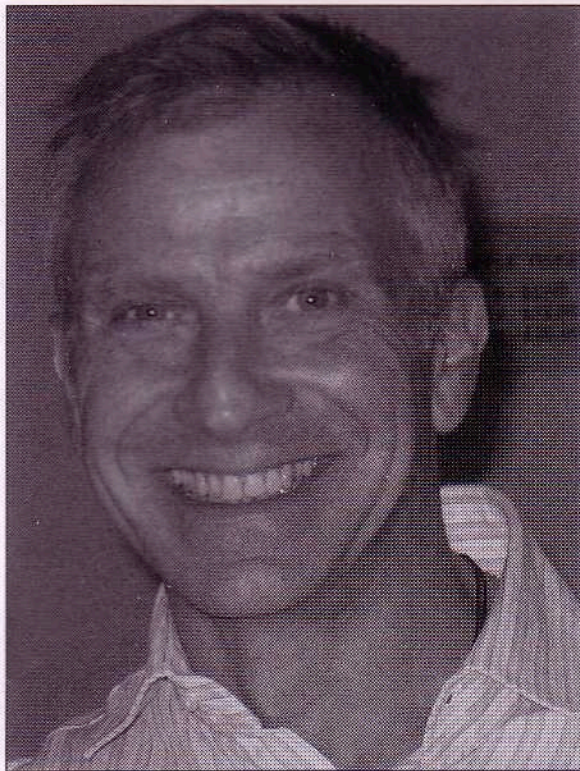




Celiac Disease Foundation *Newsletter*

2009 ANNUAL CONFERENCE RECAP – PART 2

Frank Baldassare *The Missing Ingredient*



As someone with celiac disease, one of the things that I'd like to share is that it took me 6 years to get well. When I was really sick, I never felt like I was going to get

back to my old self again. For those of you, who are newly diagnosed, you will get well. For me, what really made the difference was eating really healthy, live food that helped to heal my stomach and my spirit. I'm very big on the home cooked meal. I try to take the fear out of cooking because you can have a lot of fun creating in the kitchen.

Frank's celiac disease showed up when he was 40 years old. *I literally felt like I went to bed and then the following day I was the most miserable individual in the world. I had mood swings, the attention span of a gnat. Stomach pains, anemia, bone pain, you name it, I had it. I lost 10 lbs in a week. That was when I went to the first specialist, who sent me to the next specialist, who sent me to the next specialist, who sent me to the next specialist, who then sent me to the next specialist who sent me to the next specialist, who then proceeded to give me one test — the needle came out, blood test, after blood test, after blood test. They were saying, 'You're fine. G-d most of my patients would love to be 170 lbs. You look great.' Yeah, but I can't sleep. I feel miserable and I was ready to blow my brains out. So, finally I went to a doctor who I had been seeing for years. He immediately noticed how skinny I was, my grayish skin color, my bloated belly my general rundown condition and said, 'I'm going to check for celiac disease,' and he*

was right. Once you get diagnosed with celiac, you start to think back to when you started not feeling well. It was like a little parasitic infection, just weird things that no one could figure out, you start to put it together that maybe the body was showing signs of that along the way.

So my gluten days were over — but I did like many of you have done, I made the biggest mistake and went on the internet, I didn't want to hear about the good stuff, I read all the frightening things, the stuff that scares you to death. So I decided that I didn't want CD, I had absolutely no room in my life for it, it couldn't be happening to me. So I'm going to make it go away and I looked and looked until I found a doctor who told me he didn't think I had celiac. Great, I started eating gluten again — gluten challenge — my health went to hell. The symptoms came back with a vengeance, everything stepped up a notch. So if anyone ever suggests a gluten challenge run don't walk away. My health spiraled out of control to the point where I was so miserable I literally was like on the ledge and then I remembered reading about the Celiac Disease Foundation.

This was about 6 years ago and Elaine Monarch, executive director just happened to answer the phone. I told her I was at the 'end of my rope' and it was Elaine who talked me off the ledge and gave me hope that I could get well and live a better life. And indeed I have.

