



WHERE TO EAT IN

NEWS PILLS

MEDICAL CURIOSITY

BITS 'N' BITES

TRAVEL TALE

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BEAT



THE



WHEAT

January 2012



CYE

BULLETIN



OUTH
R



COMIC STRIP

What happened during the weekend event of Finnish Youth Coeliacs in Rovaniemi, northern Finland...



EDITORIAL

CYE Bulletin: giving young coeliacs a voice

Welcome to our first issue of the CYE Bulletin 2012! This bulletin is our annual project in 2012: a web-based magazine for young coeliacs with topics ranging from a comic strip to medical information.

Having voted for the bulletin, the CYE conference and afterwards a special “editorial team” in cooperation with the CYE Project Manager have put their effort in creating this first issue, full of interesting pieces of information, personal experiences, travelogues and pictures. The editors in charge for 2011/2012 are: Mirjam Eiswirth (Editor in Chief, Germany); Lana Pavkov (Layouter, Serbia); Jonas Rengman (Coeditor, Sweden). A kind contribution for proofreading has been also given by Anna Godfrey from Coeliac UK.

This project follows a booming forerunner, “A gluten free hamburger, please!”, and we are aware that it is always somewhat tricky to have people like something new after a success. With this last year’s project CYE tried to catch fast food chains’ attention, so far little or not aware about coeliac needs. A detailed article about the fast food survey is featured on the CYE website www.cyeweb.eu. “A gluten-free hamburger, please!” was a huge challenge and hopefully it will contribute to get face to face

Coeliac Associations and fast food chains all across the world.

We sincerely hope that you like the bulletin, bearing in mind that it is written and edited by young volunteers with very limited experience in this field, but strongly motivated to challenge themselves in order to improve coeliacs’ quality of life.

We are very much looking forward to your comments and suggestions – and to your input. This magazine is what you make of it!

Want to join the “Beat the Wheat”? Send us your beautiful pictures and idea for an article: editors.beat.the.wheat@googlemail.com!



NEWS PILLS

SUMMERCAMP IN NORWAY

SUMMERCAMP 2012 – Norway

Next year's summer camp will take place in Norway, from the 13th to the 19th of August. The camp starts in Elverum, Norway, about an hour outside of Oslo. Keywords for the five days in Elverum are rafting, Galdhøpiggen, a private concert and great gluten free food. After a few days of Norway's natural beauty, we will travel to the capital, Oslo. Here we'll see some historic sites, party and eat lots of amazing food.



YES - This picture is actually from our national summer camp, believe it or not!

For more information check out www.cyeweb.eu!
Hope to see as many people as possible there!

NEWS FROM HOLLAND

As the youth division of the Dutch Celiac Society, we organize a number of events throughout the year. Our first two in 2012 are, a fancy dinner (with dress code) in January and a skiing trip.

In February 2012, 15 young people with Celiac disease will head off to France for a ten day skiing trip. We have found an organization that is capable of providing the dinners for all of the nights, and we will bring our own bread and breakfast in the touring car. The skiing area has many miles of ski slopes and the small town is right in the middle of them. Last year, the ski trip was an enormous success, and we hope that we will have just as many enthusiasts to share the coming trip with.

We are looking forward to our events, and hope to see our Dutch members there!

TRAVEL TALE

WONDERFUL KÖLN!

I recently went on a working trip to an industrial park in northern Germany! I really didn't want to stay in such a place overnight, so I took the map and started looking for better places to stay. One name stood out immediately from the crowd: Köln (Cologne)! I could almost already see on the map the steep pinnacles of the beautiful gothic cathedral. It was immediately set up: I was going to visit the ruins of the glorious Roman Empire's Colonia Agrippina. Doesn't it sound exciting?

I then started to research of places to eat. Since I was moving to Germany, where Pizza and Pasta are not a compulsory part of the meal (unlike here in Italy, (where I come from) I have to say), I was quite confident that I would have had no problems. I just went on the CYE website, TravelNet section, looked at the dietary explanation in German, printed and took it with me.

