

FEBRUARY 2008 HANDOUTS

*****NOTICE***** There will NOT be a March Meeting due to the primaries. Be sure to come in April.

ANNUAL CELIAC WALK: Our annual walk is scheduled for May 17 at North Lake Park. The registration is 8:30 and the walk begins promptly at 9 a.m. Following the walk, a raffle will be held. Many local businesses donate gift certificates for our walk to help us raise money. Following the raffle, many of us head up to Bob Evans on Trimble Road and have breakfast, if you would like to do that too.

The park building at North Lake will be open for our event, so we will have restrooms this year. I paid the deposit to secure the day and time. So if it should rain, we also have a place to take shelter. Using the building, we can be inside for our raffle....no matter what the weather.

Walk papers are available tonight. If you would like to register to walk, you will be given a shirt free of charge. The color is, as yet, still undecided. I need the sizes tonight and how many you need as the order has to be placed by April 1st.

Also, there are sponsor letters for local businesses if you would be interested in signing up for one. Just visit the business between April 1-15. Most require at least 30 days notice.

Honey Rice Puffins: Honey Rice Puffins no longer say Gluten Free on the box - it now says Wheat Free. The following is a letter from the company regarding this issue:

Thank you for your email asking about our Honey Rice Puffins Cereal. While the packaging has changed, the production process and the ingredients in the Honey Rice Puffins have not changed. Our Honey Rice Puffins is the only Puffins cereal that contains no gluten in the ingredients but it is made in a facility that also makes products containing wheat. Even though our production lines go through a very thorough allergen cleansing after each product run, we cannot rule out the slight chance of cross contamination so we removed the gluten free designation from the packaging.

Barbara's Bakery is committed to producing quality natural foods, using the highest quality ingredients available, while adhering to scrupulous quality control procedures. Each batch we produce is tested against a number of standards to ensure excellence.

We hope you continue to enjoy our products in the best of health!

Kathleen Tugwell Barbara's Bakery, Inc. Phone: 707-765-2273 Email: info@barbarasbakery.com

CARNATION® INSTANT BREAKFAST®

January 16, 2008

Thank you very much for contacting NESTLÉ® CARNATION® INSTANT BREAKFAST®. In response to your inquiry, the flavorings used in CARNATION INSTANT BREAKFAST Ready to Drink contain **barley malt syrup**, which contribute less than 1 part per million of barley gluten in the final product. CARNATION INSTANT BREAKFAST formulations have not changed.

As a service to our consumers, we chose to disclose all sources of gluten by adding a statement on the label indicating the existence of barley in Regular and No Sugar Added CARNATION INSTANT BREAKFAST varieties. The degree of sensitivity to gluten varies among individuals, please discuss with your physician if you have concerns.

For CARNATION INSTANT BREAKFAST powder, the only variety **containing gluten** is CARNATION INSTANT BREAKFAST Chocolate Malt, which has wheat flour and barley extracts. All other CARNATION INSTANT BREAKFAST powder varieties do not contain gluten. However, we want to inform you that all varieties are processed on the same equipment as CARNATION INSTANT BREAKFAST Chocolate Malt. Gluten sensitivity does vary among individuals, so we advise you to consult with your physician. We appreciate your interest in NESTLÉ CARNATION INSTANT BREAKFAST, and hope that you will continue to use and enjoy our products.

Gluten-Free Camp for Kids: Here is a note from the camp. If you are interested, you can contact these people. Greetings from Camp Westminster on Higgins Lake in Michigan (www.campwestminster.com). We are pleased to announce Michigan's first gluten free and casein free summer camp! GFCF camp is scheduled for June 16-21, 2008. Registration for camp will open on Jan. 21, 2008. Food related camp questions may be directed to Deanna Seng at dseng99@voyager.net or Pamela Jann at pamelajann@sbcglobal.net.

PULSE TEST FOR ALLERGIES. (I am not advocating this, but just passing it on to you. I read this on the internet and thought....why not! For some of us, allergy testing is too expensive. The person posting this on the internet had gone through extensive testing, including cytotoxic, all of which were later confirmed by the pulse test results.) So if you feel you might have other food issues....give it a try. Nothing to lose in the way of money, at least.

You can test yourself for any and all food allergies.

First, pick a FOOD GROUP...stay off it for an entire week. So, if you are testing milk, no milk, margarine, yogurt, butter, ice cream etc.

Then on the chosen day, on an empty stomach, take your pulse and record the number

Then take about a half cup of the food chosen....a half glass of milk, or plain cooked noodles, etc.

Wait 30, 60, 90 min and take pulse each time and record.

Here's the kicker: ANY RISE ABOVE TEN PERCENT INDICATES AN ALLERGY...the greater the rise, the stronger the allergy.

I went thru extensive testing, including cytotoxic all of which confirmed the pulse test results!
