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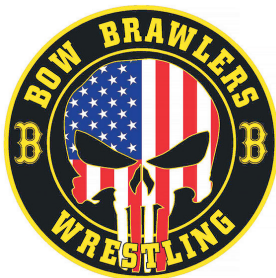
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COMEDY FUNDRAISER

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BOW BRAWLERS

Friday, December 16, 2022
Bow Community Building
3 Center Road | Bow, NH 03304

Door open at 7:00 PM | Show starts at 7:30 PM

BYOB/S - Bring Your Own Booze/Snacks
Raffles & 50/50 Drawing, Auctions • 18+ Show

Tickets \$25.00

For tickets, to donate, or sponsor, please visit
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ABOUT THE GLUTEN-FREE DIET

The holidays at the end of the year lend themselves to enjoying wonderful meals with family and friends. For those with celiac disease (CD) this can be a challenge because one never knows if a particular dish prepared by a friend is truly 'gluten free'. November therefore is Gluten-Free Diet Awareness Month. (1) Those who are preparing meals need to be aware of all the ingredients they are using: is there gluten in any of the products that I will be using?

What is a gluten free diet? It is a diet that excludes foods containing gluten! Gluten is a protein found in wheat, barley, rye, some oats, and triticale (a cross between wheat & rye). You, the reader, may be a person who tries to avoid gluten because you have a 'sensitivity' to gluten. It may cause a variety of symptoms such as abdominal discomfort, diarrhea, constipation, headache, and many others. Maybe you have a wheat allergy, not unlike any other food allergy. These are good reasons for eating a gluten free diet. People who have celiac disease (CD) must be on a strict gluten free diet. The mucosal villi of the small intestine provide a huge absorption surface. In CD these villi become damaged, resulting in significant nutritional deficiencies as well as an increased risk of malignancy. (2) The diagnosis of celiac disease is made following careful guidelines that involve blood work, biopsy of the small bowel, and possibly genetic testing.

Here is a very brief 'history lesson' gleaned from S. Guandallni of the Univ. of Chicago Medical Center (3): Celiac disease appeared when grains (wheat & barley) were domesticated in the Fertile Crescent during the agricultural revolution. For many generations CD was a major killer of infants. Two thousand years ago a Greek physician (Aretaeus of Cappadocia) provide the first known description of CD. In 1887 Dr. Samuel Gee, in London, 'rediscovered' CD and stated that: "if the patient can be cured at all, it must be by means of diet". That is still true today, and hence the awareness campaign! In the 1950's mucosal biopsy of the small bowel became possible; in the 1990's CD was shown to have a specific genetic pattern, and in 1997 the missing autoantigen was identified - the ubiquitous enzyme, tissue transglutaminase. CD is an autoimmune condition whose trigger (gluten) and autoantigen (tissue transglutaminase) are known. Further research is ongoing at several CD centers, and progress is being made in the production of gluten free foods and correct labeling.

If you are preparing meals this holiday season, please make sure you ask if your guests have any dietary restrictions. If you know someone has CD or they tell you that they are on a gluten free diet, you must be diligent in screening all your ingredients for gluten. If the product does not say "Gluten Free", don't use it. The FDA only allows packaged foods with less than 20 parts per million to be labeled "Gluten Free". (4) Remember: 'Wheat Free' does not mean 'Gluten Free'. You must also be very careful of 'cross contamination'. It takes very little gluten to make a person with celiac disease uncomfortable at best and at worst, very sick. Any reactivation of intestinal inflammation may lead to more bowel damage.

Fortunately, there are many gluten free foods and cooking ingredients. But it takes looking at the labeling and realizing that just because it doesn't say anything about gluten, does not mean that gluten is not present. Gluten is an inactive ingredient in many products and may not be mentioned on the label. A little attention to this detail will make your gluten free guests most grateful.

1. National Foundation for Celiac Awareness
2. <https://celiac.org/about-celiac-disease/what-is-celiac-disease/>
3. https://www.researchgate.net/publication/239782841_Historical_Perspective_of_Celiac_Disease
4. <https://celiac.org/gluten-free-living/gluten-free-foods/label-reading-the-fda/>