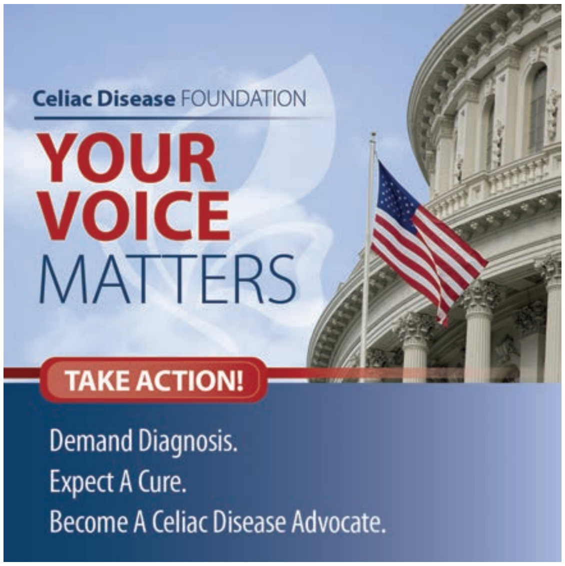
Celiac Disease FOUNDATION INSIGHT

FALL 2014 | Vol. 24-3

Celiac Disease Foundation Launches Online Advocacy Program to Empower Celiac Community: Integrates with ACDA Legislative Action Center



Affecting 1% of the population, celiac disease is one of the world's most prevalent genetic autoimmune conditions. In the United States, celiac disease is also one of the least diagnosed, with an estimated 2.5 million children and adults continuing to suffer needlessly. Long-term health complications of undiagnosed celiac disease include: cancers, coronary heart disease, osteoporosis, neurological deficits, infertility, and generalized poor quality of life. Economic consequences are significant, with an average annual burden of nearly $2,000 for individuals with celiac disease compared to those without.

To encourage celiac disease advocates to become vocal nationally as well as in their communities, Celiac Disease Foundation (CDF) has created an online Advocacy Program (celiac.org/advocate). The Advocacy Program provides information, guidance, tools, and resources to push for improvements in celiac disease promotion, early detection, treatment, and research by raising awareness among government leaders, opinion makers, health policymakers, and the general public. Integrated with the American Celiac Disease Alliance (ACDA) platform, it includes a Legislative Action Center (celiac.org/legislative) for individuals to easily learn about federal and state legislative bills, follow their status, and search for and contact their elected officials.

"Celiac Disease Foundation's Advocacy Program provides for a united voice to encourage decision makers to champion celiac disease in the face of competing priorities," says Marilyn Geller, CDF Chief Executive Officer. "This means assuring that these decision makers are aware of the economic impact of celiac disease in lost productivity due to non-diagnosis and increased healthcare costs, as well as poor quality of life."

"The CDF constituency rates advocacy as one of the Foundation's greatest priorities

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Ener-G Foods

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Marilyn's Message

Dear CDF Friends:

We are pleased to announce that Celiac Disease Foundation has introduced the fourth tool in our online education toolkit, the **CDF Advocacy Program,** to drive diagnosis and treatment of celiac disease. The **CDF Advocacy Program** (celiac.org/advocate) is designed to empower the celiac community to advocate for our disease, featuring CDF's public policy priorities, tools, and resources for taking action on both a national and local level. In partnership with the American Celiac Disease Alliance (ACDA), the Legislative Action Center (celiac.org/legislative) allows you to easily learn about federal and state legislative bills, follow their status, search for and contact your elected officials, as well as keep informed with the latest CDF advocacy news. The **CDF Advocacy Program** provides for a united voice to encourage decision makers to champion celiac disease in the face of competing priorities.

In keeping with CDF's mission of advocacy and education, one year ago we introduced our School Nurse Awareness Plan (SNAP!) Back-to-School Outreach Campaign. Since then, with your generous support, our CDF Chapters have educated more than 2,000 school nurses and health aides throughout the country in the diagnosis and treatment of celiac disease and gluten sensitivity.

This fall, at your request, we have extended our **Back-to-School Advocacy Campaign** (celiac.org/backtoschool), to include outreach to physician offices. Through our Community Engagement Survey, you asked that CDF create a program to allow you to directly participate in educating our school health workers and our medical community about celiac disease. The 2014 **Back-to-School Advocacy Campaign** allows CDF to provide materials to school health and physicians' offices to educate both healthcare workers and patients to "Consider Celiac." You may also order or print the same Patient Info Cards and Posters for your school health or physicians' office, and help thousands of children and their parents get the help they need to reach a timely diagnosis. A bonus is that your tax-deductible gift for these cards and posters allows CDF to distribute an equal number of cards and posters to areas of critical need.

Continuing with our advocacy efforts, the CDF Medical Advisory Board, together with the National Board of Directors, submitted a letter to the U.S. Preventive Services Task Force (USPSTF) regarding its draft research plan for screening celiac disease. The letter supports the comments submitted by the North American Society for the Study of Celiac Disease (NASSSCD), and encourages the USPSTF to focus on high risk individuals (those who are symptomatic, have associated diseases, or a family history) in their research. You may read the entire text of the letter at celiac.org/uspstfletter.

