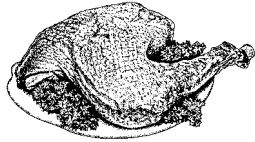


Jan. meeting at U of A's College of Pharmacy room 325



GF Marinade

If you are tired of the same bland meat and veggies, try this marinade from the CDF magazine.

Combine:

2/3 C. GF soy sauce (San-J's Tamari is good as its flavor is mild)

1/4 C. orange juice

2 TBS lime juice

2 large garlic cloves, crushed

Pour in a plastic food storage bag and add skinless chicken or salmon pieces. Marinate for not less than 20 minutes nor more than one hour. Broil the meat appropriate to its thickness, turning once and spooning on more sauce. The ingredients may be doubled, and the sauce keeps well in the refrigerator.

(4) Not recommended for cuts of beef.

Mark your calendar

(See **SACS Leadership** box Page 3 for phone numbers/email addresses)

2005

Jan. 6—Board Meeting, 10:30, Nannini Library

Jan. 15 - General Meeting – Dr. Fasano to speak, The Auditorium, College of Pharmacy, U of A., 9 a.m.

Jan. 26 Roundtable Columbus Library, 22nd and Columbus, 1 p.m.

Feb. 23 Roundtable, see Jan. 26

March 23 Roundtable, see Jan. 26

March 5 – General Meeting – Details TBA

April 23 – Annual Celiac Walk

May 21- General Meeting— Details TBA

Nicotine reduces intestinal inflammation

According to the Nov. 6, 2004 issue of *Science News*, tests of nicotine in cultured human cells indicated that the drug inhibits the overproduction of a molecule promoting inflammation.

This and other studies suggest that nicotine might prove effective for ulcerative colitis and other inflammatory bowel diseases. Research on mice deliberately induced with sepsis showed increased survival rates for

those animals receiving nicotine.

Scientists are trying to develop a drug without nicotine's side effects that will put a brake on the body's overproduction of immune chemicals. Anecdotal reports from Celiac message boards suggest that untreated CD gets worse after a person quits smoking, so such a compound might help with the physical distress of accidental gluten ingestion.