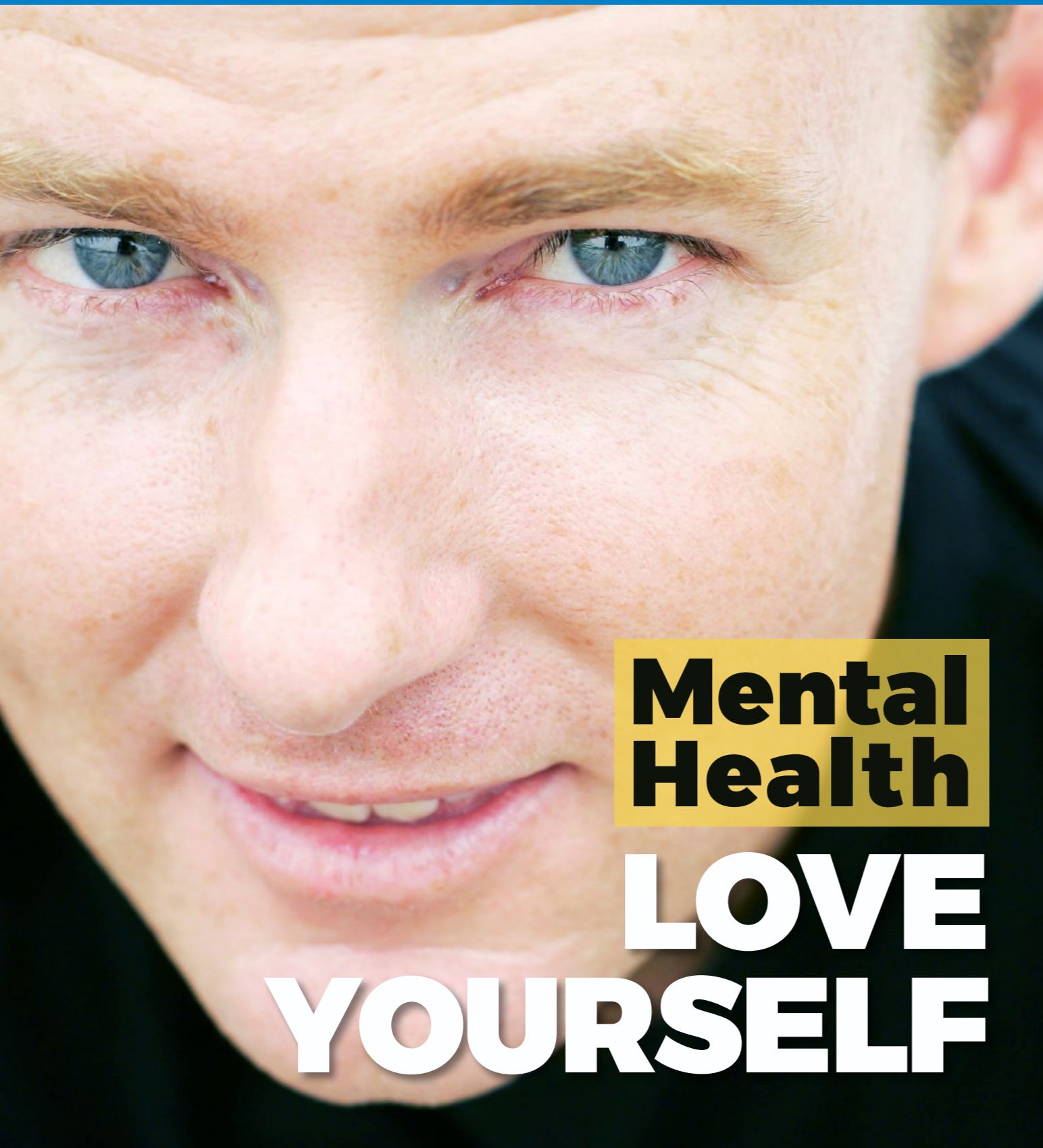


CANADIAN CELIAC

A MAGAZINE FOR CANADIANS WITH
CELIAC DISEASE AND GLUTEN SENSITIVITY



**Mental
Health**

**LOVE
YOURSELF**

The Happiness Expert

Neil Pasricha

New Canada Food Guide

What does this
mean if you're
gluten-free?

Celiac Disease & Depression

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JA Campbell Research
Grant Recipient

My Celiac Journey

Robert Beddie

Giving Back

Kathleen DePellegrin

5 Yoga Postures to Get Digestion in Check

Jennifer Heard

Phd, C-IAYT, E-RYT



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WINTER 2019 | VOLUME 3 | ISSUE 1

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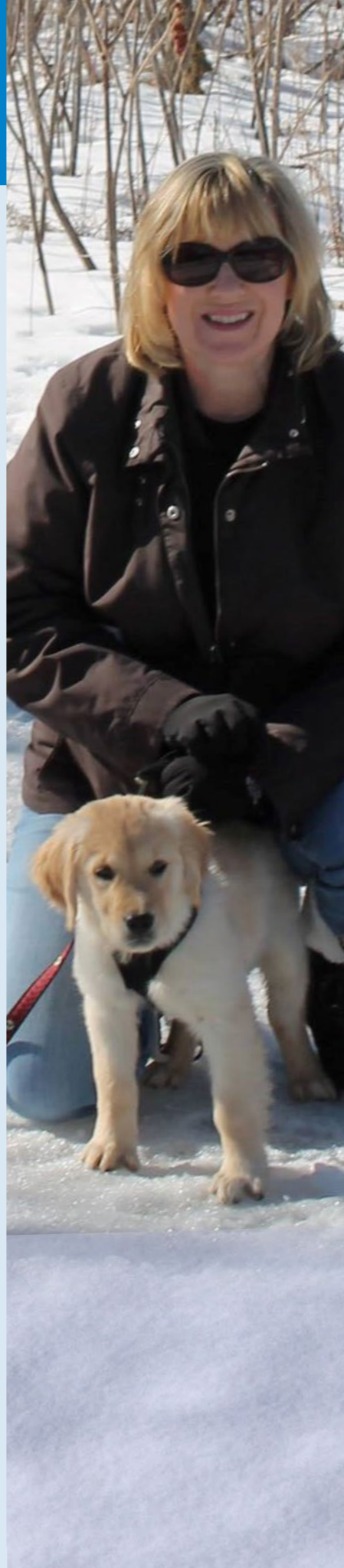
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From the Editor's Desk

What brings you joy?

For me, my **KatieBear** greetings bring me instant happiness. My two-year old Golden Retriever brings me joy every time I walk in the door. She groans and moans, running back and forth with a bone in her mouth while frantically wagging her tail. It's as if I have been gone for months! (If you want to experience it first hand, [take a look here!](#)) She is an instant mood booster after a long day at work.

It's important for all of us to take time each day to think of something for which we are grateful. Experts and researchers have found that even short bursts of gratitude can have positive and lasting impact on the brain and overall health. In the depths of winter, it can be easy to become depressed or withdrawn. For some living with a chronic disease, mental health - not just your overall wellness - can be impacted.

In this issue, we offer ways to boost your **mental health and love yourself** starting with a world best-selling author of **The Book of Awesome** and **The Happiness Equation Neil Pasricha**. Neil sky-rocketed to fame when he began a blog of 1,000 awesome things. The impetus for this journey came after his wife left him and his best friend committed suicide. Neil shares his tips on how to break through the darkness.

We asked some experts to weigh in on their ways to increase your feel-good energy through yoga and mood boosting tips. But what better way to feel good about yourself than to give back. **Robert Beddie** shares his **Celiac Journey** through volunteerism and a giving spirit.

For people with celiac disease, it's all about the food as one CCA past-president always tells me. For **Loblaw Companies Ltd.** they know that certified and great tasting gluten-free food makes everyone happy and share how they create their product innovations with us. Meanwhile the federal government is recommending how everyone should eat by introducing a modernized **Canada's Food Guide**. We asked CCA's experts to offer insight on what this new guide means for people on a gluten-free diet.