These days Frank hosts an internet cooking show entitled "The Missing Ingredient." The focus is gluten-free, allergy-friendly. He shows people how simple it is to adjust a recipe to be gluten free — whether it is to accommodate people that may need a gluten-free diet or folks that may have made a lifestyle choice to be gluten-free, vegan or vegetarian. His shows also help people who have food allergies. Once Frank was diagnosed with celiac disease and learned he had had to eat gluten-free, his life began to change. Living in New

York City he found it was difficult to go out to restaurants with friends all the time, so he decided to invite his friends to his home and to prepare dinner instead. He'd pick up To-Go menus and see if he could make the same dishes only gluten-free. Being from an Italian family and having a grandmother who loved to cook, Frank was a pretty good cook in his own right. All he had to do was adapt those dishes with his gluten-free recipes! He'd ask his friends to bring certain items for dinner that he knew were gluten free and the magic would begin. Frank got the hang of cooking gluten-free and decided to create his company Cody Boy Entertainment. And from there followed his cooking show "The Missing Ingredient!" Not only does Frank focus on cooking gluten-free but his focus is also on nutrition and health. Frank knows that there are lots of foods out there that are naturally gluten-free, that are easy to prepare and fabulous for your body. He has become an authority on gluten-free cooking and an expert at creating delicious, nutritious and fun gluten-free dishes for breakfast, lunch and dinner!

Frank believes that as celiacs we need to keep our food and what we cook it in as

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CONFERENCE RECAP - PART 2 continued

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clean as possible. So he advocates using stainless steel pots and pans which are nonporous. "They may cost a little more, but we're worth it. When friends want to give you a present, suggest adding a pot to your collection. Glass/Pyrex is inexpensive, cleans well and can go from refrigerator to oven to table and back to the refrigerator." Whether he's telling us about olive oil, coconut milk, goat products, quinoa and teff, Frank has a wonderful way of making gluten-free cooking exciting. "Spices make anybody look like a rock star in the kitchen. Buy or grow your own fresh spices. Try Bragg Products, these liquid aminos are soy based products that are gluten-free and make a great soy sauce substitute. Oils are really important for us! Olive oil, look for 100 % virgin cold-pressed. Canola to fry in, flaxseed oil, high in omega 3's easy on salads. Coconut milk is unbelievably healing and packed with lauric acid, that's natural anti-microbial, anti-viral,

anti-bacterial – all things that help the body and help our immune system.

Try quinoa pasta or the multi grain, quinoa and amaranth. I'm most concerned about gf foods that are becoming more available but do not give us the best nutrition we can get. Don't get excited because it says GF; don't get caught up on cookies and pizzas. Look for the GF foods that are also nutritionally good.

If you have kids with celiac disease or food allergies, give them the respect they need to understand that they have a condition that is somewhat restrictive and that some foods are dangerous to their bodies – but be positive and show them that there are numerous foods that taste great and can keep them healthy."

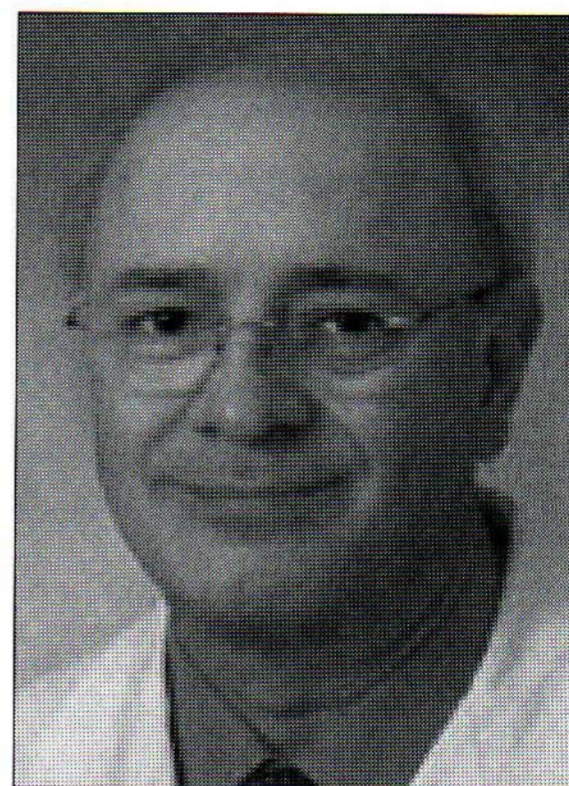
Visit Frank online and watch his culinary creations on www.codyboyentertainment.net You never know what gluten-free treat Frank will create next!



Stefano Guandalini, MD

Pediatric Gastroenterologist,
Director, University of Chicago,
Celiac Disease Center

A New Look At An Old Disease



Dr. Guandalini started off with a little history of celiac disease and how it evolved – 2.5 million years ago when man was basically a hunter and a gatherer, the diet consisted

mostly of fruits and berries and some meat. There was no gluten; there were no cereals, no wheat, rye, or barley for about 2.5 million years in our evolutionary history. And then came the agricultural revolution.

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