



2 emails during November 2021

Dear Gluten Free Friends,

I continue to ask those of Gluten Free Stevens Point to share this holiday season's food ideas you enjoy gluten free including simple and easy foods. The foods do not need to be traditional foods but can, just gluten free and for any season. Email your ideas to [glutenfreestevenspoint@gmail.com](mailto:glutenfreestevenspoint@gmail.com) to share with others. It might brighten the day during the holidays and these covid times where socializing may be different.

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Sunshine writes:

I've been making a pudding that I enjoy. I cook a pumpkin, butternut or buttercup squash in the oven. When it cools I remove the skin and place a portion into my food processor. I add almond milk, chia seeds, cinnamon and almond butter. Blend until smooth and refrigerate. It can be sweetened with maple syrup if desired. I add chopped walnuts, granola or a diced apple on top for crunch. It stores for several days when refrigerated.

I cut the leftover squash into pieces and freeze it to use in my morning smoothie. In my blender I place: frozen squash, frozen green banana, zucchini, almond milk, chia seeds, cinnamon, almond butter and a couple scoops of protein powder. Blend until smooth. I love my Ninja blender with the smoothie setting because it makes it extra creamy.

My go to protein powder is Pacha Protein from Sarvaa Superfoods. It is the only protein powder I have used that doesn't bother me. I have found all of the products from Sarvaa Superfoods to be very high quality and free of unnecessary additives.

Another writes:

No favorites right now. Just pure organic food. Eggs are good. *(suggestions were given)*...help detox and regenerate the liver/help the kidneys. What you smell/taste/is on the skin etc.. affects the liver/kidneys etc.. *(If you want her suggestions, let me know and I'll send it to the ones who ask for it.)*

Elaine Rubel adds: The gaps books have suggestions to help clean the digestive track from toxins using natural foods. The gaps books most of all tells how important it is to stay away from the toxins. Those books are listed on our website.

Martin Writes:

Since I've gone on the Keto Diet, (low or no carbs) and staying gluten-free, my favorite and go-to food are eggs!

My favorite meal is breakfast. Eggs are so versatile.

My favorite way to fix the eggs is to fry them and fold veggies and/or bacon into them .

Sometimes I prepare the veggies and bacon (cut up) and fry the eggs on top.

When eggs are half-way or near done I cover them for 2-3 min. and turn off the heat and let the eggs finish off with the heat from the pan.

In addition I eat a slice of Keto bread with butter or cream cheese ....almost every meal.!

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Dear Gluten Free Friends,

I found the following 2 news items very interesting. As I looked further into the research a bit I found interesting information from [National Institute of Environmental Health Sciences](#). It is interesting that air fresheners and scented products are linked with plastics, phthalates, that go into the lungs into the body and can be seen in lab work in the urine. Health concerns appear regarding this.

Here is the first news article:

Synthetic chemicals called phthalates, found in hundreds of consumer products such as food storage containers, shampoo, makeup, perfume and children's toys, may contribute to some 91,000 to 107,000 premature deaths a year among people ages 55 to 64 in the United States, a new study found. People with the highest levels of phthalates had a greater risk of death from any cause, especially cardiovascular mortality, according to the study published Tuesday in the peer-reviewed journal *Environmental Pollution*. The study estimated those deaths could cost the US about \$40 to \$47 billion each year in lost economic productivity. "This study adds to the growing data base on the impact of plastics on the human body and bolsters public health and business cases for reducing or eliminating the use of plastics," said lead author Dr. Leonardo Trasande, a professor of pediatrics, environmental medicine and population health at NYU Langone Health in New York City. Phthalates are known to interfere with the body's mechanism for hormone production, known as the endocrine system, and they are "linked with developmental, reproductive, brain, immune, and other problems," according to the [National Institute of Environmental Health Sciences](#). Even small hormonal disruptions can cause "significant developmental and biological effects," the NIEHS states. Prior research has connected phthalates with [reproductive problems](#), such as [genital malformations](#) and [undescended testes](#) in baby boys and [lower sperm counts](#) and [testosterone levels](#) in adult males. Previous studies have also linked phthalates to [childhood obesity](#), [asthma](#), [cardiovascular issues](#) and [cancer](#). "These chemicals have a rap sheet," said Trasande, who also directs NYU Langone's Center for the Investigation of Environmental Hazards. "And the fact of the matter is that when you look at the entire body of evidence, it provides a haunting pattern of concern."