It wouldn't be a complete issue if we didn't offer a few recipes. We offer up a Canada's Food Guide-inspired heart healthy gluten-free recipe for you, but still had to share a gooey favourite from baker and podcaster **Sue Jennett**, just in time for Valentine's Day.

From the bottom of my heart, we are thankful and grateful at CCA National for your continued support and generosity.

Melissa Secord

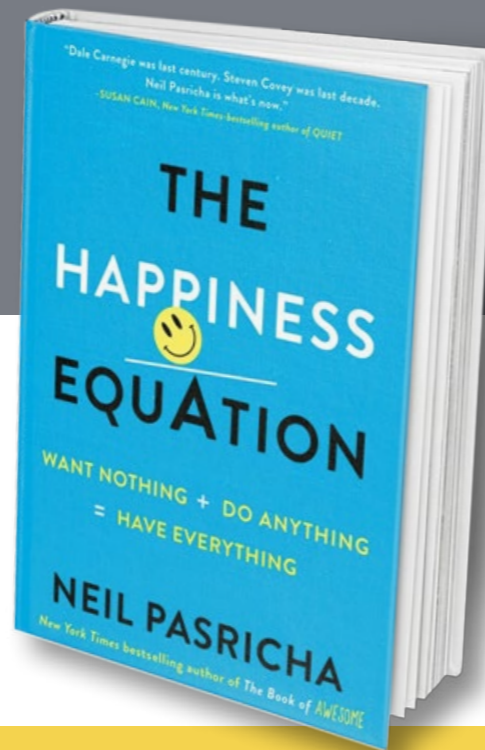
Melissa Secord, CAE
Executive Director
Canadian Celiac Association

We want to hear from you ...

WHAT'S YOUR MOST AWESOME GLUTEN-FREE MOMENT

Tell us your story in 30 words or less and become eligible to win a free copy of

THE HAPPINESS EQUATION



About the Author



Neil Pasricha is the New York Times–bestselling author of *The Happiness Equation* and the *Book of Awesome* series, which has been published in ten countries, spent more than five years on bestsellers lists, and sold more than a million copies. Pasricha is a Harvard MBA, one of the most popular TED speakers of all time, and founder of the Institute for Global Happiness. He has dedicated the past fifteen years of his life to developing leaders—creating global programs inside the world’s largest companies and speaking to hundreds of thousands of people around the world. He lives in Toronto with his wife and son.

[CLICK HERE](#)
to share your
[#GFAwesomeMoments](#)

Share the stories and victories in your gluten-free life and let us share some of our favourites with others.

Submit your awesome gluten-free moment by February 20, 4:30 pm EST. We'll pick a winner on February 22, 2019.

See complete rules on our website.

The best-selling author of **The Book of Awesome** and **The Happiness Equation** reveals how he defines happiness and how to find it, even when you're living through challenging circumstances.

As a society, are we generally happy?

We want to be. If you go to Google and you type “How to be,” the first drop-down result [when Google tries to fill in your query based on other popular searches] is “happy.” And by the way, the second, third and fourth are “rich,” “pretty” and “real estate agent.” So we want happiness more than anything else.

But we don't have it. David E. Meyer of the University of Michigan found that the number of people who say they are happy is the same today as it was in the 1950s. Back then, only a third said they were, and it's still a third today. We want happiness more than anything else, but we don't have yet.

Why are so many of us so unhappy?

Ultimately, the problem rests with your parents. It's their fault. They told you a lie—a societal lie. The lie is: “If you do great work, then you will have a big success, and then you will be happy.”

But actually, it's reversed: You need to be happy first, and then the great work and success will follow. That's the model. Our current model is backwards.

Are some people just naturally happier than others?

In her famous book **The How of Happiness**, Sonja Lyubomirsky puts forward an incredible model. She says 50% of happiness is genetic, 10% is circumstances, and 40% is based on intentional activities. So yes, we all have a genetic baseline, and yes, circumstances affect us. But you can control that 40%—and there's a lot you can do.

What are some of the things that people do to make themselves happier?

There are many things you can do. I go through them in my book but here are a few ideas.

For one thing, start taking daily 20 minute walks—in nature, not the mall. In a study, over a 10-week period, people who did daily physical activity outperformed a test group on anti-depressants and a test group who did the activity and took antidepressants.

Another thing to do is delete social media completely. It's an abscess on our brains. It's tortuous. It causes a lot of problems. Over 50% of parents in the U.S. believe their children are addicted to their cellphone. The average person touches their phone over 2000 times a day, and we're on our phones over 4 hrs 20 a day. Social media removes “stopping cues.” We don't know how to turn it off and the content is addictive. There's no end to how far down you can scroll on Instagram or how many hashtags you can click on twitter. If you can't for whatever reason delete your account, at least delete your easy access to it by removing the access on your phone. That's what I did, because I know if I had them, I'd be addicted. Psychologically, it's a problem because you compare your life to everyone's greatest hits, so you never feel good enough. Physically, people don't talk about this, but it's also not good for your thumbs or spines. And physiologically, if you expose your eyes to a bright screen within an hour before bed, you create less melatonin, meaning you don't sleep as well.

The third thing I would say to do is read 20 pages of fiction every day from a real book. According to the **2011 Annual Review of Psychology**, reading creates empathy, intimacy

and happiness. Our brain's mirror neurons fire when we read about experiences we have not lived.

Some people feel the things going on in the world so strongly, like climate change, human rights abuses, things like that—and it can feel wrong to be so happy.

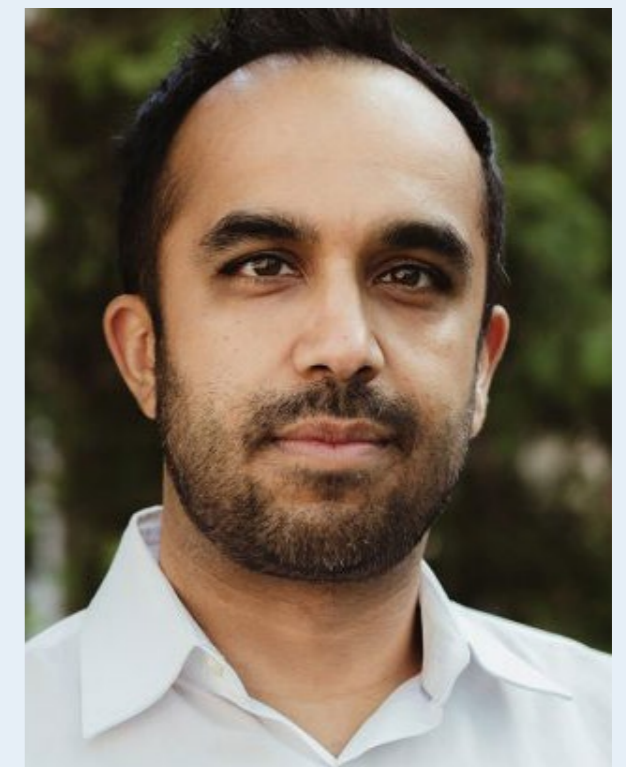
Stop reading the news. I'm serious. It's really bad for you. What you're doing is feeding the dopamine centres in your brain with the next hit. I've cancelled all my subscriptions. I don't read the newspaper. I'm not saying you should be an ostrich. If you were to talk to me right now, I know what's going on. You can't not—when you walk around, you see it. You think you'll be unplugged from what's going on the world, but you won't be. Overall, the benefits outweigh the drawbacks. The drawbacks aren't as big as you think. Try taking a news fast for seven days. You'll feel great about yourself.

What about people recently diagnosed with a lifelong disease that completely upends their life? It can be so overwhelming, and hard to find an upside or feel happy about it.

It's hard when it's new, and fresh, and raw. But remember the pie chart. Happiness is 40% intentional activities; 40% of your happiness is up to you. There's lots of you can do to invest back in yourself.

What do you say to critics who say that being told to take a nature walk or read a book trivializes the hardships that keep them from feeling happy?

