

Schedule for 2011 Bellingham GIG—Community Awareness Event

GLUTEN FREE: Fad or For Real ? Oct. 21, 2011, 9 AM to 9 PM

St. Luke's Health Education Center—FREE to Everyone who wants to learn!

9 AM—Gluten Free 101

BGIG Staff, **Kelle A. Rankin-Sunter**, Team Support Leader

Let's start with the basics: what is gluten, the hidden sources, alternatives, healthy eating GF "naturally".

10 AM—Food Reaction Testing & Management Options

Dr. Mystique Grobe, ND

The naturopathic approach to identifying and testing for allergies, intolerances and sensitivities will be presented. We will compare this approach to testing and assessment in standard medicine and why they often diverge. Identifying the symptoms of allergies and intolerances, when and how to test for these and how to avoid trigger foods will be included.

11 AM—Gluten Free? But *still* you have symptoms ?

Dr. Laura Shelton, ND

Many patients experience symptoms, even after going GF. Why? Discussion of possible reasons and other options of care. We will also address a serious side-effect of undiagnosed gluten response, bone density issues.

12 Noon—Osteoporosis & Latest Research Report **Dr. Stephen Wangen, ND—IBS Treatment Center**

Many newly diagnosed gluten intolerants and celiacs have osteopenia or osteoporosis. The GF diet definitely helps, but what else can we do to reverse this condition? Dr. Wangen will also be presenting information regarding on-going research in gluten response.

1:30 PM—Vitamin Deficiency and Gluten

Dr. Mark Steinberg, ND

Vitamin deficiencies are a common symptom of gluten issues—how are they diagnosed and treated. What are some on-going vitamin deficiencies that can occur with a gluten-free diet. What is appropriate supplementation.

2:30 PM - "Foods beyond Gluten . . . Don't forget your Heart!" **Cindy Brinn, MPH, RD, CDE, BC-ADM**

Cardiovascular Disease and Nutrition: Truths, Myths and Controversies

Does cheese *really* cause heart disease? Is coconut oil okay? Is broiling meat the best way to prepare meats? Should I be taking fish oil? Do calcium supplements increase my risk of heart disease? Cindy will address these questions and more at her lively, voluntary participant game show style presentation!

3 PM—Helping your Child be Independently Gluten Free

Dr. Kimberly Sandstrom, ND

Suggestions for gluten-free foods that support the young athlete and academic. Transferring the responsibility of living gluten-free from parent to child.

4 PM—The Power of Movement: A Prescription for Health

Dr. Ken Ely, DC and Rachel Ely, BS

Simple ways to help get you moving and keep you moving. Introduction to applications of everyday fitness, reflexology and chiropractic. Rachel Ely earned her BS in Kinesiology, specializing in senior fitness.

5:00 PM—Eliminating Gluten and Discovering New Foods

Dr. Jean Layton, ND

Have you dreaded the thought of going gluten free thinking you will *just starve*? After all, without wheat, rye and barley, what's left? Let's talk about amaranth, quinoa, teff and buckwheat (both types). How about wehani, wild, brown, jasmine and basmati rice? Come learn of the multitude of grains and grasses for you to enjoy.

6:30 PM Panel Discussion—Gluten Free: Fad or For Real?

Growing numbers of individuals from sports figures and movie stars to academicians are "going GF" but what are the facts? Does the research support the "wild" claims of health? And weight loss? Is it possible that GF could be the answer for you? Panelists: Dr. Jean Layton, ND, Dr. Kimberly Sandstrom, ND and Dir. of Marketing for Nature's Path.

www.glutenfreeway.info or call 360-332-7435 or email: info@glutenfreeway.info

On-going in hospitality room—reference materials, question/answer area, silent auction

Also, video presentations from Dr. O'Bryan, Dr. Fine and Dr. Hoggan - Book sale from 3-7 pm

Don't FORGET—Food is NOT available on-site. Pack a lunch or plan for a

10 min. walk to the hospital cafeteria (have some gluten-free options) or a drive to a nearby restaurant.