' suicide rocked the world. This news hit home on many levels for me. I greatly enjoyed his work. At one time I had committed sizable sections of his standup routine to memory. I was in awe of his comedic genius; how quickly his mind worked and the staggering number of references to people, places, and events he was able to weave together. He was a caring and generous man.

I am not saying Mr. Williams' problems were connected to gluten, however one can not help but wonder if removing gluten would've/could've helped him. He was wrestling many demons, the most recent being early stage Parkinson's.

"The gut is not like Las Vegas. What happens in the gut, does not stay in the gut."

~ Dr. Alessio Fasano

The intent here is not to bore you with medical mumbo jumbo [WARNING: medical mumbo jumbo lies ahead], but the take-away here is simply this:

Gluten has been shown to affect mood, behavior, and cognitive function.

Remember, gluten can affect any and every organ in the human body – the brain and nervous system are not exempt – even without the presence of celiac disease. Science & medicine are discovering more connections as time goes on.

The statistics for mental illness in the United States are staggering.

- One in four [25%] adults experience mental illness in a given year.
- One in 17 [approx 6%] live with serious conditions like: schizophrenia, major depression, bipolar disorder.
- Approx. 1.1% of adults live with schizophrenia.
- Suicide is the tenth leading cause of death in the US (more common than homicide) and third leading cause for ages 15 to 24 year olds.
- More than 90% of those who die by suicide had one or more mental disorders
- In 2010, the Center for Disease Control reported 38,364 suicides per year – about 14% more than motor vehicle crashes.
- \$193.2 billion – Lost earnings per year due to mental illness.
- Veterans account for 20% of suicides. 22 per day.
- Mood disorders (like depression) are the third most common cause of hospitalization for youth and adults 18 to 44.

You can find more mental illness statistics in this document from National Alliance of Mental Illness: <http://bit.ly/1sMndpF>

After looking at those statistics, sadly, I suspect just about every family has had some experience with mental health issues in some form, be it directly or indirectly. I am no exception. My father was a diagnosed Paranoid Schizophrenic. Like many, he was not compliant with his medication regimen nor did he seek on-going professional help. The consequences of his choices are still rippling outward today, almost 44 years after his suicide. I will always wonder if removing gluten would've altered our family's history; without question it has altered my future.

Most mainstream medical professionals do not associate gluten with neurological/behavioral disorders. This is unfortunate because Dr. Marios Hadjivassiliou, Professor of Neurology at Sheffield, UK Teaching Hospitals, stated in 2002, “*Gluten sensitivity can be primarily and at times exclusively a neurological disease.*” <http://bit.ly/1qXJdf3>

Dr. Hadjivassiliou has done extensive work with a neurological condition called Gluten Ataxia. This condition is characterized by the loss of balance and coordination, visual disturbances, tremors, difficulty in walking. Living Without Feb/March 2011 has an excellent article on this topic - <http://bit.ly/1u24c0q>

Dr. Hadjivassiliou is not alone in his discoveries. Dr. Rodney Ford, a Pediatric Gastroenterologist/Allergist from Christchurch New Zealand, wrote this medical hypothesis paper in 2009 titled - “The Gluten Syndrome: A Neurological Disease” - <http://bit.ly/1tkM58j>

“Gluten can cause neurological harm through a combination of cross reacting antibodies, immune complex disease and direct toxicity. These nervous system affects include: dysregulation of the autonomic nervous system, cerebella ataxia, hypotonia, developmental delay, learning disorders, depression, migraine, and headache.”

If gluten is the putative harmful agent, then there is no requirement to invoke gut damage and nutritional deficiency

to explain the myriad of the symptoms experienced by sufferers of celiac disease and gluten-sensitivity. This is called "The Gluten Syndrome".

Dr. Ford has devoted an entire book on the subject of gluten's effect on our brains. I highly recommend "Gluten Brains" - <http://bit.ly/GlutenBrains>

"Neurologic and Psychiatric Manifestations of Celiac Disease and Gluten Sensitivity" was published in Psychiatric Quarterly in March 2012 and contains a great summary of a variety of gluten-related conditions. <http://1.usa.gov/1sn54JU>

Neurologic Complications include:

- Gluten Ataxia
- Epilepsy and Seizure Disorders
- Peripheral Neuropathy
- Inflammatory Myopathies
- Myelopathies
- Headache
- Gluten Encephalopathy (Brain Damage)
- White matter abnormalities

Psychiatric Complications include:

- Anxiety Disorders
- Depression and Mood Disorders
- Attention Deficit-Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorders
- Schizophrenia

Depression

Depression is a medical condition that interferes with daily life; affecting thoughts, feelings, behavior, mood and physical health for extended periods of time. Some people may only have one episode of major depression in their lifetime, but often times it is a recurrent issue.