I hear this all the time. And there are also people who feel like they don't have time for it. People say, “If it was this easy, wouldn't I do it already?” The funny thing is, when I ask them how they'd label those hesitations, it's always comes down to fear. They think people will think they aren't busy or serious. And yes, there are those who think the ideas are trite or squishy. What I say is do a “20 for 20 challenge.” Do one thing—like the nature walks or reading fiction—for 20 minutes a day for 20 days in a row and tell me how you feel at the end. I get emails from people saying it changed their life. Don't knock it till you try it. ■



Access to Safer GF Foods

CCA releases project highlights for enhancing access to Canadian sources of certified gluten-free grains and testing protocols



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A gluten-free diet is central to the management of celiac disease. During the processes of growth, harvest, and manufacturing, non-gluten containing grains (NGCG) may become contaminated with gluten containing grains.

Accurate testing for gluten is a critical tool to support the necessary preventive controls at the manufacturing level to verify and validate that they are being delivered as designed and that they work. However, there are many unanswered questions regarding the optimal testing of these grains to ensure that they contain less than 20 ppm gluten and are safe for consumption by individuals requiring a gluten-free diet. Over the past three years, with funding from **Agriculture and Agri-Food Canada** through the **Growing Forward 2 Program**, the **Canadian Celiac Association (CCA)** secured industry experts, Allergen Control Group and Environex to conduct a stakeholder consultation and study examining optimal ways of detecting gluten in NGCG.

The results are summarized below and will help guide industry as standards related to optimal testing of these grains are developed. These principles are now being applied to the Gluten-Free Certification Program (GFCP) and will be formally embedded as GFCP Version 3 which will be in effect as of August 2019. The ultimate result will be the development of food products that will be accurately tested to ensure they are safe for the gluten-free consumer.

Conclusions from Studies

This study looked at how sample preparation and sampling methods can reduce variability when testing gluten in non-gluten containing grains (NGCG) including oats, pulses and oilseeds (flax and hemp).

These are the conclusions:

- 1 The ELISA test (R5) used in this study is reliable and is not an important factor in the variability in the test results.
- 2 At concentrations around 20 ppm gluten, there was no relationship between gluten concentration in the non-gluten containing grains and cereal contamination determined by visual inspection.
- 3 The method of sampling and preparing the grain for testing is a highly important step in the protocol. Inappropriate sampling and sample preparation can lead to large differences in end results between similar samples.
- 4 With regards to the grain preparation step, grinding a larger grain sample at the start (e.g. 1200 g vs 50 g) prior to preparing smaller aliquots for testing generates more reliable results. When grinding samples, the aim is to produce particles that are as small as possible. This will be more challenging for the high lipid content grains such as hemp. The sample should be ground fine enough that 75% of the sample could pass through a 20-mesh sieve. A one-gram test portion is suggested for all grains. The results of this study were published in *Cereal Chemistry* 2018; 95:811-821.

Additional materials developed

- Best practice decision tree, sampling guides and white paper on gluten detection are available on the Canadian Celiac Association (CCA) website at www.celiac.ca/AAFC

Acknowledgements:

- AAFC Committee – David Congram (Chair), Leo Turner, Nisha Paul, Sue Newell, Melissa Secord
- Allergen Control Group Inc. (ACG) - CCA wishes to thank Frank Massong, Vice President of Regulatory and Technical Services at Allergen Control Group for leading the project, together with administrative support from ACG.
- Agriculture and Agri-Food Canada

CCA wishes to extend its appreciation to the following companies that contributed to this project through provision of services and/or expertise:

Environex, Canadian Grains Commission, University of Guelph Labs, Pulse Canada, Centre for Systems Integration, R-Biopharm AG, Avena Foods (Only Oats), Belle Pulses, Prairie Oat Growers, Interlake Agri., Diefenbaker Spice and Pulse, Johnson Seeds

New Canada Food Guide

What does this mean if you're gluten-free?

Health Canada released their new **Food Guide** recently with some key updates. The content was created using the most up to date and evidence-based research. In this food guide, there is a renewed focus on **plant-based** foods, lower intakes of processed foods which contain higher levels of sugar, saturated fat and sodium with less direct emphasis on dairy product as the dairy and meat categories were combined into one group labelled protein. The **Food Guide** also has a guiding statement that if Canadians have a specific health condition, such as celiac disease then they should consult further with a dietitian for their specific nutritional requirements.

So, what does this mean for Canadians living with celiac disease eating a gluten-free diet?

Folate

One of the first considerations includes the differences in folate fortification of gluten-free grains and processed grains which can result in lower folate intakes of children and adults with CD¹. While folate fortification of gluten-containing flours is mandatory in Canada, folate fortification of gluten-free flours and processed grains is voluntary in Canada. This places Canadians consuming the GFD at risk for suboptimal folate intake¹. While the increasing emphasis of **plant sources of protein (such as lentils, beans) and fruits and vegetables** may be potentially beneficial to increasing folate intake in Canadians on the GFD, it will be challenging for children and women of child-bearing potential with CD to eat sufficient quantities of these foods to meet their folate needs. Suboptimal folate status has important growth and developmental implications for both the child and woman of child-bearing potential and hence needs to be addressed when developing nutrition guidelines for Canadians with CD. Consultation with a registered dietitian regarding the need for routine folate supplementation is an important consideration for Canadians with CD and highlights the need for consideration of a folate fortification policy for gluten-free grains in Canada. Development of evidenced based nutrition guidelines for Canadians with CD will also be important in this process.

Vitamin D

Another nutrient of concern for children with CD is vitamin D, which is predominantly found in **fatty fish, vitamin D fortified cow's milk and fortified margarine**. Vitamin D is an important nutrient for **bone health**, particularly at time of CD diagnosis due to the potential for malabsorption of vitamin D related to gastrointestinal damage caused by gluten exposure. This is particularly important for children and youth as peak bone mass is achieved in adolescence and early adulthood. Vitamin D can also be obtained by exposure to **sunlight** as the sun stimulates the skin to produce and synthesize vitamin D. However, as Canadians have reduced sunlight exposure due to our long winters, suboptimal vitamin D status can occur throughout the year if Canadians do not consume sufficient quantities of vitamin D-fortified foods. As a Canadian with CD, it will be important to eat and drink sufficient quantities of vitamin D-rich foods and to consider the need for routine supplementation during the long winter months. **Choosing lower fat, dairy choices that are fortified with vitamin D** will also be important for Canadians with CD to ensure they meet their vitamin D needs.

The Facts on Vitamin D

Why is Vitamin D Needed?

It has been shown that Vitamin D deficiency is highly prevalent in those with celiac disease. Vitamin D is needed for the maintenance of strong bones. It does so by helping the body absorb calcium - one of bone's main building blocks, from food and supplements. Our muscles also need Vitamin D to move, and our immune system needs Vitamin D to fight off invading bacteria and viruses.

Where do we get Vitamin D?

Our bodies naturally produce Vitamin D when sunlight shines onto our skin. In the winter, we usually do not produce enough Vitamin D so we need to get it from our diet. Few foods naturally contain Vitamin D, so it is added to certain foods through the fortification process. Foods that have been fortified such as cereals, orange juice, and yogurt provide most of the Vitamin D in our diets. Check the nutrition label! Vitamin D is also available as a dietary supplement.

How much Vitamin D do you need every day?

