



37TH ANNUAL GLUTEN INTOLERANCE GROUP

# EducationConference

**JULY 1-2, 2011**

GAYLORD PALMS HOTEL, ORLANDO (KISSIMMEE), FLORIDA





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## *July 1, 2011 Speakers*

Dr. Thomas O'Bryan

Ronnie Alecia, RD

Janet Rinehart

Melinda Dennis

Dr. Rudert

Erin Noel, LMSW

Julie Starkel, RD



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## *July 2, 2011 Speakers*

Dr. Guandalini

Melinda Dennis

Dr. Ted Malahias

Nancy Falini, RD

Julie Starkel, RD

# Vendor List

Glutino

Kay's Naturals

Pamela's Products

Rudi's

Bob's Red Mill

Ener-G foods

Gluten Free Oats

Kettle Cuisine

Cecelia's Marketplace

1-2-3 Gluten Free

Allergy Free Foods

Astoria Mills

Au Naturel Botanicals

Bakery on Main

Bakery on Main

Balance Pt. Natural  
Medicine

Blue Diamond

Caesar's Pasta

Conrad Rice Mill

Canyon Bakehouse

Cyrex Laboratories

Delight Gluten Free  
Magazine

Deland Bakery

Elisa Technologies

Euro USA Trading Co  
(bionaturae & jovial)

Farmo SpA

GiG

Helen's Kitchen

Organic Bistro

Gluten Free Living

Gluten Out

French Meadow

Hail Merry Snacks

Juice Plus

King Arthur Flour

Kinnikinnick

Mahatma Rice

Meals in a Minute

NJY Camps

Prometheus  
Laboratories

Pure Knead

Roben Ryberg

RW Bakers

the Dr.com

Crunchmaster

Udi's

Whole Foods

WOW Baking  
Company

Your Gluten Free  
Kitchen



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## Dr. Thomas O'Bryan

### Non-Celiac Gluten Sensitivity: Is the Spectrum Bigger Than We Think?

- It takes an 1/8th of a thumbnail of gluten to trigger an inflammatory reaction for 3 months
- Some 20% of IBS pts are gluten sensitive
- Although Celiac Disease & Gluten Sensitivity may share a common etiology- gluten sensitivity does not fulfill diagnostic criteria for celiac disease



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## Ronnie Alecia, RD

# Addressing the Needs of Mature Adults Living GF

- Celiac disease can be diagnosed at any age
- Long term care concern- resistance to change because of age
- Mature adults require vitamin changes- increase B6, D, calcium



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## Janet Rinehart

### Traveling the World GF

- Research and plan ahead
- Find out if place you're staying has GF food or cooking/refrigeration space
- Contact local support groups for suggestions
- [www.glutenfreerestuarants.org](http://www.glutenfreerestuarants.org)
- Triumph dining restaurant cards
- Go picnic shelf stable lunches
- Gluten free passport.com
- Re-usable toaster bags



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## Melinda Dennis

# Super Foods: Healthy & Balanced Eating for Celiac Disease

- Osteoporosis occurs in over 25% of CD patients at time of diagnosis
- 2005 survey- patients with celiac disease meeting intake requirements:  
Women- fiber (46%), grain foods (21%), iron (44%), calcium (31%)  
Men- fiber (88%), grain foods (63%), iron (100%), calcium (63%)
- 95% of patients with CD will resolve their anemia after 1 year on GF diet
- If anemia or other major vitamin deficiencies continue after 1 yr on GFD, check for hidden gluten and see good Dr



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## **Dr. Rudert**

# **Medical Management of Persons with Gluten Intolerance**

- To have CD you have to have (1) a gene (2) an environmental trigger- ie infections, viruses (3) gluten in system
- Recommends all CD patients use probiotics
- Recommends CD patients get annual celiac blood work
- Negative gene testing virtually excludes CD but still can be gluten sensitivity
- CD pts- Don't use osteoporosis drugs unless villae have totally healed- leads to seizures



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## Afternoon Tea at the Chef's Table

- [www.leafwhatiwant.com](http://www.leafwhatiwant.com)
- Chef Aaron (former Disney chef) is working to build first all GF hotel hospitality chain
- Suggests when baking gf, keep the batter more moist than baking with gluten
- Baby Cakes- uses coconut oil instead of butter
- Substitute guar gum for xanthan gum 1:1
- Peter Pollay- runs Posana Café in Kentucky- certified GF and certified green- he says that overwhipping kills GF dough- combine ingredients and leave it at that



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**Erin Noel, LMSW**

## **Having a Gluten Free Social Life: Tricks for Staying GF While Out With Friends**

- presented to youth at the conference
- recommends use of the “Gluten Free Favorites Sheet”



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## Julie Starkel

# Choosing Foods to Keep You Healthy

- presented to youth
- eat Protein at every snack/meal
- Fruits and veggies for nutrients
- Reduce refined carbs
- Always eat breakfast
- Stay hydrated



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## Dr. Guandalini

### Exciting News in Celiac Research

- International CD Symposium- in Norway this year- officially recognized gluten sensitivity as diagnosis
- In 2013 it's in Chicago- Sept 22-25 [www.icds2013.org](http://www.icds2013.org)
- 2 new scientific societies- ISSCD (International Society for the Study of CD), ASSCD (American Society for study of CD)
- 30% of adults don't fully respond to GF diet
- 20 genetic components to Celiac Disease- more someone has, higher chance of developing CD
- Recommends genetic testing for all first degree relatives- if it's negative, no reason to do periodic testing
- Hot topics right now- is CD preventable? Potential CD? Can probiotics influence CD development?
- Treatment options beyond GF diet (probiotics, vaccine, replacement digestive enzymes, blocking immune response, and de-glutenated wheat flour)
- Research studies now exploring age of gluten introduction, protective factors of breastfeeding, types of birth
- New ESPHGAN guidelines coming out end of July- very high tTg and positive genes, can skip biopsy
- Gluten passes through breast milk- moms sometimes have to go GF during breastfeeding



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## Dr. Ted Malahias

### Dental Health with Celiac Disease

- Evidence of CD is in people's teeth, especially children who get adult teeth coming in with issues
- Dentists should be looking for color, shape, enamel, growth time of teeth as well as pt medical hx
- Does recommend talking to dentist to ensure cleaning products are GF- said a lot of catalogs will say GF
- If person has CD before age 7, likely to affect the teeth
- Most often front incisors and molars that indicate Celiac
- Aphthous ulcers- autoimmune response that can indicate CD- will see decrease when they start GF diet- 42% of ppl with this have CD
- Other affects of CD in the mouth- mucosal inflammation, dry mouth, burning mouth, dry tongue (deficiency in B12, folate, iron), saliva composition



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## Nancy Falini

# Empowering Your Child to be Gluten Free Away from Home

- Teach kids to advocate for themselves
- Kids should be knowledgeable independently
- 504 plans (educational plan at school that says medical needs impact education)
- have plans for: Field trips, sports, bake sales, scouts, camp, play dates, sleep overs



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## Julie Starkel

# Dealing with Allergies and Sensitivities

- Food intolerance is not an immune reaction
- Food sensitivities are often called food allergies- commonly called allergies in children, sensitivities in adults
- Crave the foods to which we are sensitive
- Rotation diet- eliminate allergic foods, don't eat any food more than 1x every 4 days, eventually many people can reintroduce allergens to their diet



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## Doctor's and Dietician's Panel

**Dr. Malahias, Nancy Falini, Cynthia Kupper,  
Julie Starkel, Dr. O'Bryan**

- 959 degrees F destroys protein in wheat
- Chronic yeast infections correlate with gluten sensitivity