The American Chemistry Council, which represents the US chemical, plastics and chlorine industries, shared this statement with CNN via email:

"Much of the content within Trasande et al's latest study is demonstrably inaccurate," wrote Eileen Conneely, ACC's senior director of chemical products and technology. She added the study lumped all phthalates into one group and failed to mention that the industry says high-molecular-weight phthalates like DINP and DIDP have lower toxicity than other phthalates. "Studies such as these fail to consider all phthalates individually and consistently ignore or downplay the existence of science-based, authoritative conclusions regarding the safety of high molecular weight phthalates," Conneely wrote.

### 'Everywhere chemicals'

Often called "[everywhere chemicals](#)" because they are so common, phthalates are added to consumer products such as PVC plumbing, vinyl flooring, rain- and stain-resistant products, medical tubing, garden hoses, and some children's toys to make the plastic more flexible and harder to break.

Other common exposures come from the use of phthalates in food packaging, detergents, clothing, furniture and automotive plastics. [Phthalates](#) are also added to personal care items such as shampoo, soap, hair spray and cosmetics to make fragrances last longer.

People are exposed when they breathe contaminated air or eat or drink foods that came into contact with the plastic, according to the [US Centers for Disease Control and Prevention](#).

"Children crawl around and touch many things, then put their hands in their mouths. Because of that hand-to-mouth behavior, phthalate particles in dust might be a greater risk for children than for adults," the CDC states.

### 'A snapshot in time'

The new study measured the urine concentration of phthalates in more than 5,000 adults between the ages of 55 and 64 and compared those levels to the risk of early death over an average of 10 years, Trasande said.

Researchers controlled for preexisting heart disease, diabetes, cancer and other common conditions, poor eating habits, physical activity and body mass, and levels of other known [hormone disruptors such as bisphenol A or BPA](#), he said.

"However, I'm never going to tell you this is a definitive study," Trasande told CNN. "It is a snapshot in time and can only show an association."

Learning exactly how phthalates may affect the body requires a gold-standard double-blinded randomized clinical trial, he said. Yet such a study will never be done, he added, "because we cannot ethically randomize people to be exposed to potentially toxic chemicals."

"But we already know phthalates mess with the male sex hormone, testosterone, which is a predictor of adult cardiovascular disease. And we already know that these exposures can contribute to multiple conditions associated with mortality, such as obesity and diabetes," Trasande said.

The chemical BPA has also been linked to abnormalities in male babies' reproductive systems and later infertility issues in adult men, as well as [obesity, heart disease](#).

[cancer and premature death from any cause](#). The synthetic compound was formerly found in most baby bottles, sippy cups and infant formula containers until parents boycotted those products over a decade ago. The FDA banned the chemical's use in bottles and sippy cups in 2012.

It is possible to minimize your exposure to phthalates and other endocrine disruptors like BPA, which can still be found in the linings of canned goods and paper receipts, Trasande said.

"First, avoid plastics as much as you can. Never put plastic containers in the microwave or dishwasher, where the heat can break down the linings so they might be absorbed more readily," he suggested. "In addition, cooking at home and reducing your use of processed foods can reduce the levels of the chemical exposures you come in contact with."

Here are other tips to reduce you and your family's exposure:

- Use unscented lotions and laundry detergents.
- Use cleaning supplies without scents.
- Use glass, stainless steel, ceramic or wood to hold and store foods.
- Buy fresh or frozen fruits and vegetables instead of canned and processed versions.
- Encourage frequent hand washing to remove chemicals from hands.
- Avoid air fresheners and all plastics labeled as No. 3, No. 6 and No. 7

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Below is a second recent news article:

### **Walmart Recalls Better Homes and Gardens Essential Oil Infused Aromatherapy Room Spray with Gemstones Due to Rare and Dangerous Bacteria; Two Deaths Investigated**