The amount of Vitamin D you need depends on your age. Average daily recommended amounts for different ages are listed below in International Units (IU):

Age Group	Aim For	Stay Below
Infants		
0-6 months	400 IU	1000 IU
7-12 months	400 IU	1500 IU
Children		
1-3 years	600 IU	2500 IU
4-8 years	600 IU	3000 IU
> 8 years	600 IU	4000 IU
Adults		
< 70 years	600 IU	4000 IU
> 70 years	800 IU	4000 IU
Pregnancy & Lactation		
	600 IU	4000 IU

Vitamin D can be found in:

COW'S MILK | FORTIFIED BEVERAGES (E.G. SOY, RICE) LIVER AND BEEF | SALMON, TUNA, MACKEREL AND OTHER FATTY FISH | MARGARINE | EGG YOLKS

Vitamin D Content of Common Foods:

FOOD OR BEVERAGE	AMOUNT OF VITAMIN D	FOOD OR BEVERAGE	AMOUNT OF VITAMIN D
Salmon, canned or cooked (75g, 2.5 oz)	350 - 450 IU	Fortified beverages (e.g soy, rice) (1 cup, 250 ml)	123 IU
Cod liver oil (1 tsp)	425 IU	Calcium fortified orange juice (1 cup, 250 ml)	100 IU
Snapper, cooked (75g, 2.5 oz)	390 IU	Yogurt, plain (3/4 cup, 200 ml)	65 IU
Whitefish (75g, 2.5 oz)	370 IU	Egg yolk, cooked (2 eggs)	80 IU
Mackerel, Pacific	340 IU	Beef, cooked (75g, 2.5 oz)	36 IU
Trout, cooked (75g, 2.5 oz)	175 IU		
Cow's milk (1 cup, 250 ml)	105 IU		

This information is adapted from: Dietitians of Canada. Food sources of Vitamin D. 2016 Oct 16. Retrieved from: <https://www.dietitians.ca/getattachment/464f3006-0bb2-4f1a-a338-0b21d148bacb/FACTSHEET-Food-Sources-of-Vitamin-D.pdf.aspx>. Tavakkoli A et al. (2013). Vitamin D Status and Concomitant Autoimmunity in Celiac Disease. Journal of Clinical Gastroenterology. 47(6):515-9.

So, what does this mean for Canadians living with celiac disease eating a gluten-free diet?

Lowering saturated fat and added sugars

Lastly, the final consideration of the new guidelines regarding lowering your intakes of saturated fat and added sugars is an important message for Canadians. It is noteworthy to highlight that Health Canada is placing a stronger and more direct message regarding this point. Increasing intakes of fruits and vegetables and lower fat dairy and meat and alternatives (protein choices) as a healthy way to accomplish this is being emphasized in the new guide. However, for the child and adult with CD this can be challenging since many of the processed GF-grain products are a lot higher in saturated fat and added sugars. A recent Canadian study by Elliot et al², has shown that gluten-free foods marketed to children were higher in added fats and sugars. This is particularly concerning for children and adults with CD as this may increase the risk for obesity and chronic diseases and thus highlights the need for nutrition guidelines to emphasize ways for Canadians with CD on the gluten-free diet to address this.

For more information regarding Gluten Free Food Guide for Canadian Children and Youth, contact Dr Diana Mager PhD RD, Associate Professor, Clinical Nutrition, Department of Agricultural, Food and Nutritional Science, University of Alberta, Edmonton Alberta; mager@ualberta.ca

For more information regarding the folate and vitamin D content of foods, go to:
<https://www.celiac.ca/living-gluten-free/diet-nutrition/get-nutrients-into-your-gf-diet/>

Canada's Food Guide:
<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/resources-download.html>

1. Alzaben AS, Turner J, Shirton L, Samuel TM, Persad R, Mager D. Assessing Nutritional Quality and Adherence to the Gluten-free Diet in Children and Adolescents with Celiac Disease. *Can J Diet Pract Res.* 2015 Jun;76(2):56-63.
2. Elliott C. The Nutritional Quality of Gluten-Free Products for Children. *Pediatrics.* 2018 Aug;142(2).

Meeting nutritional needs on a GF diet

One of the ways is for specific evidenced-based nutrition guidelines focused on the GFD to be developed. This is currently being done by a team lead by Dr Diana Mager PhD RD at the University of Alberta. Currently Dr Mager and her team are developing a GF food guide for children and youth with CD and hope to extend this work in the future by developing a GF food guide for adults. This endeavour is important because specific consideration of the nutritional challenges associated with eating a gluten-free diet is being addressed in these guidelines. This work has been supported by a **Canadian Celiac Association J.A. Campbell Research Award** and with help from the **Edmonton and Calgary Chapters of the Canadian Celiac Association.**

Q:

“ My young nine-year-old daughter is feeling like a social outcast since her celiac diagnosis. She isn't getting invited to parties anymore. She can no longer eat some of her favourite snacks. She's becoming withdrawn. What are some coping strategies and/or techniques we can help employ? ”

A:

A celiac diagnosis presents challenges at any age. It takes time to adjust and it's normal to wonder if others think about us differently. This may cause us to withdraw and create anxiety.

The truth is often quite different. People generally want to be supportive but may not know how. As someone diagnosed midlife, I had to educate myself, family and friends. It's probable your daughter's friends, or more likely their parents, are concerned about her visiting them out of fear she could consume something harmful to her.

It may be helpful to connect with the parents, tell them about celiac and address any concerns so the diagnosis doesn't interfere in your children's friendship. You can create fun family/friend time with your daughter by learning how to make gluten-free snacks. If there's a party, ask permission to send gluten-free cupcakes with her for her and others to enjoy. Other strategies I've used are: eat before an event when unsure if there will be gluten-free options, travel with a gluten-free snack, or, if attending a restaurant, call in advance or review their menu online for gluten-free options.

Wishing you and your daughter well in exploring new foods in a gluten-free life.

Lynda Cowie BSW, MSW, RSW
Manager, Supportive Response Program
CMHA Middlesex





Gluten free and al dente every time ! www.nupasta.com



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 Web: @CCAceliac

CANADIAN CELIAC ASSOCIATION
 Acceptability of Food & Food
 Ingredients for the Gluten-Free Diet

Fast Facts on Mental Health

Source: Canadian Mental Health Association, www.cmha.ca

Who is affected?

- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- Mental illness affects people of all ages, education, income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.

How common is it?

- By age 40, about 50% of the population will have or have had a mental illness.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.

What causes it?

- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.
- Mental illnesses can be treated effectively.

Reference:
 Mental Health Commission of Canada (2013). Making the case for investing in mental health in Canada.

Investing in Quality

Shoppers can look forward to innovative and delicious new gluten-free products from Loblaw Co. Ltd, a proud participant in the Gluten-Free Certification Program (GFCP).

“It’s the waffles and rustic bread,” says Kathlyne Ross, VP of Product Development & Innovation at Loblaw’s, when asked what the company’s top-selling gluten-free product is. “Closely followed by flour and pancakes.”

Since 2010, Loblaw Company Ltd. has been a proud participant in the Gluten-Free Certification Program (GFCP), one of the program’s first grocery retailers. Its top three or four products routinely appear on the CCA Facebook Group as recommended favourites.

Why did Loblaw Company Ltd. decide to certify its own line of President’s Choice (PC) brand products? “President’s Choice is a leading brand among consumers,” explains Ross. “It is trusted. Quality and consistency are paramount within all our family of PC products. Consumers expect both. We don’t take it for granted.”

Third-party certification takes Loblaw Company Ltd. products to another level of brand verification, she explains. “It shows we’ve done our homework, and it’s not just us saying we are safe but an independent group like the CCA.” Loblaw Company Ltd. relies on certification with several of its lines including organics, kosher, and sustainable seafood.

Ross is keenly aware of the impact certification has on people. “For

people who are newly diagnosed, or for those shopping for someone in their family, having the certification makes shopping not only more convenient but also less stressful,” she says. “We know that individuals often worry about the potential for cross-contamination even when [an item is] labelled gluten free. We want people to trust our products and enjoy great-tasting food.”

“People come together around food and create memories”

The growth in the gluten-free category has Loblaw Company Ltd. continuing to invest in new and innovative products. “Gluten-free products have come a long way,” says Ross. “We’re currently doing a deep dive within the gluten-free bakery and it’s exciting. We’re really focused on improving sensory— taste and touch—along with quality that our customers expect from a PC-branded product.”

The investigation she refers to kicked off with researching what is currently in market. What products are people buying? What flavours and varieties are offered compared

to PC’s own line? For gluten-free breads, the company will talk to popular gluten-free bakers for new innovative recipes. Once their team of product developers finalizes a recipe, they will hold internal panels to do product testing. With 3,000 employees happy to try new products, they’ll quickly know if they have a winner on their hands.