Once I arrived in Köln, I showed this information to the hotel receptionist, who knew some suitable restaurants nearby. I asked her to discard all the most touristic places, and she gave us some very useful recommendations. It was Christmas time already (well, just November actually), and Christmas markets had invaded the city centre – it was so



romantic! (Unfortunately my girlfriend wasn't there, but she would have loved all the decorations and sweets indeed). My colleague couldn't wait for to go and visit them, so the receptionist suggested we should visit a slightly less touristic one, something like 20 min walk from the cathedral heading west, inside the very nice Stadtgarten. It was actually full of youngsters and locals, and the whole atmosphere was really nice and jovial. We found food-selling booths which were selling sweet chestnuts and raclette (molten cheese on potatoes with onions in between), and even a restaurant/bar where they seemed to understand

my problem when I showed my paper detailing gluten-free foods. The dinner was nice (grilled canard breast), as well as the atmosphere, thanks to a herd of running elks hanging from the roof!

The following night we were so enthusiastic to revisit that part of the city that we went food-hunting nearby. We decided to go to a Spanish restaurant, which the hotel recommended to us, Al Andalùs. It was recommended on many guides (you could see the stickers on the entrance door) and the people working there were really Spanish! It was so well decorated it appeared to be a small corner of Andalusia, the home region of the owner. The meal was really good; even though the meat might have come from Argentina instead of

Spain, this was just our opinion, the selection of wines was minimal but satisfactory, the meat and vegetables cooked properly and according to the client's preferences. The staff were really knowledgeable - as far as gluten-free was concerned - both the waitress and the kitchen personnel. They really deserved that tip!

TRAVEL STORIES FROM FAR, FAR AWAY

Singapore, Indonesia, Malaysia, Taiwan, Thailand and the Philippines, since July I have travelled around for six months in one of the world's most beautiful regions, East Asia. After a 36 hour journey by plane, with several stops in between, I reached my first destination, Singapore. Although Singapore is rather small there are so many things to discover like the Marina Bay Casino or the Singapore Zoo, where lots of the animals are running around freely. From one of the world's most luxurious cities the journey with some of my best friends led us deep into the rainforest of Sumatra. A week full of demanding walks through the pathless jungle with a lot of delicious insects to try on the way was lying ahead. After that week we all were in need of some relaxing days, which we spend on a little island called Pulau Whe. A snow white beach, a crystal clear sea with a coral reef and small exotic bungalows made



us feel like being in a cheesy “Bounty” advertisement. So far we had luxury, adventures and relaxation on our journey, what was missing was a party week and therefore we flew to Bali. Surfing during the day and

dancing through the night was almost all we did before everyone was heading to different countries to start their exchange semesters.

In the end I reached Taiwan on the first of September, where



I and almost another 100 exchange students are staying till the end of January. The rather small island is ranked by “Lonely Planet” as number 10 of the places to travel around. And that is exactly what we are doing here. One of my favourite places is the Taroko Gorge which ranges from the seaside to the highest mountains of the island. For a whole weekend we were going through the gorge in a small group on scooters and by foot. We discovered a lot of waterfalls, caves and other scenic spots but one of the best parts was relaxing in a Jacuzzi, with a cocktail, on the rooftop of our hotel. The Sun-Moon-Lake trip is another weekend I will most certainly never forget in my life. We were camping on the waterside of the biggest lake of the island and during day we were going around with bikes, visiting a lot of temples and tea fields. Beside the scenic area the Sun-Moon-Lake is famous for its special tea eggs. Tea eggs are boiled together with mushrooms for 24 hours in black tea. You can see the result in the pictures but what you most certainly don't want