Thank you for your continued support of CDF. Your gifts of labor and money empower all that we do. While we still have a long way to go to stop the suffering caused by celiac disease, with your help we are getting there.

To Your Health,

Marilyn G. Geller

Marilyn G. Geller
Chief Executive Officer

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INSIDE THIS ISSUE

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NATURAL
BLUE DIAMOND ALMONDS
Artisan
NUT-THINS
Wheat & Gluten free
crafted with BROWN RICE, ALMONDS &
SESAME SEEDS
good source of fiber
MULTI-SEEDS
provides 21g of whole grain goodness
FLAX SEEDS
provides 400mg of ALA OMEGA-3
NET WT 4.25 OZ (120.5g)
CRACKER SNACKS

Board Chair's Message

September 2014

It is my pleasure to greet you as the Board Chair of Celiac Disease Foundation; it has been an incredibly exciting year for all of us at CDF. As the nation's leading voluntary health organization for celiac disease, it is our privilege to keep you informed about what is happening at CDF, and in the celiac disease community. Furthermore, our purpose is to serve you – our dedication to fulfilling our mission of timely diagnosis drives our efforts each day, and fuels our commitment to advocacy, education, and advancing research to increase the diagnosis rate. We are proud to improve the quality of life for all people affected by gluten-related disorders.

This year, CDF has launched a formal strategic planning process in order to determine our top priorities for the next three years. One of the tools we used to help guide our efforts was a survey that was distributed to the attendees of our National Conference & Gluten-Free Expo this past June, as well as to you, our constituency. The results of the survey are invaluable and informative because they help guide our mission. Furthermore, your feedback lays the groundwork for our daily efforts and establishes the framework of our strategic plan. Your responses are greatly appreciated, and we want to share some of our findings with you.

> **The funds we raise directly support our ability to drive timely diagnosis, helping to end the unnecessary suffering of millions of Americans.**

The results of the survey yielded three top priorities for the next three years. Of paramount importance is for CDF to continue pursuing efforts to **Educate the Medical Community**. As you know, this is one of the most important means of driving diagnosis; we must be persistent advocates for our health, and it was reassuring to see that you share the Board's passion and commitment to this endeavor. We want to assure you that CDF will be diligently committed to the education of the medical community until 100% of our celiac disease population is properly diagnosed.

Promoting Timely Diagnosis is another top priority that the survey indicated. It is such a tragedy to hear personal stories of delayed diagnosis or even misdiagnosis; this tremendous suffering is unnecessary and preventable. CDF will continue its efforts to promote timely diagnosis and treatment of celiac disease in order to improve the quality of life for people living with gluten-related disorders. Our website (celiac.org) offers a variety of tools and resources available to the public, such as the symptoms checklist and the healthcare practitioner directory, to initiate disease recognition and increase diagnosis.

Finally, our survey results indicated a continued need for CDF to **Provide Services and Support** for those already diagnosed. CDF was founded on the principle of supporting the celiac community. To this end, our chapters and support groups across the country are vital to the success of our Foundation and to the fulfillment of our purpose; we will therefore continue to provide a strong and growing network of support for those affected by gluten-related disorders.

I urge all of you to visit our website (celiac.org) to learn about the variety of different tools and resources that can help you transition into or continue to maintain the gluten-free diet. I also encourage you to join Team Gluten-Free (celiac.org/tgf) to advocate and fundraise in order for CDF to continue providing all of the valuable educational materials, programming, and services that are so helpful to our cause. The funds we raise directly support our ability to drive timely diagnosis, helping to end the unnecessary suffering of millions of Americans.

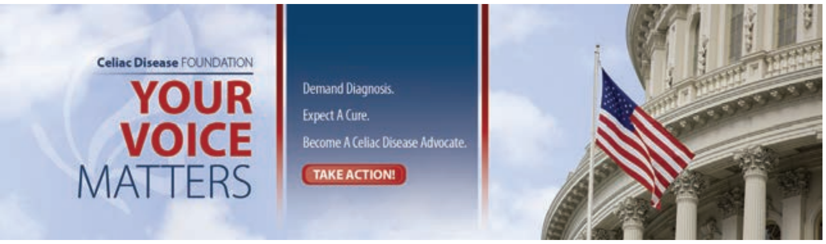
Lastly, I want to personally thank our terrific staff and volunteers who make CDF the extraordinary Foundation it is today. I am so incredibly proud to have been a part of this Foundation for the past nine years, and I look forward to many successful years ahead with your support.