But it’s not just about product innovation. Loblaw Company Ltd. also wants to make the consumer shopping experience better. This starts with how products are labelled and where they need to appear in the store. “We want to always be mindful of how the consumer shops and how we can improve their experience in our stores,” says Ross.

While Loblaw Company Ltd. has introduced some club-pack sizes of their top sellers like waffles and new cauliflower pizza crust, 2020 should see the results of their research and product development. “People come together around food and create memories,” says Ross. “We’ve heard from families who are tired of buying several different cakes, for instance, to satisfy different dietary requirements. It’s nice to be able to have something everyone can enjoy because everyone deserves to be at the table.” ■

Don’t Roll the Dice.

Look for the trademark that represents **safe, reliable, gluten-free** products.



glutenfreecert.com



GLUTEN-FREE, NOT INDULGENT-FREE.



Celiac Disease & Depression

An academic overview

Dr Dominica Gidrewicz, CCA Professional Advisory Council member and Pediatric Gastroenterologist, Alberta Health Sciences

Celiac disease may be associated with a variety of psychiatric and psychologic concerns, such as anxiety, depression, and eating disorders. Various types of anxiety have been studied in patients with celiac disease, including general anxiety, social phobia and panic disorder. Studies suggest that patients with celiac disease have more anxiety, social phobia (anxiety characterized by a significant amount of fear in one or more social situations) and panic disorder compared to patients without celiac.

linked to worse depressive symptoms, which may contribute to poorer quality of life.

Poor adherence to the GF diet is associated with greater depressive symptoms. A recent study demonstrated that celiac patients with mucosal healing were more likely to have anxiety and depression compared with those that did not have mucosal healing. This raises the possibility that the stress of increased vigilance regarding a gluten-free diet may have some negative psychological effects.

One year after starting a gluten-free diet, patients with general anxiety had improvement in their symptoms. Depressive symptoms are also more common in patient with celiac disease compared to the general population. Depression in patients with celiac disease, however, is not higher when compared to patients suffering from other chronic medical conditions.

Finally, adults with celiac disease have a higher risk of developing an eating disorder as compared to the general population, with those suffering from more severe gastrointestinal symptoms at greatest risk. The underlying mechanisms behind these associations is not clear. In summary, patients with celiac disease have higher rates of anxiety, depression and risk of developing eating disorders compared to the general population, and maintaining a strict gluten-free diet may reduce some symptoms, however the stress of carefully adhering to the diet may also contribute to some negative psychological effects. ■

Furthermore, having celiac disease and other associated medical conditions, such as type 1 diabetes or thyroiditis, along with stress were associated with more depressive symptoms in those patients. Adults suffering from more severe gastrointestinal symptoms were also

With so many PC® gluten-free products to choose from, foods like baked goods and pastas can be indulgent again. No compromise. Look for the red gluten-free logo on select PC® products.



Find all of our recipes at pc.ca/FoodSensitivities



SickKids Hospital warns of arsenic and children on gluten-free diet

Dietitians at the Hospital for Sick Children in Toronto have written to Health Canada with concerns over arsenic toxicity in rice-based food sources. SickKids on average diagnoses over 100 new patients with Celiac disease every year.

Currently the food industry in Canada is not mandated to measure arsenic levels. The European Union is reviewing its guidance.

The Dietetic team at SickKids is calling for mandated reporting of arsenic content including labeling of rice-based products for the safety of infants and children who are most vulnerable. ■

Feeling a bit meh lately? Try these tips.

Mindfulness

Practicing mindfulness will help you be in the moment. It's proven that when we are fully focused on what we are doing and aware of the things going on around us, we are better able to enjoy or handle the things that happen to us. Try this simple exercise to begin making mindfulness a daily habit: Sit down in an environment that feels good to you. Focus all of your attention on your breath and your sitting body. It is natural for your mind to wander, so kindly just remind yourself to focus on what your body is doing in that moment.

Exercise

Countless studies have shown that physical activity releases endorphins which help create a positive feeling in the body. Exercise is also associated with a better quality of living and health—which in turn increases your daily mood. Regular activity also increases energy levels, allowing us to feel better about the tasks we take on each day.

Daily Gratitude

Try to begin your day by listing three to five things you are genuinely grateful for. They can be as simple as the bed you just woke up in, or as detailed as that special something a loved one does for you. Reminding yourself of the wonderful things in your life will help slow your mind and get you off to a positive start each day. Take it to the next level by keeping a gratitude journal by your bed, or in your backpack, purse or car, to note the good things you see or experience throughout your day.

Healthy Diet

What you eat affects your mood. Choosing to eat healthy, natural foods is the baseline for a good lifestyle. It's also important to eat small snacks regularly, because when blood sugar levels drop, it's easy for your mood to drop (we've all been hangry, right?). If you're stuck in an unhealthy rut, try a meal plan, including meals that feature favourite veggies and proteins (no need to force yourself to eat foods you hate).

Stay Hydrated

Considering more than half of our bodies are water, it only makes sense that drinking it helps us feel good. Stay hydrated to increase brain power and energy, giving you a better outlook on your days. Experts recommend drinking around two litres of water per day. If you have a hard time drinking enough, however, consider getting a new reusable water bottle that gets you excited to drink that H₂O. You can also add a squeeze of lemon or lime if you crave a bit of flavour.

Make the Time to Do Something You Love

Whether it's painting, playing guitar or taking a yoga class, putting time aside for yourself is important. Try to let go of all thoughts centred on your to-do list, and focus your mind only on you. In today's busy lifestyle, it can be hard to fit yourself in the clock budget, but even just five minutes of adding to that scarf you're knitting can make a huge difference in your mood.

Get Proper Sleep

Sleep is essential to a good mood. Aim to get at least seven hours of sleep each night, if you can. If you have a hard time falling asleep at night, be sure to turn off your screens an hour before hitting the pillow, and don't drink caffeinated beverages in the hours before bed.



Available at

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CCA-APPROVED GLUTEN-FREE MEAL PLANS FOR ALL MEMBERS

Pasta Bari-style "alla Barese"

Preparation: 10 min
Cooking: 15 min
Yields: 4 servings
390 calories/serving

Ingredients

- 5 cups (650 g) broccoli, cut into florets
- 5 cups (320 g) gluten-free shells, or other short-cut pasta
- 3 tbsp (45 ml) olive oil
- 3 cloves garlic, minced
- 5 anchovy fillets, chopped
- 1 dried chili pepper, minced
- 12 mini-tomatoes, cut in half
- Salt and pepper



Method

- Blanch and drain the broccoli, then set aside and keep them warm.
- To save time, the rest of the sauce preparation and pasta cooking can be done at the same time. Cook the pasta in a large pot of salted boiling water.
- In the meantime, heat the oil in a skillet over medium heat. Gently sauté garlic, stirring until soft, about 1 min, taking care not to let it burn. Add the anchovies and cook 2 mins, stirring until they have broken apart and "melted". Stir in the dried chili pepper, mini-tomatoes and broccoli.
- Drain the pasta, then pour it into the skillet. Toss well, adjust the seasoning and serve.

PRIVILEGES FOR CCA MEMBERS:



GO TO WWW.SOSCUISINE.COM/CCA FOR DETAILS

Q&A

Adriana Mudryj

CCA James A Campbell Researcher

Where do your studies take place?

I am a postdoctoral researcher at the University of Manitoba, in the Department of Food and Human Nutritional Sciences.

How did you develop an interest in researching celiac disease?

The overall goal of my research is to contribute and expand knowledge in the area of nutritional epidemiology, with a specific interest in dietary intakes, food consumption patterns and the impact of target foods and fortification policies on diet quality and health.

As a researcher with a vast background in nutrition, the increasing curiosity and adherence to the gluten-free diet in the general population has been particularly intriguing to me, especially its growing popularity outside of patients diagnosed with celiac disease, non-celiac gluten sensitivities or wheat allergies.