- UPC 84140411420 Lavender and Chamomile

UPC 84140411421 Lemon and Mandarin

UPC 84140411422 Lavender

UPC 84140411423 Peppermint

UPC 84140411424 Lime and Eucalyptus

- UPC 84140411425 Sandalwood and Vanilla

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Name of Product:

Better Homes and Gardens Essential Oil Infused Aromatherapy Room Spray with Gemstones

Hazard:

Tests conducted by the Centers for Disease Control and Prevention (CDC) determined that a bottle of the room spray contained the rare and dangerous bacteria *Burkholderia pseudomallei* which causes melioidosis, a condition that is difficult to diagnose and can be fatal. CDC has been investigating a cluster of four confirmed cases of melioidosis including two deaths in the U.S. Though the source of these four infections has not been confirmed by CDC, the bottle with the same type of bacteria was found in the home of one of the melioidosis decedents.

Remedy:

Refund

Recall Date:

October 22, 2021

Units:

About 3,900

Consumer Contact

Walmart at 800-925-6278 from 7 a.m. through 9 p.m. CT any day or online at [www.walmart.com](http://www.walmart.com) and click on "Product Recalls" for more information. Walmart Inc. uses the brand *Better Homes and Gardens*, a registered trademark of Meredith Corporation, under license. Make inquiries and returns to Walmart.

## Recall Details

Description:

**Washington, D.C.** – Walmart is recalling about 3,900 bottles of *Better Homes and Gardens-branded- Essential Oil Infused Aromatherapy Room Spray with Gemstones* in six different scents due to the possible presence of a rare and dangerous bacteria and risk of serious injury and death.

The Centers for Disease Control and Prevention (CDC) tested a version of the product and determined that it contained the dangerous bacteria *Burkholderia pseudomallei* which causes melioidosis. CDC has been investigating a cluster of four cases of melioidosis in the U.S., including two deaths. Cases were reported in Kansas, Minnesota, Texas and Georgia, including a child fatality.

Samples taken by CDC from a bottle of the Better Homes and Gardens Lavender & Chamomile aromatherapy room spray in the home of the Georgia victim found the presence of these dangerous bacteria.

The aromatherapy room spray was sold at about 55 Walmart stores nationwide and online at [walmart.com](http://walmart.com) from February 2021 through October 2021 for about \$4. “Better Homes and Gardens Aromatherapy,” is printed on the label on the front of the 5-ounce glass bottle. The aromatherapy was sold with a pump spray nozzle in the following scents and product numbers:

84140411420 Better Homes and Gardens (BHG) Gem Room Spray Lavender & Chamomile

84140411421 Better Homes and Gardens (BHG) Gem Room Spray Lemon and Mandarin

84140411422 Better Homes and Gardens (BHG) Gem Room Spray Lavender

84140411423 Better Homes and Gardens (BHG) Gem Room Spray Peppermint

84140411424 Better Homes and Gardens (BHG) Gem Room Spray Lime & Eucalyptus

84140411425 Better Homes and Gardens (BHG) Gem Room Spray Sandalwood and Vanilla

Walmart has stopped sale of the product. The product was made in India.

Consistent with CDC's guidance, consumers are urged to:

1. Stop using this product immediately. Do not open the bottle. Do not attempt to throw away or dispose of the bottle.
2. Double bag the bottle in clean, clear zip-top resealable bags and place in a small cardboard box. Return the bagged and boxed product to a Walmart store.
3. Wash sheets or linens that the product may have been sprayed on using normal laundry detergent and dry completely in a hot dryer, bleach can be used if desired.
4. Wipe down counters and surfaces that might have been exposed to the spray with an undiluted disinfectant cleaner.
5. Minimize handling of the product and wash hands thoroughly after handling the bottle or linens. Wash hands thoroughly after removing gloves.

See CDC's news release at <https://www.cdc.gov/media/releases/2021/p1022-aromatherapy-bacteria.html> and <https://emergency.cdc.gov/han/>.

Remedy:

Customers will also receive a \$20 Walmart Gift Card upon return.

Consistent with CDC recommendations, consumers should immediately stop using the recalled room spray, double bag the bottle in clean, clear zip-top resealable bags, place it in a small cardboard box and return it to any Walmart store for a full refund. Do not open the bottle. Do not attempt to throw away or dispose of the bottle.