Stay Healthy,

Marc Riches
Chair of the National Board of Directors

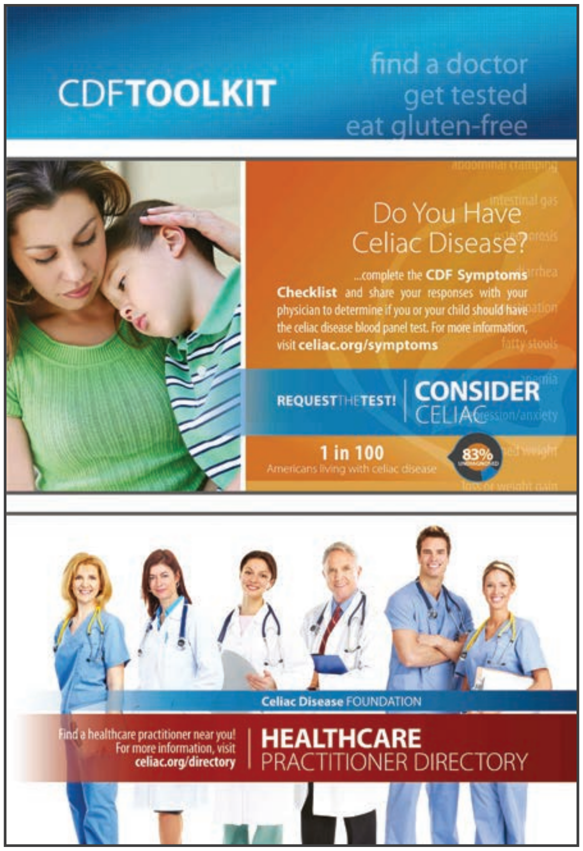

Glutenfreeda
WHEAT FREE - GLUTEN FREE
GRANOLA
cereal / snack
CRANBERRY CASHEW HONEY
MADE WITH CERTIFIED GLUTEN FREE OATS
GLUTEN-FREE
Pocket Sandwich
All Natural (minimally processed) Whole Grain Gluten-free Bread
Bacon & Eggs with
INSTANT OATMEAL
CRANBERRY CINNAMON WITH FLAX
6 OATMEAL PACKETS
Gluten Free Pizza Wraps
Italian Sausage
GLUTEN-FREE BURRITO
CHICKEN & CHEESE
All Natural Ingredients
Instant Oatmeal
Blueberries, Strawberries & Brown Sugar

Advocacy Program Continued from page 1



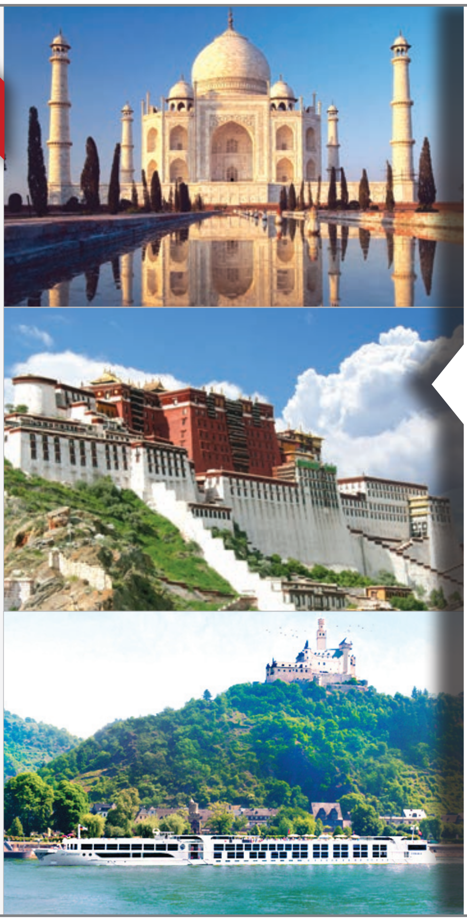
and strengths," says Marc Riches, CDF Board Chair. "The CDF Advocacy Program provides sections on working with government officials, community leaders, and the media, encouraging healthcare practitioners to learn about celiac disease and fundraising. We have all seen the effects of advocacy efforts for other diseases. It is our hope that the CDF Advocacy Program will empower the celiac community to achieve equally impressive results."

The Advocacy Program (celiac.org/advocate) is the latest tool in CDF's Toolkit to help people with gluten-related disorders monitor, manage, and advocate for their disease. The CDF Toolkit includes a symptoms checklist (celiac.org/symptoms) designed to facilitate communication between patients and their healthcare providers, a nationwide directory of practitioners (celiac.org/directory) specializing in celiac disease and gluten sensitivity who can review checklist results to determine a patient care plan, and a 7 Day Gluten-Free Meal Plan (celiac.org/mealplan) to help the newly diagnosed and their families ease the transition to a gluten-free diet.



...complete the **CDF Symptoms Checklist** and share your responses with your physician to determine if you or your child should have the celiac disease blood panel test. For more information, visit **celiac.org/symptoms**

Find a healthcare practitioner near you! For more information, visit **celiac.org/directory**

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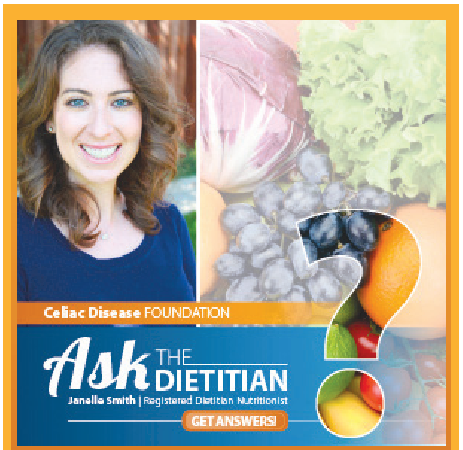
Cheezy Crisps
Grammy Crisps
MULTI-SEED CRACKERS
MULTI-GRAIN CRACKERS



Janelle Smith is a UCLA-educated Registered Dietitian Nutritionist, and a member of CDF's Medical Advisory Board. Janelle specializes in gastrointestinal symptom management through appropriate nutrition and food choices, helping you adapt to living on a gluten-free diet. As CDF's new resource to help our community live gluten-free, she is here to provide tips and tricks for Back to School, and easy and creative recipes throughout the year. Janelle's "Ask the Dietitian" section of our website provides the resources, tools, and advice you need to maximize your health.

