

The Crawley Gluten Free Group

July 2009

Newsletter Number 28

1. Saturday the 20th June 2009, we had a stand at the Crawley Festival, organised by the Crawley CVS, called a "Show of Hands". It was well attended. Pictures of our stall and events can be found under this Newsletter. We displayed GF goods from Glutafin and many samples were taken. Finally the Mayor of Crawley had her picture taken by our stand.
2. Next event to look forward to, is the Fish & Chip lunch time Gluten-Free Fry Up, on the first Saturday of each month, commencing at the Master Fryer, from 11.30am till 4.30pm on the 4th of July 2009. Henry Smith and Chris Oxlade (Chairman of the Three Bridges Forum and the new Councillor for Bewbush), as well as possibly the Crawley News, will be attending around 12 noon, so please make a note of it, if it is well supported the owners promise to keep doing a GF Fry-up, on the first Saturday of each month..
3. More new countries continue to look at our web site, China has been opening the site for a few months, but it is now the third largest downloader, UK is clearly still the biggest user. Site now opened by 113 countries, with Nicaragua, El Salvador and Guyana, being the latest.
4. A Julie Rowley, who runs a café in Derbyshire which offers gluten free diners, GF Soups. GF bread, also GF cakes and GF ploughmans, sounds good, so drop in if you are passing by. Its set within a bookshop called Scarthin in Cromford, nr Matlock, Derbyshire DE4 3QF tel 01629.823272, lets know if you drop in, what you think.
5. Goodness Direct, Lesley Cutts tells us that if you order goods before the end of July 2009, then you can claim a 20% discount, just type in **32233S8F**, www.goodnessdirect.co.uk.
6. Dietary Specials have launched a new Frozen Pastry, we have tried it and found it very good and tasty, info@dietaryspecials.co.uk or call 07041 544044, see picture and recipe on our recipe pages.

7. From the USA, a report on mucosal recovery.

Have you wondered about recovery from gluten damage to the small intestine, well a study carried out in the USA was recently reported on at a medical conference in Chicago. A Dr Alberto Rubio-Tapia described, how they had confirmed by biopsy, that of 141 adults who had been gluten free for less than 2 years, 56%, 79 had healed intestines. 65 adults who had been gluten free for 2 to 5 years, 57%, 37 had healed intestines. 27 adults who had been gluten free for more than 5 years, 52%, 14 had healed intestines. Lack of healing was more common in older groups, or those with "total villous atrophy", i.e. where the small intestine had completely flattened out. Healing of this lining of the intestine is often referred to as "mucosal recovery".

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