In celiac disease, nutritional deficiencies from intestinal damage may also contribute to depression. Lack of B-vitamins, specifically B-12 and folic acid have been linked.

Reports of depression in those with celiac disease began appearing in the 1980s. In 1982, a Swedish study reported "Our results suggest that depressive psychopathology is a feature of adult coeliac disease and may be a consequence of malabsorption" <http://1.usa.gov/W3jKEB>

A 1998 study shows about one third of diagnosed celiac patients also suffer from depression. Celiac adolescents have higher than normal rates of depression (31% vs 7% of adolescents without celiac). <http://bit.ly/1qUGi2S>

A large Swedish study published in 2007 compared almost 14,000 celiac patients against almost 67,000 healthy people. Researchers found that celiacs are 80% more likely to experience depression than the general population. They also looked at the celiac-depression relationship in reverse. They found those with depression had a 230% increased risk factor of having celiac disease. <http://1.usa.gov/1pApGIN>

Women with celiac disease have higher rates of depression than the general population. The risks were highest in those that were not compliant with the gluten-free diet. Even when compliant, women still had higher risks of depression over those without celiac. <http://bit.ly/W3nKoE>

According to Dr. Tom O'Bryan, children have a 40% increase risk of suicide. Those children with intestinal inflammation [no villi damage yet] have a 96% increased risk. <http://bit.ly/1rJ7wjo>

Adults diagnosed with celiac disease and/or intestinal inflammation have increased suicide risks as well. Another large study published in 2011 from Sweden shows those with celiac disease [intestinal damage] had a 55% increased risk factor. Those with intestinal inflammation [no villi damage] had a 96% increased risk. <http://1.usa.gov/Z4DFFk>

More Gluten & Depression Studies

"A study has now demonstrated that gluten is independently associated with depression in patients with NCGS." - <http://1.usa.gov/1tZiAqc>

"Exposure to gluten specifically induced current feelings of depression." - <http://1.usa.gov/1ucfDBZ>

“Lifetime depressive symptoms may be present in one third of the CD patients who adhere to gluten-free diet. Long-term adherence to the gluten-free diet may reduce the risk of current depressive symptoms.”
- <http://1.usa.gov/1qqWZpe>

Schizophrenia

Schizophrenia is a brain disorder that distorts thinking, behavior, emotions, the perception of reality. Delusions [believe people are trying to control them or plotting against them] and hallucinations [hearing voices] are common symptoms.

There have been observations of Schizophrenia and gluten dating back to the 50's & 60's – also known then as “Bread Madness”.

In 1953 Dr Lauretta Bender started seeing increased incidences of celiac disease in those with childhood schizophrenia.

In 1961 Harold Graff, M.D. and Allen Handford M.D. published the case study, “*Celiac Syndrome in the Case Histories of Five Schizophrenics*”, about five patients with a history of schizophrenia and celiac disease who happened to be admitted to the same psychiatric hospital over the course of 365 days. A most curious observation in facility that had few admissions over the course of a typical year.
<http://bit.ly/1uFm56w>

Dr. F. Curtis Dohan spent most of his career drawing connections between wheat and schizophrenia. He too noticed a number of patients with schizophrenia also had celiac disease – potentially 50 to 100 times the rate that would be expected by mere chance. Beyond these connections, he reported that a gluten-free diet improved some of the newly diagnosed schizophrenics, but not all. 2 out of 17 improved.
<http://bit.ly/1nhCHLw>

In 1966 Dohan published “*Wheat Consumption and Hospital Admissions for Schizophrenia During World War II*”. He analyzed the decreases in hospital admissions for schizophrenia during the wheat shortages in Finland, Norway, Sweden, Canada and the United States during World War II.
<http://bit.ly/1q0nRxU>

Like many pioneers in their field, Dohan was often ridiculed and marginalized for his work [opioid

research in mental illness], but he continued publishing his findings. Dohan also demonstrated that schizophrenia was almost non-existent in South Pacific cultures where little to no grains were consumed. When those cultures began to westernize their diet with the consumption of wheat, barley, beer, and rice, the prevalence reached European levels.
<http://1.usa.gov/1wYpKja>

Did Dohan find a “scientific smoking gun” linking gluten and schizophrenia – not exactly according to some experts, but his work is now proving to be quite interesting and now beginning to be validated.

It has only been over the last decade or so that experts have shown gluten's effects on the nervous system. Even to this day experts are still looking indisputable evidence connecting the two conditions.