to experience is the smell. Anyway as I wanted to taste anything which is gluten free I finally summoned up the courage and ate one and surprisingly I liked it. What is still on my to eat list is stinky tofu, thousand year egg tofu and duck blood hot pot but I am really not sure if I am going to do that. Beside their strange food habits, the people in this region of the world are so friendly to foreigners. They try to help whenever and wherever they can, however it is often a problem to communicate in English. I am, therefore, attending a Chinese language course like most of the other exchange students. It seems to me that Chinese is one of the most difficult languages to learn on this planet and it almost took two months for me to be able to confidently order my favourite dish in any local restaurant. For this purpose I always carry a card with me explaining that I am coeliac and that I can't eat wheat, barley, rye and so on. As the people are really friendly they explain all the ingredients in detail or invite me to take a look at the kitchen.

As it is rather boring to stay such a long time in just one country I visited some friends from university in Thailand. Looking down from the plane it appeared that almost all the country is under water; however in Bangkok itself there was hardly a sign of water. After some days and especially nights in Bangkok we went on to Koh Tao in order to experience some summer holiday feelings. Now I am back in Taipei but already looking forward to the Philippines, Japan and Hong Kong... my journey has just started.

GLUTEN FREE AND THE MIDDLE EAST

Some people think that it is impossible to travel when you have coeliac disease. Personally, I love to travel and I totally disagree with these people.

Last June I participated in an exchange programme to Iraq and Jordan. Together with nine other students and two professors we were there for eighteen days. The schedule was crazily busy. There wasn't even one minute to take a break. While I thought it was great, my family

wasn't as enthusiastic as I was. Their biggest concern was of course the danger of terrorism. That was understandable but it didn't discourage me and stop me going. Concern number two was actually much more difficult for me to understand. They were worried about the food. What were they thinking? That I would eat whatever I could so that I would be sick from day one?

In the Middle East, the word 'gluten' is still quite unknown (at least at the places where I've tried to explain it). However, that doesn't mean that it is easily possible to eat gluten free food. People in Iraq for example have breakfast with yoghurt (the fat version, with little chunks in it), cheese, olives, tomatoes and cucumber. While this combination maybe sounds a bit strange to us, it tastes damn good! Also, the Iraqi people love a drink made out of yoghurt and ice. Again, an unordinary combination of ingredients but once more this tastes delicious and it is a real refreshing when it's hot (and believe me, it's hot there). For lunch, I also ate with the others without distinguishing myself with different types of food. Usually, they had rice, white beans in tomato sauce, salad and 'kebab' or other kinds of meat. Dinner was often the same kind of food. People were always very kind and they took their time to explain to me which spices they used to season the meat. The only thing that I couldn't eat was the dessert; baklava. Baklava is the sweetest thing you can imagine and Iraqis love it. However, only rich people could have it. Often, we only had fruit and so I was ok. Eating in the Middle East was thus a piece of cake! The food tasted great although there wasn't much variation.

Once, though, my class mates became sick. People started to vomit or they had diarrhoea. In the end, everyone was sick for, at least, a few days. This had nothing to do with my coeliac disease. People who say that you can't travel with coeliac disease are wrong. Eating gluten free food is possible everywhere (as long as you don't have too many demands). Preventing yourself getting sick on the other hand is much more difficult if you're in a non-Western country. Not only for people with coeliac disease but for everyone!

WHERE TO EAT IN:

STOCKHOLM:

Eating out can vary from country to country and from city to city. This was one of the topics that members of region SBV, one of the regions in Swedish Coeliac Youth Society, SCUF and Finnish Youth Coeliacs discussed when they met in October.

In Stockholm there are several good restaurants serving gluten free and lactose free options. When you visit a new town it is always useful to search on the web to find lovely cafés and restaurants. A problem, however, is that some venues lack sufficient information about their gluten and lactose free meals on their webpage. For example some Finnish Coeliacs planned to visit an Italian restaurant that initially claimed to serve gluten free pizza and pasta. The information was subsequently removed from the webpage of the restaurant and so another Italian restaurant with clearer information about their gluten free options was chosen. The first restaurant still serves gluten-free pizza and pasta but sadly they had removed the information from the webpage and they also lacked good information on the menu. However, when you're there and ask them they are very knowledgeable. Web sites need to be clearer.