Back to the Basics for Back to School

All children need a balanced diet to allow their bodies and minds to develop; those with celiac disease or gluten sensitivity are especially at risk of nutritional and vitamin deficiencies. Get Back to the Basics for Back to School with these tips to ensure your child has the best chance at learning and growing this year:

- Start the day off right with a nutritious breakfast to increase concentration throughout the day. Whole foods (for example, an apple rather than apple juice, or whole grain gluten-free bread rather than white bread) are digested more slowly and provide longer lasting energy for your child. Hectic household in the mornings? Blend together the power smoothie below, and grab a delicious Nature Valley Roasted Nut Crunch bar for the car ride to school.

- Recreate lunches that your child might see his or her friends having at the lunch tables. Pack a divided container with gluten-free crackers and slices of deli meat and cheese (or dairy-free cheese substitute). Make mini-pizzas from a gluten-free English muffin with pizza sauce, shredded cheese, and turkey pepperoni.

- Sneak in nutrition if you have a picky eater…blend carrots and spinach into pizza or marinara sauce, add a tablespoon of ground flaxseed to your child's morning smoothie, or bake the black bean brownies on page 11 for a treat that will make both you and them smile.

- Make a game of it: see if your family can eat one fruit or vegetable from every color of the rainbow to ensure you're all getting the important vitamins and minerals that are so often absent from gluten-free snack foods. Your goal can be to eat the entire rainbow either every day or every week, depending on how many servings of fruits and veggies your family currently eats. Use rainbow-colored stickers on your family calendar to keep track of every color food that you eat each day. A sample day of eating the rainbow could look like this:
  - **oranges at breakfast**
  - **green apples as a snack**
  - **yellow squash sticks dipped in ranch dressing with lunch**
  - **blueberries as an after-school snack**
  - **tomatoes or tomato sauce with dinner**

- Communicate with your school about your child's needs. Obtain their 504 form, or provide CDF's sample form (celiac.org/section504). Sit down with your child's teacher, school nurse, counselor, and/or administrators, and offer educational and awareness resources from CDF. Explain what specifically happens to your child when he/she eats gluten, and ask them to notify you of classroom parties and field trips so you and your child can be prepared.

Go to celiac.org/askthedietitian for more recipes and tips for a nutritious, gluten-free school year!

Lunchbox Recipes

Enjoy these delicious gluten-free recipes to get back into the school spirit. These recipes are quick and easy to make ahead of time and send to school with your child for lunch.

Power Smoothie

Ingredients

2 cups spinach, fresh
1 tbsp Hodgson Mill ground flaxseed meal
½ cup plain So Delicious Yogurt or Almond Milk
1 cup frozen berries
1 banana
1 tbsp nut butter

Directions

Blend all ingredients in a blender. Enjoy!


new
NON GMO
NO MSG
Dole
Garden Soup
ROASTED GARLIC TOMATO BASIL
preservative-free†
no fat or cholesterol

Lunchbox **Recipes**, cont.

Tempeh Tacos

Ingredients

½ 15 oz can pinto beans, rinsed and drained
8 oz tempeh
1 tbsp Massel Beef style Concentrated Liquid Stock
½ cup red onion, minced
1 tsp cumin
1 tsp paprika
2 tbsp cilantro, chopped
4 oz pepper jack cheese, grated (or non-dairy alternative)
8 corn tortillas (hard shell)
Nonstick cooking spray
Salsa
Sour cream (or non-dairy alternative)

Directions

Sauté the tempeh in a skillet over medium heat. Add Massel Concentrated Liquid Stock. Add beans, red onion, cumin, paprika and cilantro and heat through. Add about ¼ cup of the filling to each corn tortilla shell. Top with a sprinkle of grated cheese. Serve with avocado, salsa, sour cream, or any toppings you prefer. Yields 8 tacos.

Black Bean Brownies

Ingredients

1 15 oz can Amy's black beans, drained and rinsed very well
2 tbsp cocoa powder
½ cup gluten-free quick oats (or gluten-free all purpose baking flour)
½ cup pure maple syrup
¼ cup coconut or canola oil
2 tsp pure vanilla extract
½ tsp baking powder
½ cup chocolate chips
¼ tsp salt

Directions

Preheat oven to 350° F. Combine all ingredients except chocolate chips in a good food processor or blender, and blend until completely smooth. Stir in the chocolate chips, and then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Bake for 15-18 minutes, then let cool at least 10 minutes before trying to cut. Yields 9-12 brownies.

