

Contents

In this mid year edition we concentrate on two matters that are of vital importance in the lives of those diagnosed with coeliac disease – bread and your health.

Dr Jason Tye-Din has written a second article on gastrointestinal and other symptoms of coeliac disease. In this magazine he looks at possible causes of continuing symptoms following coeliac disease diagnosis.

Three years ago we gave an update on bread options because bread is such an important part of our lives. We have addressed this topic again with suggestions for sandwiches, focaccia, flatbreads and more, including many member ideas and recipes. Thank you to all those who contributed.

We are pleased to advise that the agreement with Coles for a member discount card has been renewed for the twelve months from 1 July (thank you to Hugh Sheardown, the Australian Society Vice President for his continuing work in this area). Prompt payment of your subscription will not only help your state Society but will also give you early access to the July discounts.

We are planning a feature on gluten free Christmas celebrations later in the year. We would love to hear from you with your special Christmas ideas, recipes and how you celebrate Christmas with your family and friends.

The Editorial Team

ADVERTISING DEADLINES

For the next editions:

- September 2010 Monday 5 July
- December 2010 Monday 4 October
- March 2011 Wednesday 5 January

Front cover photo of Choices Gluten & Wheat Free Bakery breads by Lisa Madden, Pure Portrait Photography

5	Letter A surprising, life changing outcome
7	Coeliac Mailbox Your comments and concerns
11	Membership It's subscription time
13	Feature Having your bread... and eating it too!
25	Article Why is the gluten free diet not helping me?
31	Awareness Coeliac Awareness Week 2010
33	Recipes Winter collection
37	Cooking Tips with Lola Your questions answered
39	Dining Out Tasmanian temptations
41	National News Reports from your state Society
53	Travel Talk An eye for India
61	Your Stories The relationship of Thyroid and Coeliac Disease
63	Q&A Your questions answered
65	Research Coeliac Research Fund Updates
66	Kids Bizz Coeliac Sam's find a word puzzles

Editorial team Cheryl Price, Graham Price, Penny Dellsperger.

Graphic Design Jane Leonard, Savvy Graphics (02) 9966 9655, design@savvygraphics.com.au **Printed by** Bright Print, 8–10 Frank St, Wetherill Park NSW 2164.

HOW TO CONTACT US

Editorial: The Editors, The Australian Coeliac, PO Box 271 Wahroonga NSW 2076. Telephone The Editors on (02) 9487 5088, fax (02) 9487 5177 or email cheryl.price@coeliacsociety.com.au **The Food Editor** email to info@coeliacsociety.com.au **The Travel Editor** email to sue.black@coeliacsociety.com.au

Advertising Cheryl Price (02) 9487 5088 or fax (02) 9487 5177 or email cheryl.price@coeliacsociety.com.au

The Australian Coeliac is prepared for the general information of members and friends of the Coeliac Society of Australia Inc. The contents (including articles, recipes, advertisements and other information) are not intended to provide medical, dietary, legal or related advice. Readers should seek medical or other professional advice before relying or acting upon the information contained in The Australian Coeliac. Any opinion expressed in this magazine may not necessarily reflect the views of the Society. All rights of translation and reproduction reserved. The editorial committee reserves the right to accept or reject any advertising material. No correspondence will be entered into. Advertisements are accepted in good faith but The Coeliac Society of Australia Inc and individual State Coeliac Societies cannot be held responsible for any claims made by advertisers.