

**FOR IMMEDIATE RELEASE**



**MEDIA CONTACT**  
**WHITNEY EHRET**  
[WHITNEY@CELIACCENTRAL.ORG](mailto:WHITNEY@CELIACCENTRAL.ORG)  
(215)-325-1306 x. 103

**EVENT INFORMATION**  
**NANCY GINTER**  
[NGINTER@CELIACCENTRAL.ORG](mailto:NGINTER@CELIACCENTRAL.ORG)  
(215) 325-1306 x. 101

**D.C. DOCTORS, CHEFS, AND MEDIA MEMBERS KICK OFF CELIAC DISEASE AWARENESS MONTH**  
*National Foundation for Celiac Awareness (NFCA) to host Gluten-Free Cooking Spree*

**Washington, D.C. (April 21<sup>st</sup>, 2009)**- Prominent Washington, D.C. area chefs, media and medical professionals will take over the kitchens at the Hyatt Regency Bethesda on Friday, May 1<sup>st</sup>, 2009, and compete to cook the best gluten-free dish.

The event is hosted by the National Foundation for Celiac Awareness (NFCA) and will be held at the Hyatt Regency Bethesda from 6:30pm to 9:00pm.

**Venue Information**

Hyatt Regency Bethesda  
7400 Wisconsin Avenue  
One Bethesda Metro Center  
Bethesda, MD 20814  
(301) 657-1234

The event is open to the general public and tickets can be purchased online through the NFCA website, [www.celiaccentral.org](http://www.celiaccentral.org), for \$50 each. Admission for students and children under 12 is \$35. Tickets will be available for purchase the day of the event for \$75 at the door. Prices include hearty hors d'oeuvres, dinner samplings from area restaurants, desserts, beer, and wine. All food and beverages served will be gluten-free.

The *Gluten-Free Cooking Spree* is an event that joins together the medical and lifestyle aspects of celiac disease to raise awareness and education about celiac disease and the gluten-free diet. Top chefs, doctors and reporters are assembled into teams of three and compete to create the best gluten-free dish. Entries will be judged by a distinguished panel featuring Tracey Seaman, co-author of *Real Food for Healthy Kids* and test kitchen director for *Everyday with Rachel Ray* magazine, as well as Dr. Vicki Peterson, author of *The Gluten-Effect* and clinic director of the HealthNow Medical Center in Sunnyvale, California.

Attendees can sample food prepared by participating chefs and enjoy a large assortment of other gluten-free food options. All attendees will take home a fabulous goodie bag filled with treats from a variety of gluten-free vendors.

Throughout the evening, there will also be prominent speakers presenting the latest developments in the field of celiac disease including presentations from Dr. Vicki Peterson, event honoree Dr. Bob Anderson, internationally recognized leader in celiac disease research, and Dr. Linda Arterburn of Alba Therapeutics

Corporation. NFCA staff will be on hand to provide materials and resources on celiac disease and the gluten-free diet.

For more event information or to purchase tickets, visit NFCA's website, [www.celiaccentral.org](http://www.celiaccentral.org), or call (215) 325-1306.

Media interested in attending or participating in the event please contact Whitney Ehret email [whitney@celiaccentral.org](mailto:whitney@celiaccentral.org) or call 215-325-1306 ext.103 by 5pm on Thursday, April 30th to be added to the media access list.

Celiac disease is an autoimmune digestive disease that damages the small intestine and interferes with absorption of nutrients from food. It is triggered by consumption of the protein called gluten, which is found in wheat, barley and rye. Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and some cancers. An estimated three million Americans have celiac disease, but only about 1 in every 4700 with the disease receives an accurate diagnosis. Currently, the only treatment is a lifelong gluten-free diet.

###

NFCA is a 501(c)(3) non-profit organization dedicated to raising awareness and funding for celiac disease that will advance research, education and screening amongst medical professionals, children and adults. Visit [www.celiaccentral.org](http://www.celiaccentral.org) or call 215-325-1306 for further information.