Gluten-Free Pretzel Crusted Chicken Fingers

Ingredients

1 cup Snyder's of Hanover Gluten Free Mini Pretzels
1 lb boneless skinless chicken breasts
6 eggs, beaten

Directions

Preheat oven to 350° F. Soak chicken breasts in eggs. Crush the gluten-free pretzels by hand or in a food processor until fine crumbs form. Coat chicken in pretzel crumbs, and add salt and spices to taste. Bake for 40-50 minutes, or until desired doneness. Yields 2-3 servings.

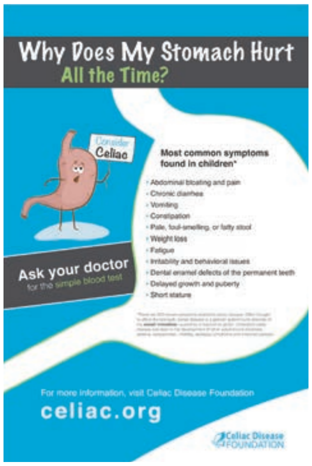
For more recipes, please visit celiac.org and choose 'Gluten-Free Recipes' under the 'Live Gluten-Free' tab.

Make Sure Kids With Celiac Disease Are Diagnosed *Before* Developing Other Chronic Conditions and Irreversible Damage

CDF has launched a vital campaign that gives you the opportunity to become an advocate for our children! 83 percent or 2.5 million Americans with celiac disease are still undiagnosed and suffering needlessly. With a simple blood test readily available and covered by health insurance, this is inexcusable. This fall, make a special, tax-deductible contribution to help CDF increase the diagnosis rate of celiac disease, and break the cycle of visits to school health offices, missed school days, endless pediatrician visits, unexplained symptoms, and needless suffering.

To support the Back to School Campaign, visit celiac.org/bts, or make your contribution in the provided envelope. With your generous gift, CDF will provide materials to school health and physician offices to educate both healthcare workers and patients to "Consider Celiac—Request the Test," helping thousands of suffering children and adults get diagnosed this year.

Each pack of Patient Info Cards contains 25 4 by 9 inch cards and a display holder



11 by 17 inch "Why Does My Stomach Hurt All the Time" Poster


It's not just Gluten Free, it's Better!
GLUTEN FREE
AUTHENTIC FOODS
WHEAT FREE
Multi-Blend Flour
All Purpose Gluten-Free Flour
Replaces Wheat Flour In Most Recipes
Gluten Free Dairy Free Soy Free
3/4 Cup = 1 Cup All Purpose Wheat Flour
MADE WITH WHOLE GRAINS
Certified Kosher Pareve
Net Wt. 3 LBS. (1.36 KG)

CDF Gluten-Related Disorders Youth Support Initiative

Aaron Rakow, Ph.D. of Children's National Medical Center has experience working with children that have celiac, including those with psychological problems. He recently shared some of his findings and observations on the subject with *Delight Gluten-Free Magazine*:

"Relatively little is known about the impact of celiac disease on a child's psychological health. The limited research that has been conducted in this area has found two primary pathways for the development of psychopathology in children living with celiac disease: First, prior to diagnosis of celiac disease and the adoption of a gluten-free diet, some children experience mood and behavior disorders often directly correlated with the physical discomfort they experience. And second, for some children, even after the accurate diagnosis of celiac disease and adoption of a gluten-free diet, psychopathology persists. In these cases, it is recommended that the parent consult with a licensed mental health professional.

There are distinct psychosocial stressors that can adversely impact children living with CD. First and foremost, the dietary restrictions of a gluten-free diet create (real and/or perceived) social barriers for some children from their peers. We have seen this lead to social alienation, feelings of worthlessness, low self-esteem, and even depression. Other groups of children may experience an increased rate of food-based anxiety. However, even in these more extreme cases, it is important to note that the psychological impact of celiac disease is treatable and that the best outcomes occur with early identification and intervention. Please consult with a licensed mental health professional should concerns arise."

**Excerpted and reprinted with permission from* Delight Gluten-Free Magazine.

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cdf supporters
gluten-related
initiative

