

Celiac bracelets for sale at Walk

SACS will be selling Celiac awareness bracelets (like the Lance Armstrong LiveStrong wristbands) in child and adult sizes for \$3.00 each at our April 23rd Walk.



Buy one for yourself, your friends, relatives, and colleagues. Children and teenagers love these bracelets, and they are a definite conversation starter.

The bracelets are dark green in color and have 'CFCR' with flanking

feet logos as well as the 'Making Tracks for Celiacs'. Proceeds benefit Celiac research through CFCR.



OUTBACK STEAKHOUSE

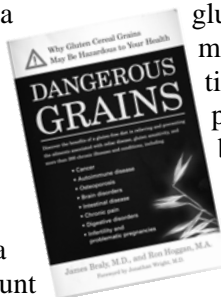
GF Dining Club
 March 16th— 6:30 p.m.
 Grant Road East of Swan
 in Crossroads Festival
 R.S.V.P Karen Keating
 885-4828 or KKeating1111@hotmail.com

Ron Hoggan

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“Controversies in Celiac Disease: Still More Questions than Answers” is the title of his talk. Part of Hoggan’s presentation will be a question-response period, so come to the meeting prepared with Celiac issues you want addressed.

His book, *Dangerous Grains*, will be offered for sale at the gathering. It is a readable and accurate account of the myriad facets of Celiac



Disease and is written from the perspective of a fellow sufferer. He also has a website devoted to Celiac education and information at <http://www.gluten-free.org/hoggan>.

Bring along some of your favorite gluten-free snacks to share. Since many of our members are sensitive to foods other than gluten, please list the ingredients or bring the wrapper from a purchased item.

(Directions: Map to the meeting site is available online at www.SouthernArizonaCeliacSupport.org.)

Celiac information available

SACS has cutting-edge Celiac information available via CD-ROMs, Audio CDs and a DVD.

The CD-ROM is a copy of the PowerPoint presentation used by Dr. Fasano at his Jan. 15th lecture and makes a perfect ‘gift’ for the health-care professional or anyone interested in the latest research in Celiac disease. You need a computer to access this CD-ROM.

Member Cheryl Wilson videotaped

Dr. Fasano’s presentation, and this entire presentation is available in DVD format. You do need a DVD player to view.

CSA/USA recently sent delegates to their October conference audio CDs featuring the speeches of many of the presenters. Copies of these are available and will play in any CD player.

All copies are on a plain CD (or DVD) and in a slim-line jewel case. See the order form on page 6.



Chapter 15 Notes

New Clinic opens at Stanford, CA The Celiac Sprue Management Clinic opened at Stanford Hospital in January of 2005. Dr. Gary Gray, Dr. Gail Pyle (a Celiac) and a dietician. The purpose of the clinic is to provide longtime medical and nutritional support for adult Celiacs. Information on how to schedule an appointment is available at (800) 756-9000 or email your inquires to: referral@stanford-med.org They accept several insurance plans. Call 650-724-1460 for any insurance questions.

Mrs. Butterworth’s and Log Cabin syrups have a small amount of barley (natural flavor) in them and have never been GF. *Log Cabin Country Kitchen*, however, is GF.

IHOP makes its famous omelets with just a splash of pancake batter. In other words, it’s enough to make us ill. This info is not disclosed on the company website or on the menu.

Peeps – all shapes and colors – are GF. Have a Happy Easter!

Nature Path Rice Puffs are not considered by their company to be GF as they are not made in a dedicated facility. The French packaging indicates otherwise. The company advises eating only those products labeled GF on the *front* of the packages.

Tylenol and Motrin preparations do not contain any gluten according to their consumer relations contact. The starch in their products is derived from corn.

Halls Cough Drops are NOT GF. Their *sugar-free* cough drops *are* GF.

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central time. Their URL is: www.csaCeliacs.org.

Change of address/phone number: Change of email: Notify us via the website or call 825-3032

Subscription discounts are available if at least 10 new readers sign up for *Living Without* magazine. Contact Mary Louise Catura at 298-1038.

Roundtable March 16 this month