Many Swedish restaurants offer great gluten and lactose free food if you ask them and the information in menus and signboards has improved and the choice of food and pastries for customers has been simplified. The supply of gluten and lactose free options has improved throughout Sweden. Restaurants now serve an increasing number of Swedish labels and also food from other European countries.

Travelling for coeliacs can, of course, be difficult because the knowledge and options differ from place to place. One of the members of Finnish Youth Coeliacs explained her desperation when she was starving and only had half an hour to go to a restaurant chain that allegedly served gluten free hamburgers in Finland. But once there she found they didn't! A member of Swedish Coeliac Youth Society spoke about her visit to Colombia where she had to ask five times to make sure the corn bread only contained cornmeal until she finally got the answer that it also contained wheat!

In Stockholm coeliacs are now more likely to be able to eat out confidently. The staff of most establishments have gained an increased understanding and knowledge of gluten free and lactose free food. Eating out in Stockholm has improved and the trend suggests that it will continue to improve. Come and enjoy gluten and lactose free food options in Stockholm!



OSLO:

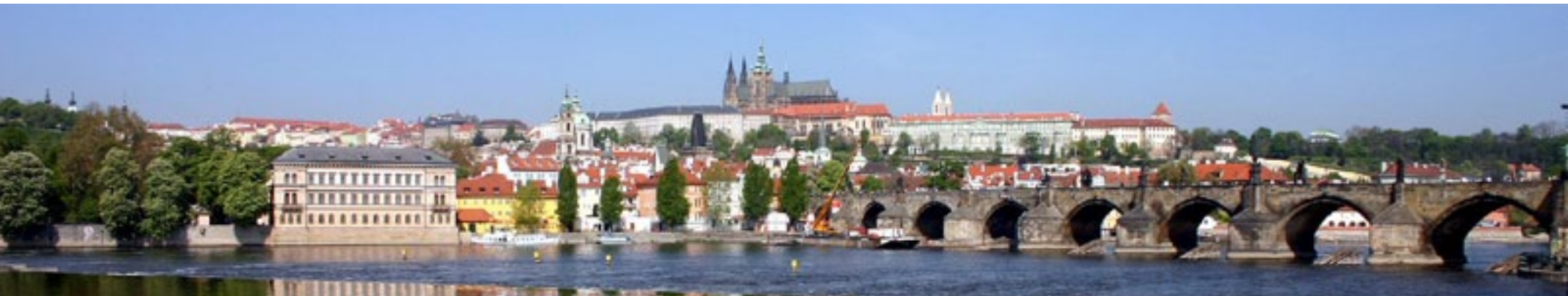
BAKEFRI – An “all gluten-free” bakery in the heart of Oslo

In Norway we are so lucky to have an “all gluten-free” bakery which is open 6 days a week. They have several types of fresh bread daily and a wide range of other delicious products. The location is very peaceful and quiet, but there are always people visiting from all over Norway and abroad. If you are ever in Oslo, the bakery is located in Kirkegate 15, just a 10 min walk from the central station.



PRAGUE:

Prague is a magical city. People enjoy the unique atmosphere given by the rich history of the city. Tourists cannot resist tasting the typical Czech dishes. But coeliacs were often left out as the dietary restrictions of Coeliacs do not fit well with the Czech cuisine based on dumplings, bread and rich butter sauces usually based on wheat-flour. But things have now changed. There are now restaurants serving traditional Czech dishes with gluten-free ingredients throughout Prague. And the first fully gluten-free restaurant has recently opened. See the details on the next page!