In 2012, another study revealed that people with schizophrenia are much more likely than the general population to have an immune response to gluten. When those with schizophrenia and a documented immune response to gluten tried a gluten-free diet, they got better. These results are very promising for those suffering from a neuro-degenerative condition where little else works.

Not everyone with schizophrenia will see improvements on a gluten-free diet. New research is indicating about 20% may experience measurable improvements. Dr. Alessio Fasano's team have found that roughly 1 in 5 patients with schizophrenia have elevated levels of tTG6 (a new marker indicating gluten-sensitivity). Those patients put on a gluten-free diet were able to control their condition without medication. Promising results indeed!

More Gluten & Schizophrenia Studies

“*Gluten Sensitivity and Schizophrenia*” a PowerPoint presentation by Deanna Kelly, Pharm.D, BCPP Professor of Psychiatry at Univ. of Maryland School of Medicine.
<http://bit.ly/1qwwD5m>

“*Emerging scientific literature contains several reports linking gluten sensitivity states with neuropsychiatric manifestations including autism, schizophrenia, and ataxia.*” <http://1.usa.gov/1tkxTvQ>

“A drastic reduction, if not full remission, of schizophrenic symptoms after initiation of gluten withdrawal has been noted in a variety of studies. However, this occurs only in a subset of schizophrenic patients.” - <http://bit.ly/1qUPNTt>

“Five biomarkers of gluten sensitivity were found to be significantly elevated in patients with non-affective psychoses (schizophrenia) compared to controls.” - <http://1.usa.gov/1vXIWL1>

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Walmart Gluten-Free

If you venture down the inside aisles at Walmart, you'll see some new products.

Walmart recently introduced a line of gluten-free products to their Great Value line. These products are certified by Gluten-Free Certification Program – a partnership of The Allergen Control Group from Toronto Canada, Canadian Celiac Association, and National Foundation for Celiac Awareness.



GF Products include:

- Gluten Free Rice Pasta and Cheddar Cheese
- Gluten Free Deluxe Shells and Cheese
- Gluten Free Deluxe Macaroni and Cheese
- Gluten Free Cheeseburger Skillet Dinner
- Gluten Free Beef Stroganoff Skillet Dinner
- Gluten Free Dark Chocolate Granola Bars
- Gluten Free Fruit Mix Granola Bars
- Gluten Free Trail Mix Granola Bars

- Gluten Free Chocolate Sandwich Cream Cookies
- Gluten Free Vanilla Sandwich Cream Cookies
- Gluten Free Chocolate Chip Cookies
- Gluten Free Shortbread Cookies
- Gluten Free Penne Pasta
- Gluten Free Pretzel Sticks
- Gluten Free Pretzel Twists

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Aldi's Gluten-Free

In May, Aldi's launched their LiveGfree gluten-free product line. It was a limited trial run of gluten-free items.

Evidently, it was a success because they are bringing it back, and expanding it.

Aldi's Facebooks Page states, *“We heard you, ALDI fans! The ALDI exclusive LiveGfree product line will soon be in stores every day.”*



The LiveGfree product line includes chewy bars, granola crunch, pizza, spaghetti, penne and fusilli, macaroni and cheese, wraps, pancakes, cake/cookie mix, cornbread/pizza crust mix, brownie/baking mix, cheese ravioli/lasagna, multi-seed crackers, soft baked cookies, chicken breast nuggets, and white and whole grain bread.

Fun Fact: Aldi's and Trader Joes are sibling stores.

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Silver Creek All Natural Market & Cafe



Silver Creek All Natural Market & Cafe recently opened their doors at 800 W. Fond du lac St. (the old Dairy Queen building on Hwy 23).

They have a variety of meats and natural products in their store.

They do have gluten-free menu items. GF buns are available for their 100% Angus Beef Burgers or sandwiches.

They have a dedicated fryer for gluten-free fries and Chicken Fingers.

When asked about their policies and procedures to minimize gluten-cross contact, this was their reply - *"We use separate pans for cooking. We also cover our countertops while preparing gluten free item."*

Missy reports that the cook's mother has celiac disease.

It was my intent to interview the owners for this edition of the newsletter, however I ran out of time. I will add to my To-Do list, or see if they'll speak at a meeting.

I still have not eaten there, but Missy has.

Silver Creek Market & Cafe contact info:

(920) 748-9000

silvercreekallnaturalmarket@gmail.com

<https://www.facebook.com/SilverCreekAllNaturalMarket>

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National Restaurant Association's Chef Survey - What's Hot 2014



The National Restaurant Association produces a chef survey every year. Gluten-free Cuisine has been rising up the Top 20 Trends list. Not surprising, 2014's ranking is the best yet! Locally sourced meat/poultry/seafood and local produce have taken #1 and #2 rankings since 2009 (respectively).

