

Welcome, we wish you all a very Happy & Healthy New Year 2010.

Hope you have all enjoyed a good Christmas, lots of gluten free goodies and no eating problems.

We also hope, that like Dodie & I, you are now looking forward to a peaceful Gluten-Free New Year.

1. On the 16<sup>th</sup> December 2009, we celebrated a great Christmas Gluten-Free lunch. Crackers, hats, decorations, the Sherry to start was good, the food was good, it was really great. Pictures under Newsletter 34.

2. Don't forget 2<sup>nd</sup> January is our first 2010 Fish & Chips Saturday, see you all there.

3. Plans for our first **Gluten-Free Food Fayre** are now complete. We will have 7/8 suppliers, all will be handing our leaflets, samples and offering you the opportunity to discuss their product range, with you and you may purchase, if you so wish. Attached click on to Gluten-Free Food Fayre Leaflet. Meeting starts at the usual time of 11.00am and we hope to hold a super raffle.

4. We thought by now that nearly all the countries, in the world, had opened our web site, but in December we had more, the 127<sup>th</sup> we welcome both Sudan and Guam (USA), to our web site.

5. **News from the USA**, we hear that a major pharmaceutical supplier, The **Perrigo Company**, who supply more than 200 pharmaceutical products, e.g. pain relievers, cold and allergy items and anti-acids, will from January 2010 place a label on all their products, stating if they are gluten-free.

**Perrigo** is a major supplier to the United States, Mexico, Israel and the UK.

Their Press Release says "it is estimated that 16% of the US population, suffer from varying levels, of an intolerance to gluten".

6. We reported on this before, but thought it worthwhile to repeat. From the USA New York (Reuters Health), according to researchers at the Mayo Clinic in Rochester, Minnesota, the Coeliac Disease is now 4 times more common than it was in the 1950's. In the July issue of Gastroenterology, lead author Dr. Alberto Rubio-Tapia and his colleagues tested subjects blood samples and found the rate of undiagnosed Coeliac disease had increased four-fold. Dr Joseph Murray commented "for every person who has been diagnosed with the Coeliac disease, there are likely 30 more who have it, but are not diagnosed". Concluding that the Coeliac disease is emerging as a substantial public health concern in the United States.

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