What does your study aim to do?

The main purpose of this study is to describe the characteristics of people

following a gluten-free diet in Canada. First and foremost, we want to know how many Canadians are avoiding dietary gluten, and who these people are, by looking at their age, sex, ethnicity, province of residence, education and income. Secondly, we want to compare location of food preparation (i.e. at home vs. outside the home/restaurant, etc.) among Canadians following a gluten-free diet and those who do not. Results will provide evidence of the magnitude of dietary gluten avoidance in Canada as well as how following a gluten-free diet impacts location of where food is prepared by people who avoid gluten compared to Canadians with other dietary restrictions (such as dairy), and those with no dietary restrictions.

What makes your study different than others?

For the first time, the most recently redesigned cycle of the Canadian Community Health Survey -Nutrition (CCHS) inquired about the dietary exclusions of Canadians, including gluten. However, to date, the characteristics of Canadians who avoid gluten remains unclear. Results from our study will provide, for the first time, a comprehensive

and detailed description of Canadians following a gluten-free diet. This is an opportunity to provide a benchmark by which future studies can assess changes in gluten avoidance in the Canadian population over time using future Canadian survey data. Findings may also have implications for the food service and food manufacturing industry, which responds to the population following a gluten-free diet rather than those with celiac disease alone, as well as those in the dietetic and medical community to optimize education and nutritional counselling to those following a gluten-free diet.

Has your research discovered anything surprising?

Unfortunately, we don't have any results to share just yet... Stay tuned!

What projects will you work on next?

I am currently working on projects that include comparing health outcomes in Canadian Indigenous vs. Settler populations, exploring clustering of health-risk behaviours among Canadian adults, and spatial analysis of food banks in the US. I also think there is potential for a really interesting qualitative analysis study to explore the

motivation for dietary gluten avoidance, especially among people with an absence of celiac disease, wheat allergies or non-celiac gluten sensitivities.

You received funding through the CCA JA Campbell Fund. How important is funding for Canadian-based study?

I really wish to express my gratitude to the JA Campbell Fund. The funding will allow me the opportunity to further my research expertise and broaden my skill sets beyond the public health arena.

Research and knowledge play a critical role in protecting our health. Canadian researchers, institutions and organizations have made great strides in addressing and identifying health challenges not only in our own backyard, but also globally. Funding and support of Canadian-based studies is crucial in order to support and train the next generation of researchers and innovators, helping them acquire expertise and skills that will lead to discoveries and successes that will have a long-term impact in improving our future. ■

Softer than ever

HARDER TO RESIST

GREAT NEW RECIPE!





Grants in Aid of Research in Celiac Disease and Gluten Sensitivity in Canada

The Canadian Celiac Association / L'Association canadienne de la maladie coeliaque is pleased to announce two research awards now open for applications.

Dr. J. A. Campbell Research Award

A grant to a maximum of \$25,000 is offered by the Canadian Celiac Association for research projects in Canada of a scientific, applied science, and/or medical nature relevant to celiac disease, dermatitis herpetiformis, and/or non-celiac gluten sensitivity, or the socio-economic implications of delayed diagnosis and/or living with this conditions. The CCA is open to all types of relevant research and is not restricted to medical research.

Dr. J. A. Campbell Young Investigator Award

The Dr. J. A. Campbell Young Investigator Award of \$5,000 for any kind of research into Celiac Disease and / or Gluten Sensitivity is available to students and those who have recently completed degrees.

Deadline February 15, 2019

For information on how to apply, please visit www.celiac.ca

Sue Jennett's Gooney Squares

This recipe is a combination of a few different decadent squares. It is sweet, chewy and loaded with flavour. It's also easy to make and is a real crowd-pleaser.

Ingredients:

- 1/2 cup melted butter
- 3 cups gluten-free cereal flakes crushed
- 1 cup shredded coconut
- 1 cup butterscotch chips
- 1 cup chocolate chips
- 1 can sweetened condensed milk
- 1 cup chopped walnuts

Preheat oven to 325 degrees

Pour melted butter in 9" x 13" pan, sprinkle crushed cereal over the butter, spread till you get an even layer. Spread the coconut, then chips over top of the cereal. Carefully pour condensed milk evenly over the pan (pour slowly to get it evenly spread). Sprinkle the walnuts on top. Using the bottom of a measuring cup or glass, press the walnuts into the mixture. Bake approximately 30 minutes until the centre is producing small bubbles. Cool completely at room temperature, cut into squares, a pizza cutter makes this easy. Refrigerate or freeze bars - enjoy!

Sue Jennett is president of the CCA Kingston Chapter and is a professional baker. Sue is also the voice beyond "A Canadian Celiac Podcast".



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My Celiac Journey ...

Q&A with Robert Beddie

Giving back to ensure a safe future

When were you diagnosed with celiac disease, and are you the only one in your family with it?

I was diagnosed in 1989, and I was the first diagnosed celiac in my family. One of our four children has celiac disease, and three of our ten grandchildren have it.

Why did you volunteer for CCA National as a director and treasurer?

Volunteering seemed natural. Celiac disease is my problem, and you should try to help yourself and those like you. I have a long history of volunteering, starting as president of the high school student's council. I was on the executive of my engineering class at Queen's from first year and the permanent president of my class, along with a number of other roles in the community. Volunteering has become my second career after retirement.

What advice would you give to others considering volunteering?

If you have some capabilities, then call someone and offer to help. All organizations need bodies. You know better than any stranger what you are good at. You will find a great deal of satisfaction in working with others to a common cause. The ideal activity is one you are afflicted with for life or where a loved one is afflicted. If you have spare time or money, then you can help the rest of the world. Joining CCA did not help me professionally but it was a great thing personally to work with people who had a common interest in trying to find useful solutions to our shared problem of food.

What are you most proud of as part of your involvement with CCA?

I have been in the celiac world for 30 years. The changes are vast. Today, information—and misinformation—is hugely available.

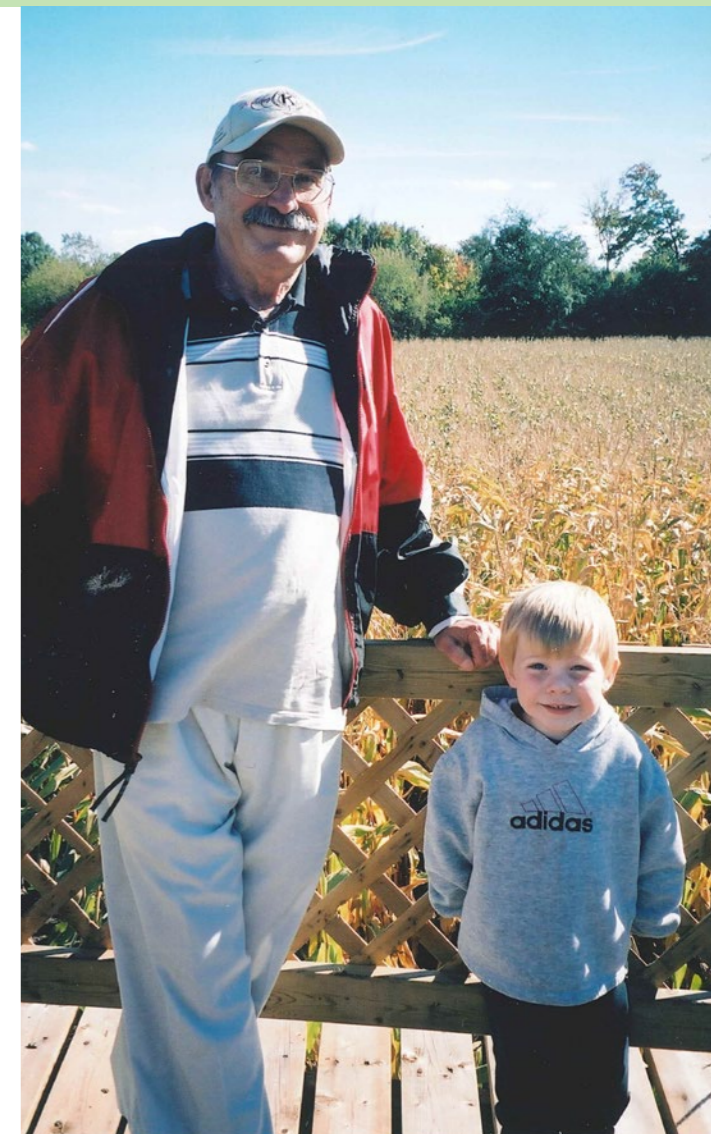
It is no longer necessary to learn each food or gluten detail by word of mouth at CCA meetings. I'm proud that the CCA (with some friends in Ottawa) has made great advances in Canada in the correct and understandable labeling of food. We have helped develop resources in testing and marking the proper conformance to the standards for "gluten free". The CCA along with other national bodies in several countries has firmly established the gluten-free standard of 20 PPM.