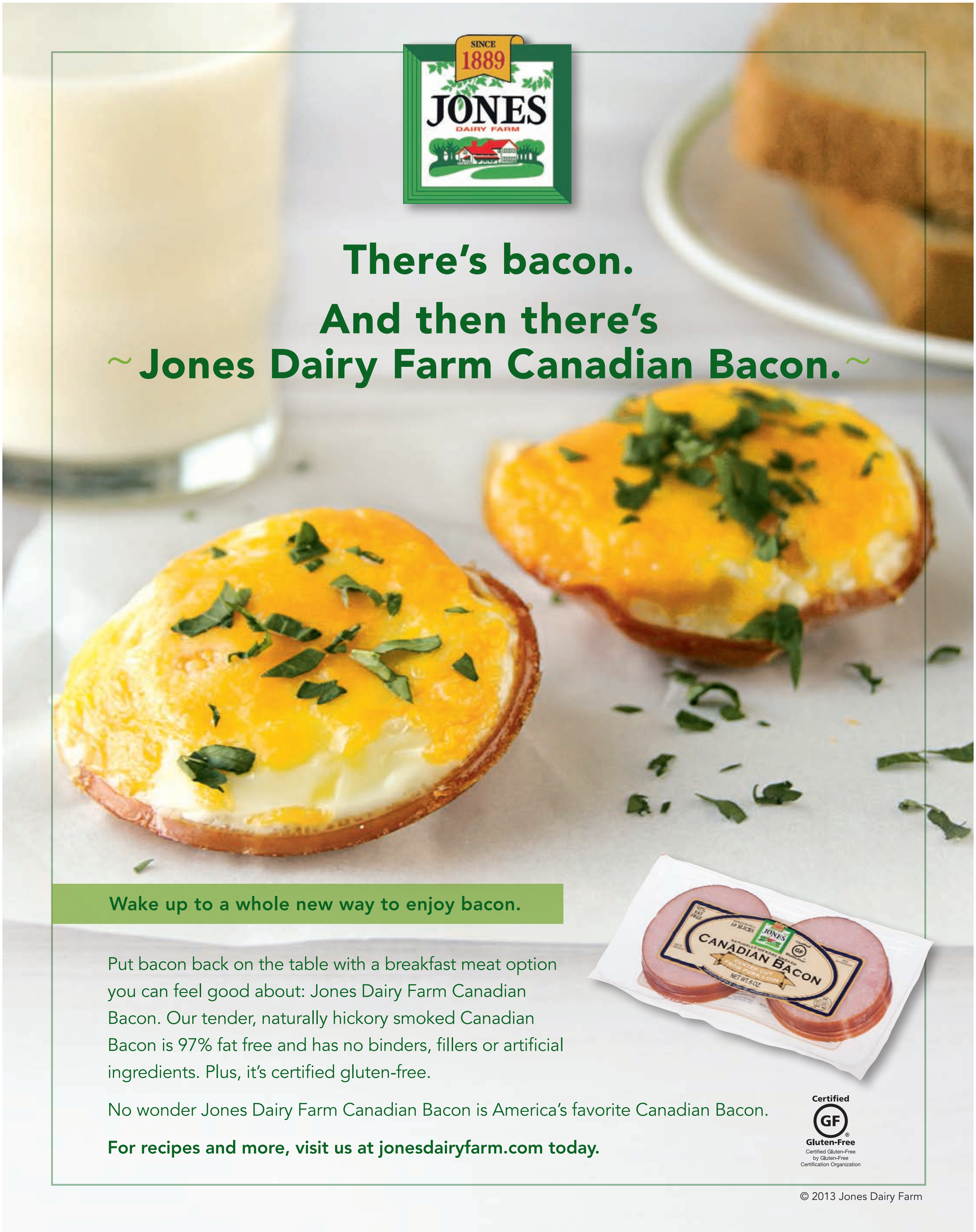
RESNICK FAMILY

GLUTEN-RELATED CONDITIONS
YOUTH SUPPORT GROUP INITIATIVE

Living with a chronic illness like ***celiac disease*** is difficult. For more than ***one million*** youth ***affected***, it can cause severe stress on families and other key relationships. It can contribute to a sense of social alienation, feelings of worthlessness, low self-esteem, anxiety and depression.

Endowed by the Peter and Rhonda Resnick Family, long-time Celiac Disease Foundation supporters, and in partnership with Children's National Medical Center, the Gluten-Related Conditions Youth Support Group Initiative trains mental health professionals and CDF support group facilitators throughout the United States to effectively provide youth and their families with the skills necessary to cope with celiac disease and other gluten-related disorders.

Donate today ▪ *celiac.org/resnickfund*


SINCE
1889
JONES
DAIRY FARM
There's bacon.
And then there's
~Jones Dairy Farm Canadian Bacon.~
Wake up to a whole new way to enjoy bacon.
10 SLICES
JONES
CANADIAN BACON
CENTER CUT FROM PORK LOIN
NET WT 6 OZ

"Brain Fog" Improves in Celiac Disease Patients After Starting a Gluten-Free Diet