<http://bit.ly/1oyN90t>

What's Hot 2014 Gluten-Free Top 20 Ranking

Year	Rank
2014	#5
2013	#8
2012	#7
2011	#8
2010	#9
2009	#12

Due to the popularity [i.e. dollar potential] of the gluten-free market, much like packaged foods companies, the savvy food service professionals are realizing the revenue potential of accommodating their gluten-free customers.

We know too well, simply publishing a GF menu does not a safe meal make. There is a lot of preparation and training that must back up that little GF logo we see on a menu. The smart food service professionals figured that out ahead of time. The not-so-smart ones are still working on it.

We need to help both types. The good restaurants we help by continued patronage. The not-so-good restaurants, well, that leads us to our next article...

Telling a Restaurant You've Been Glutened

Dining out or eating any place that we don't control our food is a risk. Other risks we take each day are getting out of bed and crossing the street. It's up to us to manage those risks the best we possibly can.

In order to mitigate the risk when dining out - we ask other GF diners - we call ahead to ask questions - we ask our server - we ask the manager - we ask the chef. We ask questions and lots of them.



At some point we turn over that control and trust those preparing our food will do it correctly. For some, they will not dine out because that risk is too high and too costly. Completely understandable. Avoidance or abstinence is an acceptable risk management tool for many. For those willing to take a walk on the wild side, it comes with some responsibilities, not only to ourselves, but also to others. Feedback must be given to the proper individuals so [hopefully] they can learn from any mistakes that were made and improve the service to their GF guests.

The food service profession, and a host of other professions are trying to figure out how to properly accommodate their GF customers. It can be confusing enough to figure out what foods are gluten-free, how to manage the cross-contact risks, but then add to the mix this "spectrum of gluten-freeness" that currently exists. It's no wonder there is some confusion.

Should there be mistakes and accidents when it comes to our health - NO! But - unfortunately, we do not live in a perfect world with perfect humans. Mistakes will be made; how they are handled and corrected should be the gauge.

So, when there is an issue, the GF community needs to be open to the idea of helping to fix the problem. Getting upset and going off on a restaurant employee or threatening a lawsuit may be some of the first

reactions, but that rarely helps and often complicates matters. Remain calm - be patient - be a part of the solution - not part of the problem. Take this opportunity to turn a negative into a positive.

Living Without's Gluten-Free and More Online has a helpful article on handling this delicate situation. If you dine out, please take some time to read the full article found here: <http://bit.ly/1r6wcjf>

Here is a summary of the steps:

- Pay it Forward - *Correcting the problem may help another GF guest from getting sick.*
- Find a Change Agent - *Seek out a manager or owner - some one who can make a difference and affect change.*
- Walk Through the Preparation and Ingredient List - *Use your detailed knowledge to break down the process and ingredients. You may be able point out areas of cross-contact, an ingredient that may have been misunderstood, etc.*
- Explain the Significance of Celiac Disease or NCGS - *Tell them why it's important that you not get sick - for your sake and their sake.*
- Talk About the FDA Ruling - *While the new GF labeling regulation doesn't specifically address restaurants, the FDA hopes restaurants will use it like the packaged food industry. FDA will crack down on false GF claims.*

If a restaurant is open to furthering their education, you might tell them about the Gluten Intolerance Group's Gluten-Free Food Service Training Program.

<http://www.gffoodservice.org/>

"The Gluten-Free Food Service Training and Management Certification Program is a GIG Industrial Program designed to work with food service establishments of all types who are, or want to serve gluten-



free consumers through the development and use of Best Practices training and management strategies that provide a high level of consumer confidence.

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Holiday Baking?

Hey GIG of ECW bakers, even though it's only September, the holidays will be here before we know it. 73 days until Thanksgiving!

Is anyone interested in getting together to have a holiday baking discussion or baking lab?

Think about it, if you're up for it, let's pick a date!

Thanks!

Peggy

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Gluten Intolerance Group Of East Central Wisconsin

A local branch of the
[Gluten Intolerance Group of North America](#).

Our mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis, and other gluten sensitivities, in order to live healthy lives.

Educate, Motivate & Advocate

- Educate people about their condition and their food.
- Motivate people to maintain a zero tolerance diet.
- Advocate for the common good of the entire gluten free community.

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 Green Lake Room located in the lower level.
- Spouses and loved ones are also encouraged to attend.

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