

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111

After Your Last Scheduled Visit....

Once you have received your lab results, initiated your treatment plan, and followed up with the doctor you should be well on your way to achieving your innate health. But don't hesitate to continue getting our help when you need it.

If you have health issues, please let us know so that we can help you address them. You can use your patient portal account to send secure email direct to the doctor. To login, use the Patient Login page: <http://www.IBSTreatmentCenter.com/login.htm>. You can also call the clinic at 206-264-1111 or 1-888-546-6183.

Other Support:

The IBS and Gluten Intolerance Group (GIG) Support Group meet at the IBS Treatment Center on the first Tuesday of every month. Information is on the website at http://www.ibstreatmentcenter.com/7_c.htm. Share information about food, exercise, and other issues in a supportive environment.

Dr. Wangen's blog contains useful and interesting information. It even has an RSS feed. Check it out at <http://www.ibstreatmentcenter.com/blog/>.

Sign up for our newsletter by sending an email to info@ibstreatmentcenter.com with 'subscribe to the IBS newsletter' in the subject line.

The Innate Health Foundation has great tool called the IHFWiki (like wikipedia) at <http://www.InnateHealthFoundation.org/wiki/>. There is info on restaurants, food products, recipes, and more. The main site is: <http://www.InnateHealthFoundation.org>.

Help Others:

The best way to help the IBS Treatment Center help others who have IBS is to tell them about us. We really appreciate your referrals and offer a discount on your next supplement order (25% off of the first \$100 on the next supplement order, not including shipping and handling) for any patient listed by a new patient as the way they heard about us on their intake form. This referral reward does not apply to members of the same household – they qualify for a 10% discount on office visit charges!!

You can also help others by:

- Mentioning the IBS Treatment Center and our website on your website, in relevant online forums, Facebook, MySpace, or in your blog, etc.
- Tagging our website using <http://Del.icio.us> and other similar services
- Reviewing Dr. Wangen's book on [Amazon](#) or your favorite book website
- Reviewing the IBS Treatment Center on [Yelp](#), [Google Maps](#) (search for IBS Treatment Center), and other sites
- Telling your doctor about your success and encouraging him or her to refer to us
- Asking us for business cards and brochures to pass along to your doctor or others
- Making a donation to the Innate Health Foundation, a public charity supporting the IBS and food allergy communities, at <http://www.InnateHealthFoundation.org/>