1. **Svejk restaurant “U Karla”** - Kremencova 7, Prague

Svejk restaurant “U Karla”, situated in the city centre, focuses on the traditional Czech cuisine. In November 2010 it introduced the first gluten-free menu in the Czech Republic. You can enjoy a full gluten-free menu from starter to dessert. Gluten-free doughnuts, fried potato pancake or Svickova, one of the most popular Czech meals consisting of marinated beef sirloin boiled with double cream and served with bread dumplings and a cream topping with cranberry sauce, are all on the menu. There is also Steak tartare with fried bread for “big eaters” or a homemade pancake with apricot jam for those with a sweet-tooth. Celia gluten-free beer is also available. The restaurant is opened from 11.00 to 24.00 (Mon-Fri) and from 11.00 to 22.00 at the weekend. Website in English <http://svejk-restaurant.cz/en/>.

2. **Restaurant “Na zlaté křižovatce” (“At Golden Crossing”)** - Za Porizskou branou 382/16, Prague

The restaurant was opened in 2011 with a 100 % gluten-free menu. A large crossed-out wheat symbol on the restaurant’s wall can be seen from a far. Everything produced in the kitchen is gluten-free. Gluten-free beer on draught is also available in the restaurant. Meals are delicious and worth trying although they can be a bit pricey. You can also buy gluten-free products from Schär there. The restaurant is opened daily from 11.00 to 23.00. Website in English <http://www.nazlatekrizovatce.cz/en/index.php>.

3. **Creperie Mlsna zirafa** - Ke Strasnicke 5a, Prague 10

Creperie Mlsna zirafa offers gluten free pancakes both sweet (eg with apricot jam or chocolate spread) and savoury (eg with cheese or chicken with spinach) Gluten-free cakes (also suitable for those who suffer from diabetes) are also on the menu. The creperie is open daily from 10.00 to 19.00. The website is <http://www.mlsnazirafa.estranky.cz>.

4. **Ambiente Pizza Nuova** - Revolucni 1, Prague

Ambiente Pizza Nuova is another coeliac friendly restaurant in Prague where gluten-free pasta is always available on the menu. Website in English: http://www.ambi.cz/ambi_pizzanuova_kontakt_eng.php

5. **Pizza Coloseum** - There are nine restaurants around Prague creating the whole family of Pizza Coloseum restaurants.

They offer gluten-free pasta. You can choose any kind of pasta from the menu and pay 30 CZK (1.5 EUR) extra for the gluten-free variety. They also offer a free delivery service around within the Prague area. Website: <http://www.pizzacoloseum.cz/cz>.

6. **Cernohouska** - U Trojskeho zamku 3/120, Prague

Restaurant Cernohouska is located in The Prague zoological garden. It offers gluten-free pasta and gluten-free pancakes. You can also get gluten-free beer or ice-cream in a gluten-free ice cream cone. Gluten-free Medovnik (a sweet cake with caramel and honey) is a delicious option if you want something sweet while sipping your coffee.

7. **Friends Coffee House** - Palackeho 7, Prague

Cheesy Dough Balls “Brazilian Pao” are naturally gluten-free. They are available at Friends’ Coffee House while enjoying your refreshing cup of coffee or tea. Salads and yoghurt with hot fruits are also on the menu. Website in English: <http://milujikavu.cz/en/onas/>

8. **Pizza Go Home** - Pizza Go Home delivers gluten-free pizza at any time.

After choosing your pizza you can order it online or by phone. The pizza crust is not made in the kitchen. Website in English: http://www.pizzagohome.cz/index.php?show=bezlepkova_pizza&lang=en

The above mentioned restaurants have a special menu for coeliacs. However, if you go to any restaurant in Prague, those following a gluten-free diet should not find a problem. People usually know what a gluten-free diet is and they are aware of the dangers of cross-contamination.

I TELL MY STORY

Katerina, 30, nurse, celiac since July 2011

“Gluten-free diet saved me!”

