



# Conferences

## Celiac Ministries of Anchor Baptist Church

### Presenters/Descriptions

#### [Conference 1: Gluten Free 101](#)

**Presenter:** Anne Lee, RD Dietitian with Schär

This presentation gives the beginner the basic information about foods and ingredients to enjoy on a gluten free diet and those to avoid. Issues of cross contamination, preparing gluten free meals, and how to manage a mixed gluten free and non-gluten free kitchen. The talk will also include practical tips for dining out, social activities, and decoding labels.

#### [Conference 2: Celiac and Diabetes](#)

**Presenter:** Anne Lee, RD Dietitian with Schär

This discussion will cover the nuts and bolts of carb counting gluten free products. How to use alternative grains as low glycemic gluten free menu options, recipes and tips will also be covered.

#### [Conference 3: Living Lite](#)

**Presenter:** Heather Leets, RD Dietitian with Spartan Stores

How can we pack nutrition into the foods that we eat without packing on pounds? This is especially difficult with the high carbs that gluten free flours bring to the diet. The conference will share tips and ideas that will help guide menu planning toward better nutrition.

#### [Conference 4: "So . . . What CAN I Eat?"](#)

**Presenter:** Kathy LeBarre, RD Outpatient Dietitian with Spectrum Health Blodgett Hospital

Adjusting to a gluten free diet can be difficult and certainly has a tough learning curve. This conference will discuss combining that dietary limitation with others, like dairy, soy, and corn.

#### [Conference 5: Food Allergies and Gluten Free— A Review of News Headlines and Facts](#)

**Presenter:** Lucy Gibney, MD Founder of the brand "Lucy's"

A board certified Emergency Physician, Dr. Lucy founded the brand "Lucy's" when her infant son was diagnosed with several very severe food allergies. She operates a "dedicated" gluten free bakery that adheres to the strictest ingredient screening program including an in-house testing lab. Her mission is to provide great tasting, high quality, convenient foods for people with special diets, and their friends and family. "Lucy's" offers four cookie flavors planning to expand in the near future.

Dr. Lucy will discuss health facts and recent news headlines pertaining to celiac disease, gluten intolerance and food allergies.

#### [Conference 6: Beyond Gluten Free— Other Natural Solutions to Digestive Disorders](#)

**Presenter:** Dr. Ben Gillis, DC Speaker for the Foundation of Wellness Professionals

Even though compliant with the gluten free diet, some people have digestive issues that remain. Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis, and Crohn's Disease are just a few of the other digestive disorders that affect more than 61 million Americans each year. This presentation will teach the audience about their causes and symptoms. Then it will address natural means of improving or even correcting these problems using natural remedies including vitamins, exercise, stress reduction and nutritional cleansing of accumulated toxins

There is no cost for attending these conferences, but registration is required.

See instructions on left panel.

● Gluten Free 101

● Celiac and Diabetes

● Living Lite

● Facts and News

● Multiple Food Allergies

● Beyond Gluten Free

### TO REGISTER

Please click  
on the  
conference title.

You will be  
directed away  
from this site to  
a secure site for  
registration.

You may have  
to "allow" this  
action, in order  
to register.

Please register  
for only one  
conference.