

# **CRAWLEY GLUTEN FREE GROUP NEWSLETTER 18, SEPTEMBER 2008**

**1. Looking forward to re-starting our meetings, don't forget, the next one is on the 20<sup>th</sup> September.**

## **What's happening, the rest of this current year.**

2.1 Our speaker on the 20<sup>th</sup> September is from Pure Flavour, so look forward to having a fresh presentation and possibly some nice tasties.

2.2 Then on the 18<sup>th</sup> October we have Fayrefree foods, they have supported us on a number of occasions, last one being our Gluten\_Free week, but this will be their first visit to our meetings, so please lets have a good turnout for them.

2.3 On the 15<sup>th</sup> we have a new GF Company to our meetings, Kates Cakes, so this should be very interesting.

2.4 We are planning our Xmas lunch for Wednesday 17<sup>th</sup> December, in the Europa Hotel, near to Maidenbower, sherry on arrival at 12.00 noon, followed by a three course Gluten-Free Xmas Lunch, with hats, crackers and decorations, for £8.95pp, we need a £5 deposit from you to confirm your booking.

2.5 We have started planning our speakers for the new year, all will be revealed in good time.

2009 dates are :- January 17<sup>th</sup>, February 21<sup>st</sup>, March 21<sup>st</sup>, April 18<sup>th</sup>, May 16<sup>th</sup>, then Summer Break till 19<sup>th</sup> September 2009, October 17<sup>th</sup>, November 21<sup>st</sup> 2009.

2.6 What about our second Anniversary in February 2009, would you like us to organise something special?, any suggestions?.

## **What's happening in the world around us?.**

3.1 A study published in the Gastroenterology July 2008 issue, identifies the CXCR3 receptor in the intestine as the gluten gateway. The research team has found that gliadin, the part of gluten that causes the most trouble, for those with the celiac disease, binds to the CXCR3 receptor. This causes the release of zonulin, a human protein that lowers the intestinal barrier. This effect is temporary for most people, but the barrier stays down for long periods for those people who suffer from the celiac disease. This directly effects the autoimmune system. Researchers feel if they could intervene before the zonulin is released, they could prevent the immune system response. Thursday July 24<sup>th</sup> Health Day News.

Issued by The Crawley Gluten Free Group

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