

# SACS discussion group goes on-line

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## The Southern Arizona Celiac Support Group

(SAZCSG)

online discussion listserv provides a safe place for you to

ask questions, receive answers, post

articles (related to Celiac disease) or share recipes, and maybe make some friends LOCALLY.

Don't be afraid to ask questions, even if you think they are silly or obvious as we all were there at some point!

The rules are fairly simple for this group:

► Please limit discussions to CD or related issues.

► No marketing—please do not use our group to market products or ser-

vices.

► All the questions and answers posted will be reviewed by the moderator before they will be allowed to the rest of the group.

► Keep in mind that we will not allow flaming or inappropriate language.

We will occasionally use the discussion group to send members info on club activities or other CSA/USA news. ALL current members (that we have email addresses for) of our

SACS group (CSA/USA Chapter 15) have been invited to join, and we hope you do!

If you are new to our group, or recently acquired an email address, please contact Cheryl Wilson at [rhranchaz@earthlink.net](mailto:rhranchaz@earthlink.net), and she will make sure you receive an invitation. Please let her know any changes in email addresses, too.

## Leadership Contacts

Send an email to: [info@southernarizonaceliacsupport.org](mailto:info@southernarizonaceliacsupport.org) for contact information.

## Health news to use

**Biodegradable shipping 'peanuts'** sold by VeriPack are made with wheat starch. Wash your hands after using them or choose the regular packing materials, especially if you have young Celiacs in your household.

**Soy may harm your thyroid**, or so says the FDA's expert on soy. "there is abundant evidence that some of the isoflavones found in soy, including genistein and equol, a metabolize of daidzen, demonstrate toxicity in estrogen sensitive tissues and in the thyroid. This is true for a number of species, including humans.

Additionally, isoflavones are inhibitors of the thyroid peroxidase which makes T3 and T4. Inhibition can be expected to generate thyroid abnormalities, including goiter and autoimmune thyroiditis. There exists a significant body of animal data that demonstrates goitrogenic and even carcinogenic effects of soy products. Moreover, there are significant reports of goitrogenic effects from soy consumption in human infants and adults."

Daniel Doerge and Daniel Sheehan, two of the Food and Drug Administration's (FDA) key experts on soy, in a letter to the FDA, protested the health claims approved by the

FDA on soy products.

Andrew Weil, a noted alternative medical doctor, has this to say about soy at his website:

"...you're unlikely to get too many isoflavones as a result of adding soy foods to your diet -- but you probably will take in too much if you take soy supplements in pill form. At this point, I can only recommend that you avoid soy supplements entirely."

[<http://thyroid.about.com/cs/soyinfo/a/soy.htm?nl=1> is the website for more complete information and

links.]

## Conjunctivitis can be exacerbated by CD.

The American Society of Clinical Investigation in 2003 found inflammatory conditions like celiac disease increase

transglutaminase levels. Transglutaminase plays a role in the inflammation seen in the allergic conjunctivitis, and this may explain why we have allergic conjunctivitis symptoms following gluten intake.

**Untreated Celiac Disease can lead to hyposplenism** and a dramatically lowered immune system. Dr. Peter Green of NYC suggests all newly diagnosed Celiacs be vaccinated for common infections, including pneumonia. A strict GF diet can reverse this damage