When handling the product or cleaning contaminated surfaces, please follow the CDC guidance below.

Incidents/Injuries:

CDC has been investigating a cluster of four cases of melioidosis in the U.S., including two deaths. Cases were reported in Kansas, Minnesota, Texas and Georgia, including a child fatality.

#### Sold At

The aromatherapy room spray was sold at about 55 Walmart stores nationwide and online at [walmart.com](http://walmart.com) from February 2021 through October 2021 for about \$4.

#### Manufactured In:

India

#### Recall number:

22-007

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Dear Gluten Free Friends,

From Elaine Rubel:

The article about the plastics, Phthalates, can hit hard. I did a little further research off and on for a few days on the different sites reading some of the details on the research on government sites and my eyes glazed over and was very happy at some moment to feel I had read enough to know enough for the moment. I also found connections with the topic of glutamate which is not gluten, but years ago leaders in celiac including a GI doctor shared how it affected my system beyond gluten. Now I read how glutamate has connections with the chemicals.

Later in the day, my husband and I went for a walk (I wear my I Can Breathe! Masks / filter, [www.icanbreathe.com](http://www.icanbreathe.com) ) in case I need it as I am very reactive. Later yet in the day I exercised and did stretches to loud music with the window open a crack. I followed that with pie I made for me and for my husband.

The pie is made in very small individual pie ceramic pans. I put just a few berries and fruit in the pan. This time it was frozen blueberries, cranberries, and a few chunks of organic granny smith apples pieces in my husband's. I baked it at 300 degrees for 17 min. For mine I added the granny smith apple chunks after baking to have the fresh non cooked so with enzymes and I added to mine after baking a bit of organic banana. When out of the oven we add one and no more than 2 tablespoons of pure almond meal. My husband then tops his with Organic Valley cream cheese from The Free Market in Appleton and I add to mine a bit of goat cheese, today it was Chèvre from Caprine Supreme and then a dab of my homemade goat yogurt. Almond meal, dairy, and banana are enzyme inhibitors, so not much is used, yet it adds good nutrition. Our pie is very yummy, simple and easy. Life can be very good for us who have to be gluten free and free of other foods that we do not tolerate.

Below is a few brief items I found helpful to copy/paste in this email:

The first, on Phthalates:

“Phthalates are used in many common consumer products—to soften plastics in children's toys, as sealants and adhesives in nail polish, and in perfumes and air fresheners. When people use air

fresheners, the phthalates are **released into** the air where they may be inhaled or may land on the skin and be absorbed.

Phthalates are versatile chemicals, used as solvents in perfumes and fragrances, as softeners in plastics, as anti-foam agents in aerosols, and as sealants and adhesives. Given their many uses, phthalates are found in a wide array of consumer products, including cosmetics and fragrances, pesticides, pharmaceuticals, vinyl children's toys, automobiles, paints, and interior finishes.<sup>1</sup> Phthalates are used in air fresheners to dissolve and carry the smell of fragrances.

When people use air fresheners, the phthalates are released into the air. They may then be inhaled, or the aerosol particles may land on the skin and be absorbed.<sup>2</sup> Once these chemicals enter the bloodstream, they can alter hormone levels and cause other health problems.

There has been a boom in air freshener use in recent years, driven by advertising that promotes a scented environment as a clean and healthy environment. Air fresheners are now a \$1.72 billion industry in the United States—a 50 percent increase from 2003—and are used in an estimated 75 percent of households. Air fresheners are also being used in a greater number of rooms throughout the home, further increasing exposure.<sup>3</sup> Moreover, air freshener advertising is targeting the younger generation of tweens and teenagers, making the potential health impacts associated with the products that much more worrisome.”

The second is taken from the news article I sent before and tells the positives, how we can have some control in our own lives and homes:

“It is possible to minimize your exposure to phthalates and other endocrine disruptors like BPA, which can still be found in the linings of canned goods and paper receipts, Trasande said.

"First, avoid plastics as much as you can. Never put plastic containers in the microwave or dishwasher, where the heat can break down the linings so they might be absorbed more readily," he suggested. "In addition, cooking at home and reducing your use of processed foods can reduce the levels of the chemical exposures you come in contact with."

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