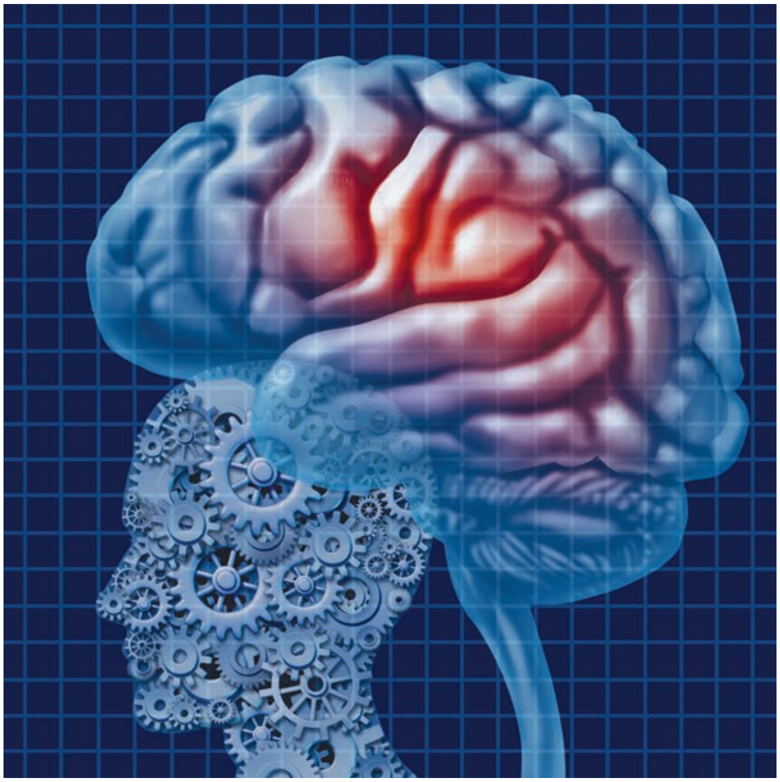
by Saul Geller

Celiac disease, typically thought of as a gastrointestinal disease, has a wide variety of symptoms that can affect other parts of the body, including the mind. Many people with celiac disease report having "brain fog," a form of cognitive impairment that can encompass disorientation, problems with staying focused and paying attention, and lapses in short-term memory. There have only been a few studies that have investigated the link between cognitive function and celiac disease, but those few have supported a possible relationship. This article reports on a recent pilot study looking to further flesh out the link between untreated celiac disease and cognitive impairment.

The study titled "Cognitive impairment in coeliac disease improves on a gluten-free diet and correlates with histological and serological indices of disease severity" was first published online by *Alimentary Pharmacology and Therapeutics* on May 28, 2014. The researchers, led by first-authors I. T. Lichtwark and E. D. Newnham, selected 16 confirmed celiac patients from a celiac clinic in Melbourne, Australia. Of those, five eventually withdrew and were excluded from the study. Various biological and psychological tests were completed by the remaining 11 participants from the start of the study to the end at 52 weeks.

As expected, the patients showed physical signs of recovery after starting a gluten-free diet (celiac.org/glutenfreediet). Blood serum levels of tissue transglutaminase (tTG) decreased in every patient, and normalized in seven patients by the 52nd week. Normalization of tTG was associated with mucosal healing.

Of the eight psychological tests, four showed significant improvement in the patients' performances over the course of the experiment. The other four tests demonstrated improvement as well, but failed to reach statistical significance. Several of the tests also correlated with levels of mucosal healing, as determined by Marsh score, as well as blood serum tTG levels. There was no correlation found between cognitive test performance and serum levels of vitamin B12, vitamin D, hemoglobin, or ferritin.



A "foggy" mind, or "brain fog," is a very common symptom associated with celiac disease but it has no strict definition and its exact cause is unknown. The level of impairment for patients in this study was comparable to the level of impairment of people with a blood alcohol level of 0.05.

In this pilot study, the authors investigated how this symptom may be related to celiac disease. They offered three possible explanations: One, that micronutrient deficiencies due to untreated celiac disease caused the cognitive impairment. Deficiencies in iron, vitamin D, and folate are known to be associated with cognitive impairment. However, the authors found no correlation between micronutrient deficiency and performance on the battery of psychological tests.

Two, that systemic inflammation, caused by untreated celiac disease, leads to high levels of circulating cytokines. Having high levels of circulating cytokines is associated with various mental issues, such as changes in mood and behavior, as well as cognition.

And lastly, gluten itself may be directly affecting the cognition of the patients. In animals, studies have shown that gluten in the diet can reduce the amount of brain tryptophan which is used to make serotonin, an important neurotransmitter. Also, certain opioid proteins can be formed from partially digested gluten. These opioid peptides, called "exorphins" because they come from outside the body (as opposed to endorphins, which come from inside the body) are known to affect brain function in animals. Getting rid of gluten from the diet might also have effects on the bacteria in the gut, which, in rats, has been demonstrated to change behavior.

More studies are needed to determine the exact mechanism for how untreated celiac disease leads to cognitive impairment, but this study suggests that there is significant cognitive impairment caused by untreated celiac disease and that it is correlated with intestinal healing. The authors even offer the possibility of using psychological tests in the future to measure how celiac patients' intestines are healing after being treated with a gluten-free diet.

CDF Welcomes New Arizona and Minnesota Chapters

Celiac Disease Foundation is proud to introduce two new chapters! The Arizona Chapter (formerly the Arizona East Valley Chapter), now representing the entire state, has been meeting since October 2009. The leadership team includes: President Christy Luedtka, Vice President Brigette Heller, Secretary Laura Cooper and Treasurer Joanne Harp. The Minnesota Chapter (formerly CDF Twin Cities) has been meeting as a CDF Chapter since 2006. The leadership team includes: President Lynn Shadle Gabriel, Vice President Carol Crandall, Secretary Angela DeRusha Rieger, and Treasurer Jessica Person. Both of these chapters have some exciting programming planned for the year ahead, including their educational medical panel event. Additionally, the Arizona Chapter is looking forward to their School Nurse Awareness program, and the Minnesota Chapter is celebrating four years of a gluten-free and allergy-free summer camp partnership. We wish them a successful year of continued education and support!