Recently you made a significant gift of \$25,000 to CCA. Why did you feel this was important to make?

We've worked very hard to develop standards at the CCA and we're worried those standards could gradually diminish. Simple membership fees and casual fundraising may not be enough to ensure that CCA can continue to mind the fort. Since we think this way, we have increased our personal donations to CCA.

What do you see as CCA's role now and in the future?

We must maintain the Canadian labeling and source testing standards at the present level. We must help new celiacs to find their way to safe eating. We must combat misinformation. We must reduce the long delay in reaching correct diagnosis. In order to reach the above objectives, we must find volunteers and money to continue the activity and existence of CCA. The needs of Canadian celiac disease sufferers have changed over last 30 years. We now know the limits. We can now test the food. We can read labels and expect them to contain enough information. We know that diet is the only requirement for 'symptom free' life. The ongoing need in Canada is to maintain the improvements and to better help those afflicted. ■



Robert Beddie and Grandson

The many reasons to consider giving charitable donations.

There are various ways to support your community throughout the year and the most common way is by making a charitable donation. Aside from supporting a cause that you believe in, there are also personal tax benefits to be had for making an eligible donation.

Eligible donations made in the year to Canadian registered charitable organizations result in both federal and provincial non-refundable tax credits.

These non-refundable tax credits directly reduce your federal and provincial tax balance owing. Your tax savings is generally equal the amount of non-refundable tax credits calculated. Any unused charitable donation tax credits not required in the year can be carried forward for **up to 5 years**.

There are two main categories of eligible donations: **CASH (is king!)** and **IN-KIND** donations.

There are many ways to donate items owned with no upfront cost but the potential for tax savings can be significant. The following are but a few types of in-kind donations that are commonly available to both individuals and estates:

- **Real estate and capital property**, such as art, computers, furniture, vehicles, and certified cultural property.
- **Stocks** – you can donate shares held in publicly traded companies by transferring title of the shares to your charity of choice. You would be entitled to a charitable tax credit in the amount of the trading value of those shares on the date that ownership transferred.
- **Bequests** – when creating or amending your last will and testament, you can also make a bequest (promise) to leave a set amount of your Estate to your charity of choice.
- **RRIF/RRSP** – you can donate your RRIF or RRSP to a charity of choice at any point, or upon passing.

Say you made \$2,000 in donations in the year. Your non-refundable tax credit would be as follows:

\$ 30 - 15% of the first \$200 of donations
+ \$522 - 29% on remaining eligible donations

\$552 – Direct tax savings



Kathleen De Pellegrin is a Supervisor at Williams & Partners Chartered Professional Accountants. She works primarily with non-profit and charitable organizations located within Toronto and the Greater Toronto Area. Williams & Partners is a public accounting firm, based in Markham, that has been servicing individuals, businesses, non-profit organizations and estates for the past 25 years. Feel free to check them out at www.williamsandpartners.com

If you have any follow up questions for Kathleen, you can email her at Kathleen.DePellegrin@wp LLP.ca or by phone at 416-969-8166 x 260.

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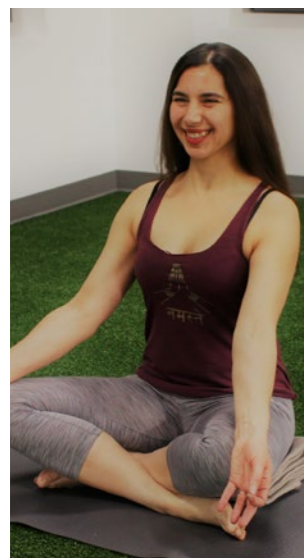
Jennifer Heard PhD, C-IAYT, E-RYT

5 Simple Yoga Postures to Get Digestion in Check

The words “digestive health” do not often inspire thoughts of yoga, breath or mindfulness; but it should! Yoga from Sanskrit literally means “to yoke” or to bring together without conflict. Digestion is a seamless series of processes that take place in order for the body to ingest, digest and eliminate with ease.

Yoga reinforces and promotes better overall performance of the digestive tract in a few different ways. Particular postures help activate the digestive process, encourage motility, detoxify the system and can even help it recover from contamination. First and definitely the most important aspect of yoga is breath. Sure we all breathe; but do you breathe effectively? From the diaphragm with a still chest and moving abdomen? If the chest is moving in an upward fashion then you are not massaging the organs of digestion.

Diaphragmic breathing (belly breath) provides rhythmic massage to the entire digestive system. This type of deep breathing calms the sympathetic nervous system (SNS) which is responsible for stress reactions and poor digestion. By calming the SNS the parasympathetic nervous system (PNS) is stimulated allowing the body to relax while activating the digestive process. Here is a simple way to engage the diaphragm:

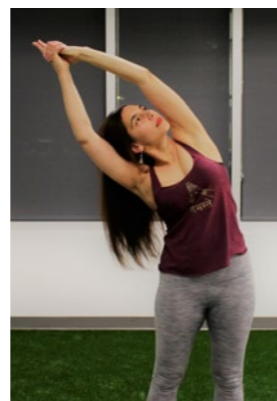


Seated Abdominal Focused Breathing

Sit up tall with hips pressing evenly into the ground or a chair. Begin by exhaling slowly through the nose while pulling the belly in and curling the tailbone under. Inhale to release the abdomen sending the tailbone out behind exaggerating the curvature of the lower spine. Repeat for 5-10 full cycles of breath.

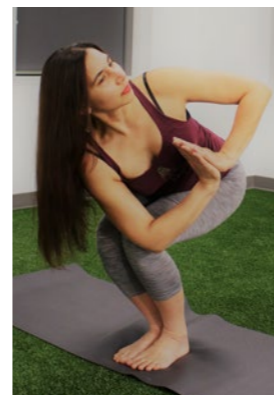
Postures to Detoxify the System

Standing postures use a combination of gravity, movement, twisting and side stretching to get things moving through the digestive tract. By twisting and stretching the organs of digestion toxins can be released moving down and out; we are literally wringing out the body! The movements are done right to left to match the flow of food through ascending colon (up the right side body) and the descending colon (down the left side body), while the abdominal breath massages the transverse colon.



Standing Side Stretch - Ardhakati chakrasana

Stand with feet hip distance apart. Inhale to reach the left arm overhead on the exhale fold to the right with the left arm reaching towards the right side. Inhale to come centre, exhale releasing left arm down, inhale reach right arm overhead exhale fold to the left. Repeat this cycle guided by the breath reaching to each side 5 times. TIP: when reaching to the side be sure not to turn the shoulders downward, keep them broad and facing forward.



Revolved Chair - Parivrtta Utkatasana

Inhale both arms overhead and use the exhale to sink the hips down and back bending at the knees bring hands together at the heart twisting left. Inhale to standing. Exhale to sink down once more twisting to the right. Repeat following your breath for 5 twists each side (10 total). TIP: keep the spine long and knees together while twisting, do not allow one to come in front of the other.

5 Simple Yoga Postures

Postures for Digestive Recovery

The digestive system can become overstimulated these three postures are restorative in nature; allowing the body to quiet down while releasing and balancing gases throughout the system.