I have always known there was something wrong with my body, I just didn't know what it was. I was extremely pale, around my eyes, dark brown, sometimes, even slightly violet circles were my everyday reality. People kept asking me whether I was okay, but I was not. There was no power in my body, and I was unable to concentrate. The stress was simply unbearable, everything seemed to be so far away from me. I needed to pee every four hours, my social life didn't exist, I didn't travel, I didn't practice sports, I didn't go out, I didn't do anything that you would expect from a youngster. I just stayed at home, the world outside was not for me. I had the feeling that everybody was watching me, and I was diagnosed with social phobia.

After I gave birth to my daughter, everything got worse. Shopping or cleaning were impossible tasks. Even though I ate every two hours, I was sick with hunger. I didn't want to live anymore, and my doctors couldn't find anything but anemia. I thought I was a 'weirdo' who was making everything up. Once I realized that after drinking milk I feel sick, that was it. My doctor tested me for lactose and gluten intolerance, and although I'd only had intestinal trouble when I was little, I am a celiac.

My life is back in order now, and I feel great. When I slept a whole night for the first time after being diagnosed, it felt amazing. It was something I could never imagine being true. Social phobia was a misdiagnosis, I do have friends! I also do a lot of activities with my daughter. We go swimming, and play at a playground with other kids. My life was a misery before, but not anymore! I cannot wait to do all of the things I couldn't. If I put my energy on a scale where one is the lowest point and a hundred is the highest point, I was a seven for my whole life before being diagnosed. I was a one in June 2011 just before I was diagnosed, and now I am a fifty! It is a major difference, I feel alive! It is so weird when people are sorry for me now. They think a gluten-free diet is so cruel. But if I tell anybody I am a celiac, I expect them to be happy for me. It may be hard to understand but, for me, a gluten-free diet is a salvation, not a restriction. It is my ticket out of despair to a breathtaking world full of possibilities.

Zuzana, 22, temporarily jobless, celiac since September 2011

“You hungry? Let's go grab some food” did not exist when I went out. It has changed. Now it is *“You will be hungry. Let's go make a snack!”*

I am a pastry and cake maker. Well, not anymore. Since I was diagnosed with celiac disease, I couldn't continue working in the patisserie.. I was too tempted to taste the pretty pieces of pastry, I couldn't resist. I wouldn't be able to follow the diet there.

When I am at home, I don't have to worry so much about the diet. But when I go out, it is worse. Can you imagine being with your friends in your favorite restaurant, unable to order? I hate it! It is so hard for me to watch other people enjoying those delicious dishes, while I'm eating my stale salad, which looks barely edible. And sometimes, I cannot order at all! I guess I need some time to get used to this new life.



The problem is that I have always been a kid with a huge appetite. You would definitely call me a hearty eater. I love food, and now I have to go without my favorite dishes. I know I have to give it up in order to feel good, but I have been on the diet for just three months, and it is not easy at all. Despite everything being such a big change for me, I try to look on the bright side. I have a perfect opportunity to choose another job and I have to cook a lot. It will take some time to learn all of the gluten-free recipes, I practically live in the kitchen now and to be honest, it is not bad at all!

Veronika, 20, student, celiac since May 2001

“I used to be a bony girl with a sad look.”

I have been ill since I was two years old. I remember the artificial alimentation that helped me gain a bit of energy when I was repeatedly in hospital. I remember my exhausted Mommy holding me in her arms, trying to lull me to sleep in front of an open window, because I had trouble breathing. I didn't understand why these awful things were happening to me. I was a well-behaved kid, I was quiet with a sad look, too. I felt weak and exhausted, compared to the other children of my age, I was very small and skinny. One of my doctors told me that I had bulimia, and he told me to eat more, he recommended dumplings, for example. Dumplings are fatty and they make you gain a lot of weight, unless you are a celiac, which is precisely what I am.

