

Save a Celiac life today

Copy the flyer on the back of our new "Page Five." Make as many copies as you need and distribute it everywhere (with permission from the management).

About one out of every 130 people are believed to be genetic Celiacs. Many are undiagnosed and suffering from debilitating, Celiac Disease symptoms.

The flyer is designed to "out" this stealth health disorder and lead Celiacs to the dietary change that would end their suffering, and possibly save their lives.

"Page Five," in addition to serving as a flyer template, is expanding "Celiac Digest," our newsletter. We now have space for late-breaking information, as well as

more recipes, photos and features if reader input warrants it.

Suggested distribution points for the flyer include all-health-related sites, libraries, educational institutions, food markets, workplaces, media, health clubs, perhaps your hairdresser and any other place that would work

Celiacs run risk of kidney stones

<Disclaimer: Verify this information before applying it to your situation.>

Stephen Holland, M.D., a physician posting on the St. John's Celiac Listserv contributed this comment on kidney stones in response to a list member's question:

"Patients with Celiac disease are at risk for kidney stones. The malab-



sorption of fat causes the fat to stay in the intestine. Fat binds calcium. With calcium bound to fat, oxalic acid, which usually would be bound up by the calcium, is better absorbed. Oxalic acid stones then can form in the kidney."

"Increased dietary calcium helps, since the calcium then can bind up the oxalic acid. Calcium supplements taken at non-meal times increase the risk of kidney stones, so I tell my patients to take the calcium supplements with meals."

Brief depressions recur in Celiacs

According to the Journal of Psychosomatic Medicine, 36% of Celiac patients compared to 6.9% of 144 control patients were found with Recurrent Brief Depression. This association was stronger with RBD than major depression.

The heightened risks in CD patients were for the following mood disorders: 1) major depressive, 2) dysthymic disorders, 3) adjustment disorders, and 4) panic disorders.

The authors hypothesized that the association between CD and mood disorders might be explained by the following mechanisms: 1) malabsorption of tryptophan leading to lower serotonin production (2) autoimmunity: cytokines (certain proteins produced by the body).

Costco lists GF items

Costco has provided this list of GF Costco-brand items available in its stores. The information was valid as of December 2003.

FRUIT/NUTS

- #835671 KS Chocolate Raisins
- #205438 KS Whole Almonds
- #314437 KS Peanuts
- #203438 KS Almonds
- #18473 KS Pecans
- #203444 KS Pecans Raw
- #34806 KS Trail Mix
- #35930 KS Apricots
- #35772 KS Prunes

YOGURT/ICE CREAM

- #12488 KS Yogurt Variety Pack
- #12489 KS Variety Pack Yogurt
- #26253 KS Vanilla Ice Cream
- KS Berry Smoothie

MEAT

- #18475 KS Ham
- #77421 KS Spiral Sliced Ham
- #24619 KS Spiral Sliced Ham

- #87745 Rotisserie Chicken
- #51070 KS Canned Chicken
- #24623 KS Frozen Chicken Breast

ANTACID

- #204026 KS Antacid
- #204017 KS Antacid
- #195344 KS Pink Bismuth Liquid

ACETAMINOPHEN PRODUCTS

- #293567 Children's Ibuprofen

ASPIRIN

- #311844 KS Aspirin
- #192528 KS Enteric Coated Aspirin
- #195357 KS Infant Non-Aspirin
- #195307 KS Light Coat Aspirin
- #204013 KS Tri Buffered Aspirin

ALLERGY

- #178733 KS Suphedrine
- #195359 KS Cold & Allergy
- #311824 KS Diphedryl
- #314005 KS Daytime Cold/Flu Gelcap
- #314013 KS Allergy Sinus
- #314015 KS Nighttime Cold/Flu Gelcap
- #314023 KS Allergy Medication

WEIGHT LOSS

- #50460 KS Weight Loss Shake

*Spiced Nuts

- 1 Tbs. egg white
- 2 Cups pecans, or walnuts or almonds
- 1/4 C sugar

1 Tbs. ground cinnamon

Heat oven to 300 F. Beat the egg white thoroughly with just a bit of water. Coat the nuts with the egg white mixture.

Stir the sugar and cinnamon together and sprinkle over the nuts, thoroughly coating them.

Arrange the nuts in one layer in a non-stick pan or a glass pan that has been lightly greased. Bake 20 minutes.

* Baked and *personally* taste-tested by your editors until all were gone.