Top left to right: CDF Minnesota Chapter Officers Lynn Shadle Gabriel, President, Carol Crandall, Vice President
Bottom left to right: Carol Ansolabehere and CDF Medical Advisory Board Member, Dr. Joseph Murray

CDF Arizona Chapter Officers Christy Luedtka, President and Brigette Heller, Vice President

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✓ Lactose-free ✓ Trans fat-free
✓ Less salt ✓ GMO-free ingredients

BLENDER GIRL'S CREAM OF CAULIFLOWER SOUP

Blender Girl Tess Masters is a long-time fan of Massel gluten-free bouillon and recommends it in her soup recipes. This delicious soup is her most requested recipe.

METHOD

Sauté garlic, leeks, and ¼ tsp salt until soft. Add cauliflower and sauté for another minute. Add vegetable broth, increase heat, and bring to boil. Reduce heat to medium, simmer for about 30 minutes, until cauliflower is completely tender. Remove from heat and allow soup to cool slightly. Stir in the nuts. Blend until smooth and creamy, and salt to taste. Garnish with chives or nutmeg.

Recipe adapted by kind permission of Tess Masters.

Mmm! My MASSEL

For where to buy and delicious gluten-free recipes visit www.massel.com

INGREDIENTS

7 CUPS VEGETABLE BROTH MADE USING MASSEL VEGETABLE BOUILLON

2 TBSPS olive oil
2 TSPS chopped garlic (2 cloves)
2 CUPS chopped leeks (2-3 leeks)
Celtic sea salt
1 head cauliflower, chopped
1/4 CUP raw unsalted cashews or **1/4 CUP** blanched slivered raw almonds, soaked
3 TABLESPOONS chopped chives or a grating of nutmeg to garnish


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Meet the Team Gluten-Free 2014 New York City Marathon Team!

Celiac Disease Foundation is lucky to have 6 runners supporting Team Gluten-Free at the TCS New York City Marathon. These runners have each committed to raising at least $3,500 as they make their way to the world's biggest and most popular marathon. The money raised by Team Gluten-Free participants funds Celiac Disease Foundation's education, advocacy, and research programs. The 2014 TCS NYC Marathon will take place on November 2nd; please meet our runners below and learn how to help them reach their fundraising goal. **On Your Mark, Get Set, GO!**

Toni Holland

I struggled with ten years of unpredictable and confusing symptoms. After a proper celiac diagnosis, I credit running with saving my life. I want to raise money for Celiac Disease Foundation to help raise awareness for the disease and support celiac research. I will run the marathon with my sister, Saundra, straight to the finish line to one day help "finish" celiac.

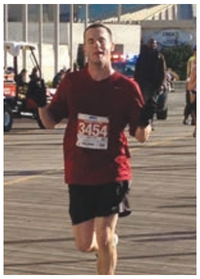
Saundra Murray

My sister, Toni Holland, was diagnosed with celiac disease two years ago. I am running for Team Gluten-Free to support my sister. I adore my younger sister, and look forward to raising money to further celiac research. Education is also important to me because I work as a middle school media specialist. Toni recently qualified for the Boston Marathon and will run with me to the finish line. This is a once in a lifetime chance to run a marathon—it's on my bucket list!

Jessica Madden

I am a mother of 4 and was diagnosed with celiac disease in 2010. My mother also has celiac disease, and my youngest, Claire (age 2), is gluten-sensitive. I have worked as a celiac disease advocate and blogger since 2012, through my web page called, "The Patient Celiac." I am honored to be able to run on Team Gluten-Free this year.

Charles Lavin



My name is Charles Lavin—or "Smitty" to anyone who knows me. I am a 33-year-old program specialist at the New Jersey State Fire Marshal's Office. I reside in Toms River with my wife, Dayna, and two children – Teddy (3) and Juniper (10 months). I will be running for my son, who was diagnosed with celiac disease on June 5, 2014. I was then diagnosed myself exactly three weeks later. I am extremely excited and proud to be running my first New York City Marathon as a member of Team Gluten-Free.

Scott Bennett

My name is Scott Bennett; I was born and raised in Manhattan and remember watching the NYC Marathon each year from our First Avenue terrace when I was growing up. I never dreamed I would someday be running the New York City Marathon, and I'm proud to be running as a member of Team Gluten-Free. I'm the owner of Golden Platter Foods and we make gluten-free breaded chicken products.

Nancy Pasciuto

I am a Long Island, New York native, currently residing in New Jersey, and it's been my dream to run in the NYC Marathon. I was diagnosed with Celiac Disease in 2013, after many years of suffering and misdiagnosis. Thanks to the support of my husband, family, friends, and organizations like CDF, I was able to overcome the challenges of living gluten-free, and found a way to live a happy gluten-free runner lifestyle. This is my first marathon, and I look forward to seeing you at the finish line!

To learn more about these runners or to help them reach their fundraising goals, visit celiac.org/nycmarathon. Not an athlete and still want to get involved? Team Gluten-Free wants you! Host a party, benefit dinner or bingo night! The possibilities are endless. To see other fundraising ideas or to join Team Gluten-Free visit celiac.org/teamglutenfree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