When I was ten years old, I knew something bad was coming. It was Christmas time and it terrified me. I was so afraid of spending Christmas Eve in hospital. I did not want to eat, because then, I threw up almost immediately. Luckily, my new doctor had an idea that I might be a celiac, and it was true.

I spent eight years in pain. If only there had been a doctor who had known my diagnosis earlier. I knew I made a lot of people around me sad, and some of them are sad even now. They think it is not a normal life to follow such a strict diet. I will not lie to you, it is hard, especially at first. But I was lucky, and I know this for sure. I was slowly dying by the age of ten, but everything is okay now, I don't have any health problems. Mostly, people are interested in the diet and want to know more about celiac disease. Of course, from time to time there is somebody who does not grasp the importance of a gluten-free diet, but it doesn't bother me, we do not live in an ideal world. My life is swell and 100% gluten-free. Ten years later, I can't imagine my life without my diet. Somehow it has become a part of me.

READERS CORNER

LIVING IN NEW ZEALAND AS A COELIAC

Living in NZ, when you have coeliac disease, isn't all that bad. Most of our supermarkets carry at least one gluten free bread alongside their normal bread, as well as a few biscuits and a small range of other products. There are some supermarkets, such as my local one, that stock a lot of gluten free products. We have kebab sticks, kumara rosti's, kumara chips, gluten free battered fish, hot dogs, doughnuts and chicken nuggets. They also stock four brands of gluten free bread on the shelves, and gluten free slices and biscuits are the norm. The supermarket even offers gluten free pizza bases, cakes and sausages! This is an unusual supermarket, but it is really fantastic to live close to. We also have smaller shops that stock mostly gluten free and health products. So getting gluten free food to prepare in New Zealand isn't that difficult.



However, eating out at a restaurant or café is another matter. I rarely eat at restaurants because I find it all a bit arduous and, to be honest, can't be bothered. I eat at cafes – ones that I know will have something gluten free, or I don't eat anything. Some places offer gluten free alternatives, others don't – you tend to go to those which you know will.

Fast Food is an entirely different story. Our large pizza chains Domino's Pizza and Hell Pizza both offer gluten free pizza, and Hell also sells gluten free garlic bread, lamb shanks and a dessert. Burger chains such as BurgerFuel and Burger Wisconsin also serve gluten free burgers. Places like Subway offer salads and there are a few products at 'normal' chains which can be eaten.

Overall, eating in New Zealand on a gluten free diet is relatively painless. That's not to say you don't get served the wrong meal occasionally, or wind up eating something you shouldn't, but the availability of gluten free food is enormous. There's been an explosion over the past few years in terms of gluten free products – we can even get gluten free pastry shells now! It is simply amazing, and on a recent trip to Australia, I was shocked to discover how spoiled I am back home. I struggled to find much gluten free food, and dining out at cafe's or restaurants was just too hard! Luckily, I've learned to always use self-catering accommodation so I can cook gluten free. We often get comments from overseas visitors on how easy it is to find gluten free food here, even in some of the most out-of-the-way places.

I feel very lucky to live in NZ.



BITS 'N' BITES

PAELLA

It is easy to prepare and all ingredients are gluten free nature. Pan means paella.

Ingredients:

-> For 4 people:

500 gr. rice (round grain)

500 gr. chicken

500 gr. rabbit

250 gr. Bean (flat)

200 gr. of garrofón

1-2 tomatoes

1.5 liter water

olive oil,

salt

1 sprig of rosemary

saffron

parsley (for garnish)



Elaboration:

Cut the rabbit and chicken without skin, season and brown the meat in a pan with a splash of olive oil.

When purchasing a pan, set them aside to the edge of the pan, leaving the center empty paella. Grate the tomatoes and put them in the center, along with the jugs. Chop the beans farrauras or flat and incorporate. Pour the water. Put salt to taste, add the saffron and cook over moderate heat for 18-20 minutes.

