



**GLUTEN
INTOLERANCE
GROUP**
of Chester County



A Note from the board members...

Last month's Potluck/Q&A session was a huge success! If we can help one person (sufferer or supporter) with a gluten related concern, then our mission is complete! Thank you to [Nancy Patin Falini](#), MA, RDN, LDN, our friendly registered and licensed Dietitian Nutritionist, who attended to answer questions from attendees. Everyone enjoyed talking with Nancy and learned a lot while enjoying delicious gluten-free food.



For anyone who attended and asked for Jacklyn's cinnamon roll cake recipe, here are the links...

[http://www.glutenfreepalate.com/
gluten-free-cinnamon-roll-cake/](http://www.glutenfreepalate.com/gluten-free-cinnamon-roll-cake/)

Remember, we are trying to raise money for activities by asking local businesses or individuals to become a sponsor for the group. Please e-mail me if you would like a brochure to give to a local business to become a sponsor. I also encourage you to make a monetary contribution to our group. Did I mention that it's TAX DEDUCTIBLE! GIG.ChesterChounity@Gluten.Org

Our mission...

To unite the Chester County, PA Gluten-Free Community through information, resources, sponsored events and social networking!

Let's work toward our mission by attending some amazing local events this Fall:

Oct 14-15 – [Secaucus, NJ Gluten-Free Expo](#).

Oct. (TBA) – Gluten-Free talk at Kimberton Whole Foods

Oct 28 - [The Rachel Way Gluten-Free Dairy-Free Food Pantry Expo](#)

Oct 28 – Wegmans in Allentown, Gluten-Free in-store event

Nov 5 – [State College Gluten-Free Expo](#)

Nov 9 – Beyond Celiac, [Gluten-Free Symposium](#), Philadelphia

Fall Newsletter

Sweet Potatoes for good health!

The fall is a great time for root vegetables. Often these types of veggies need time and warmth to develop, meaning they're best harvested in early or late fall depending on when they're planted.

And one of the tastiest -- and healthiest -- root vegetables is the [sweet potato](#).

Sweet potatoes are native to Central and South America and are commercially produced in the southern United States, particularly in Louisiana and North Carolina.

Sweet potatoes are extremely rich in [vitamin A](#), which is important for good vision, healthy skin and a strong immune system, among other things. A serving of sweet potatoes typically has twice the daily recommended amount of vitamin A.

Moist-fleshed cultivars of sweet potato are often called "yams" in stores, but sweet potatoes are not yams - they belong to the morning glory family (Convolvulaceae). The true yams belong to the Dioscoreaceae family and grow only in the tropics.



Spring Newsletter

Group Information/Resources

E-Mail:

GIGofChesterCounty@Gluten.org

Mailing Address:

P.O. Box 45
Uwchland, PA 19480

Please consider making a donation to the group by mailing a check TODAY!

Websites:

Gluten Intolerance Group
<https://www.gluten.org/>
<https://www.gigofccpa.com>

Local Resources:

<http://www.3stepstoglutenfreeliving.com/>
<http://www.glutenfreephilly.com>

Gluten-Free Food Pantry
<http://www.therachelway.org/>

Sponsors:

WE NEED YOUR HELP IN FINDING SPONSORS!!!

[E-mail](#) me and I'll send you a brochure to drop to your favorite gluten-free restaurant!

Notes:

Our website was donated by...



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Our GOLD Sponsors...

Thank you to the following businesses for becoming GOLD sponsors for our group. If you are in need of their services, please mention our group as a thanks; Lionville Natural Pharmacy, Great Pumpkin Natural Foods and Main Line Gastroenterology.

 Lionville
Natural Pharmacy



 Main Line Health

Things to know about Thinning Hair...

It's normal to shed approximately 100 to 150 hairs a day, the result of the body's natural turnover. It's when you notice considerably more hairs in your brush or on the towel after you shampoo -- or when hair appears to be coming out in clumps -- that it's time for concern.

Check for tiny white bumps at the roots of the hair; their presence suggests that this is temporary hair loss rather than male/female pattern baldness, says Chicago dermatologist Victoria Barbosa. Any medication that interferes with hormones can cause this type of hair loss; the list includes birth control pills, Accutane for acne, and prednisone and anabolic steroids. Physical stressors that can lead to temporary hair loss include iron deficiency anemia and protein deficiency; these are particularly common in those who've suffered from eating disorders.

If you have what experts call temporary hair loss taking supplemental biotin, which has been shown to strengthen and thicken hair and fingernails, might help.

And while vitamin D deficiency hasn't been pinpointed as a cause of hair loss, research has demonstrated that taking vitamin D helps to grow the hair back. In addition, talk to your doctor about getting your blood levels of iron checked for anemia, and take iron if needed



Did You know...

*The normal person's skull has 100,000 to 150,000 hairs.
A hair grows up by 0.3 to 0.5mm per day - on 1 to 1.5cm a month and 12 to 15cm a year.*