Wind relieving pose - Ardhaparvana muktasana

Lie down pulling right knee to chest and extending left leg along the ground. Keep the shoulder blades on the ground. Hold for 3 to 5 breaths. Change legs. Hold left knee in and extend right leg along the mat. Hold here for three to five breaths then pull both knees in for a gentle hug rocking back and forth. TIP: if it is not possible to hold knees in without lifting shoulders use a strap around the leg to pull in.



Restorative Side Stretch - Ardhakati chakrasana (bolster supported)

Grab a bolster or rolled up blanket placing it at a right angle on your mat. Lie down over the roll so that it is positioned between the hips and ribcage. Reach arms overhead relaxing the body over the roll. Stay here for about five breaths then roll over onto your stomach with the bolster positioned just under the ribcage. Breathe here for five breaths. Turn onto the left side with bolster positioned between hips and ribcage; breathing here for another five breaths. TIP: the thicker the roll the more intense the stretch.



Rest Pose - Savasana

Remove the bolster or rolled blanket settle onto your back and relax into the mat for a well-deserved rest. TIP: to keep digestive momentum place left hand on belly and right hand on your chest. Feel the breath move the left hand while the right stays still. Focus on the abdominal breath while quieting the body.

Ways To Give...

INSURING FOR THE FUTURE

Many people don't realize that you can donate life insurance to a charity. Donating life insurance to a charity can be an excellent way to transform affordable premium payments into a substantial future donation. There can also be tax saving benefits to your heirs and estate.

Here is one way you can use life insurance to donate to a charity:

Name a charity as the beneficiary

The charity receives the insurance proceeds like a regular beneficiary would, but the payments to the charity are considered a donation in the year of death. The receipt issued qualifies for a tax credit that can offset the income tax liability on your estate.

This is beneficial if you've accumulated certain assets that would be subject to a significant tax liability upon your death. It may allow your heirs to receive a higher value of your estate and the charity to receive a significant gift.

Jennifer Heard PhD, C-IAYT, E-RYT

Jenn has been studying, practicing and teaching the health/healing benefits of yoga, breath work and nutrition for over 20 years. Her practice focuses on breath and alignment in order to bring physical and mental balance to the individual.

naturaljenn.com





In My Opinion...

by Janet Dalziel

Take Control

A diagnosis that stops you from eating a normal diet and upends a lifetime of ways of socializing and thriving can bring on emotional responses that may surprise you. You know there's a lot more to life than food. It's just a means to an end, ensuring survival, staying alive. But we all know that our reactions to having to make these adjustments for our physical health can take a toll on our emotional health as well.

How we cope with these necessary changes to our life turns out to be another important aspect to our overall health, including mental health. Anger, grief, relief followed by feeling overwhelmed, isolated and burdened are common. Some people adapt by becoming fearful of food, avoiding eating anywhere but home, scrubbing and sanitizing as if to kill gluten dead. They are suspicious of the honesty of manufacturers who label our food. Others choose to minimize the risks of not being strict about the safety of their food choices as if to show how brave they are.

Here are a few ideas, from my own experience, that might help you to maintain an appropriately balanced relationship with your medically required diet and lead to feeling better in general about your diagnosis.

Knowledge is Power

Learn as much about your condition as you possibly can. Rely only on authoritative sources such as respected Canadian and international medical institutions, US celiac centres, Health Canada and, most importantly, the Canadian Celiac Association. Make sure you can separate fact from fiction, speculation from real research. Old, wrong information on the internet never dies and there seems to be an army of trolls out there who want to scare us with misinformation disguised as the truth. Don't buy it. Avoid sensationalist bloggers and argumentative online groups. But take into account also that scientific knowledge is always expanding, sometimes correcting, and government regulations change. You need to keep updating your own understanding and likely that of your doctor as well. **You are taking control.**

Be Proactive

Do something! Take a proactive step, or several, as you feel able. Start small, with making sure that your own safe food also brings you pleasure. When you're pleased with your results, share it with family and friends. Find a group, online or face-to-face, to compare successes and failures, to ask questions, to find support and understanding. The moderated CCA Facebook group is excellent. Then, with time, become the person who can make suggestions and offer to listen. Helping others through something you yourself have experienced is a very satisfying way to feel empowered instead of overwhelmed. Various programs offered by the CCA across Canada help to make this possible and **you are taking control.**

Contribute to Your Own Cause

Beef up your CCA membership by becoming a volunteer. We all have skills. No time? Financial support will help. The important thing is to do something concrete, even if it's small. It's for yourself and your own well-being but also helps the cause. Instead of passively accepting your state, empower yourself by taking some kind of action. Take CCA brochures to medical and dental clinics. Speak at your child's school. Help us petition for coverage of the blood test in Ontario. Highlight the CCA's food service certification program at your favourite restaurants. Raise funds for the CCA by participating in CCA events or organize your own garage sale or lemonade stand or no-gift-donations-only party. From a mental health standpoint, being active in an organization with others for a common goal, can do much good. You are not being helpless; **you are taking control.**

The Canadian Celiac Association relies on donations to continue its mandate to advocate, educate and support people with celiac disease, dermatitis herpetiformis and non-celiac gluten sensitivity. There are many ways to support the CCA.

Monthly Donations

Convenient monthly donations can be set up through **Canada Helps**, a secure online website and your credit card. Receipts are generated automatically and sent to your email inbox.

Visit <https://www.celiac.ca/donate-today/>

Donate in Memory of Someone Special

Make a donation in memory of a family member, friend or colleague. The Canadian Celiac Association will send a card on your behalf acknowledging your thoughtful donation. You will receive an official tax receipt confirming your donation.

Donate in Recognition of Someone Special

Donate in recognition of someone on a special occasion or for a special achievement-birthday, graduation, research discovery, specific holiday, anniversary, or wedding. The Canadian Celiac Association will send a card on your behalf acknowledging your thoughtful donation. You will receive an official tax receipt confirming your donation.

Help Us Go the Extra Mile for Celiac Disease Today

Aeroplan joins you in supporting celiac disease with a 10% top up for every donation, every time. Aeroplan Miles will be used towards volunteer travel and assisting with other operational expenses. Donate your Aeroplan Miles today. Visit www.beyondmiles.aeroplan.com

Leave a Legacy

The values that you uphold can do much to shape the lives of those who come after you. One of the best ways is to make a gift through your will or estate plan to an organization you feel holds your values and strives to create the world you would like your children and grandchildren to inherit.

Your gift does not have to break the bank. A surprisingly small amount can make a lasting difference in the world.

Your legacy will directly translate into improving the lives of people living gluten free through the CCA's innovative work.

This means more Canadians will have greater access to gluten-free, nutritious food, and health services.

There are several ways to make a planned gift:

- Wills and Bequests
- A Gift of Property
- Gifts of Appreciate Securities
- Gifts of RRIFs and RRSPs
- Charitable Gift Annuities and Remainder Trusts
- Gifts of Life Insurance



www.celiac.ca

Donate a Vehicle

Donate A Car Canada accepts vehicle donations for the Canadian Celiac Association. To donate a car, truck, RV, boat, motorcycle or other vehicle to the CCA, go to the Donate A Car web site. They provide free towing in many areas across Canada, or you can drop off your vehicle to maximize your donation. When you donate your car at it will be recycled or sold at auction depending on its condition, age and location. **Donate A Car Canada** will look after everything to make your donation easy for you to support the CCA.

DONATE NOW at www.donateacar.ca and you will receive an income tax receipt from the CCA after your car donation is complete!

Donate Securities and Mutual Funds

A donation of securities or mutual fund shares is the most efficient way to give charitably. **Canada Helps** is the largest processor of online security and mutual fund donations in Canada. They make it easy to donate to the Canadian Celiac Association. Please contact either your financial planner, bank or trust company to arrange or the CCA office for more details.

Follow CCA on Social Media

Follow us on social media to stay up-to-date on opportunities to support our fundraising programs. Share our message and help guide others to the CCA.