Make sure the broth is well seasoned before adding the rice. Add the rice and spread it around the pan with a wooden spoon. Cooking over high heat 6-8 minutes. Cuisine over low heat 10-13 minutes and introduce a sprig of rosemary when there are 5 minutes. Let stand 5-8 minutes. Remove the rosemary, place a sprig of parsley for garnish and serve.



Bulletin name “Beat The Wheat” came from Christia Simidillidou (Cyprus). CYE awarded her by a very special prize: GF products from Semper, Finax and Oriola.
We thank Christia and the sponsors.

MEDICAL CURIOSITY: DID YOU KNOW THAT?

ETYMOLOGY OF COELIAC DISEASE

Did you know that coeliac disease was first described with the term "koiilikos" (which means "belly" in ancient Greek) in 100 AD by the Greek doctor Aretaeus of Cappadocia. He thought that the cause of this malabsorptive syndrome with chronic diarrhoea was "a copious draught of cold water"! When his paper was then translated to Latin in 1552, the Greek word for abdominal, koiiki, became "coeliac".

At that time it was thought that coeliac disease affected old people, more commonly women; it was only in 1887 that the English paediatrician Samuel Gee gave the first modern-day description of the condition in children.

Afterwards, it became clear that coeliac disease could affect any age and is characterised by a wide variety of clinical features, not all related to the belly.

Patrizia Di Matteo, Medical Student (Sapienza University of Rome)





PHOTO SECTION

Somewhere in South East Asia - photo impressions from Manuel's travels







AUTHOR'S BOX

-Tereza Laskova, 22, Czech Republic

“Gluten-free diet is a great challenge. There is no doubt about it. But not only is it manageable, it is also social. You are never alone. Coeliac community is filled with warm-hearted people always more than just willing to help you.”

Where to eat in, Prague; I tell my story

-Loucky Spit, 23, Netherlands

“Carpe diem”

Glutenfree in the Middle East

-Melissa Rouse, 25, New Zealand

Come to NZ – we have so much gluten free food!

Living in New Zealand as Coeliac

-Martha Kusters, Holland

News from Holland

-Camilla Bjerding Dirdal, 21, Norway

Summercamp in Norway; Where to eat in, Oslo

-Sophie Brömster,

Where to eat in, Stockholm

-Tony Coccaro, Italy

First page picture

-Riina Siikanen, 22, Finland

Live, love... and eat

Comic strip

-Francesco Valitutti, Italy, **Mirjam Eiswirth**, Germany

Editorial: CYE Bulletin: giving young coeliacs a voice

-Patrizia Di Matteo, Medical Student, Italy

Etymology of Coeliac Disease

-Juan Carlos “Juanky” Garcia, Spain

Bits and bites: Spanish paella

-Giacomo Filippo Porzio, 27, Italy

The quality of life for coeliacs in Italy is great, the national association and all volunteers have made a really great job through the years. Still, a lot more could be done for us youngsters and by ourselves, and that's all up to us! Through fostering international collaborations and exchange of opinions and experiences only we can really improve the way we feel our participation level in activities and groups for young coeliacs

Wonderful Koln

-Manuel Engeslthal, 24, Austria

“The world is a book and those who do not travel read only one page.”, St. Augustine

Travel tales: Travel tale from far far away, Photo section

EDITOR'S BOX

Mirjam Eiswirth, 20, Germany

“Good food ends with good talk”, Geoffrey Neighor

Editor in Chief

Jonas Rengman, 21, Sweden

“Try and try again”

Co-editor

Lana Pavkov, 20, Serbia

“All our problems, all our disputes, all our disagreements can be resolved quickly to mutual satisfaction if we address the question.”, Benazir Bhutto

Layout, cover

BOARD BOX

Hanna Koponen, 27, Finland

“Don't give up! “Forward” said granny in the snow!”

CYE General Coordinator

Francesco Valitutti, Italy

“Nothing is impossible for those who really want”

CYE Project Manager

Alexander Schmidt, 22, Sweden

Financial Manager of CYE

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