

# December Newsletter

## How to Take Your Supplements

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I thought we'd send off 2009 by focusing on how to take your vitamins, minerals, and other supplements. This may sound like a simple issue, but for many people it is a significant challenge. Assuming that you are taking things that you need, and that you are taking high quality supplements that are worth taking, there are two primary challenges to getting supplements to do you some good.

The first challenge is simply remembering to take those pills on a regular basis. Sometimes it's easier if you are really motivated by a particular problem that you are trying to solve, but even then it can be challenging. If you only remember to take your supplement once a day when you should be taking it twice a day, then at best you are only accomplishing half of your goal. And many supplements do very little for you until you achieve a therapeutic dose, meaning that half the dose is not half the improvement.

The key to solving this first challenge is being committed. If you're not committed then it won't happen. Once you're committed then you need to be organized. If you can't remember to take them then you need a system. That system might be as simple as setting them out where you'll see them, or even using a daily pill box like grandma used to do. These are still very popular and easy to find. Or your system might be more technology based, such as popup reminders on your computer or your handheld calendar.

The second challenge, at least for some people, is actually getting the supplements down the hatch. Many people don't take pills well, but there are

some tricks that can make it much easier. When taking pills, be sure to drink some water first, and then have some water in your mouth before putting in the pill. This can make it much easier to swallow pills. If that still doesn't help, then look for liquid or powdered substitutes. These can be difficult to find, and many times don't exist at all. However, there are a couple of quality liquid and chewable multivitamins on the market, and you can see some of them on our website.

Fortunately, most capsules can safely be opened and mixed with food. You don't want to do this with products that contain a strong acid like betaine hcl, but most vitamins and probiotics will be fine. I can't tell you what it will taste like, but it's worth a try.

It can also sometimes be challenging keeping supplements down. High potency vitamins and minerals don't always sit in the stomach real well unless taken with food. They need to be digested and absorbed, so don't forget to take them with food. Some people can tolerate them on an empty stomach, but others (including me) find themselves extremely nauseated. So unless it's something that you are instructed to take on an empty stomach, food usually helps to keep those pills down in the gut.

Hopefully these few simple tips will allow you to take your supplements and gain all of the benefits possible. Happy Holidays!

-- Dr. Wangen

The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome. December 2009 Issue. Newsletter Published Monthly.

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# ANNOUNCEMENTS

## *IBS Treatment Center Holiday Schedule*

**Special day for New Patients!** If you have been thinking about ending your IBS and have will be in the Seattle area on Wednesday, December 30th, call our office now to schedule an appointment. We can get you started to an IBS-Free 2010. Except for this special New Patient Day on December 30th, the clinic will be closed Thursday, December 24th through January 3rd to allow our dedicated staff some well deserved time off to enjoy the holidays with family and friends. Regular clinic hours are Monday through Friday 9:00-5:00 with an hour break for lunch at noon. If you, or someone you know, would like to schedule an appointment or a phone consultation with Dr. Wangen, please call 206-264-1111.

**Happy holidays and best wishes for the new year  
from the staff at the IBS Treatment Center**

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## *Green Lake Nutrition Has a New Location*



**Green Lake  
Nutrition**

Green Lake Nutrition has moved to 6329 20th Ave. NE at the corner of NE 65th St. and 20th Ave. NE in the Ravenna neighborhood. Their phone number will change on December 9th to 206-729-5111. [www.greenlakenutrition.com/](http://www.greenlakenutrition.com/)

Green Lake Nutrition is welcoming Janey Yoo MS RD, a Pediatric Nutritionist to their professional family. She has a real passion for working with infants and children. Janey will be seeing clients on Mondays, Wednesdays and weekends by appointment. She accepts Regence Blue Shield, Premera Blue Cross, Aetna with other insurances coming.

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## *Central Seattle GIG Support Group is Active and Growing*

The December meeting of the Central Seattle GIG Support Group enjoyed a wonderful turn out! Thank you to everyone who attended. **The next meeting of the Central Seattle GIG Support Group will be Tuesday, January 5th at 6:30 PM.**

Author, cooking class instructor, blogger, GIG volunteer, and mother to GF kids, Karen Robertson will be the guest presenter at the January meeting. She will talk about preparing easy, make-ahead meals for your family; and, delicious pizza crust/focacia bread.

The Central Seattle GIG Support Group meets monthly at the IBS Treatment Center and is open to the public. The Group welcomes anyone with gluten or non-gluten food allergies or intolerances. Meetings are always fun and informational and usually include a presentation, time for open group discussion, and “ask the doctor” with Dr. Wangen.



*Make it your new year's resolution to become a part of the gluten intolerant community in your area.*

# EVENTS

## *Savory Moment Open House and Food Tasting*



Stephanie's 2008 gingerbread house

**Saturday, December 12th from 11:00-6:00**

Come sample delicious gluten free holiday cookies and appetizers. Gluten free gingerbread house kits will be available. No RSVP necessary.

Watch gingerbread house decorating by expert Stephanie Campbell of Cake Fixation at 12:00; 1:30 and 3:00. Guests will learn how to add decorator touches their own gingerbread house.

Savory Moment holiday hours:

Monday-Friday 9am-8pm; Saturday 9am-6pm

18004 NE 68th Street Suite A-115, Redmond, WA 98052

Phone (425) 867-1516 [www.SavoryMoment.com](http://www.SavoryMoment.com)

## *New Gluten Free Grocery Store Opens in Everett*

### **JANELL'S GLUTEN-FREE MARKET**

**Grand Opening and Ribbon Cutting, Wednesday, December 16th, noon**

Owner Janell Farnsworth is celebrating the second week anniversary of her new store in Everett, Janell's Gluten-Free Market. Located at 7024 Evergreen Way Suite A, in Everett, Janell's promises to be a place for community and a welcome support to those in the greater Everett area needing gluten free foods.

Dr. Wengen will be signing his book and speaking to visitors at Janell's Gluten-Free Market on Friday, January 22nd at 7 PM. [www.janellsglutenfreemarket.com](http://www.janellsglutenfreemarket.com)



## *Holiday Tip From WholeBody Nutrition*

Johnna Dietz of WholeBody Nutrition recommends letting go of the concept of good foods and bad foods. She explains that when we eat a perceived bad, or forbidden food we over indulge and binge. Instead she suggests enjoying the holiday spread, redefining 'bad foods' using new adjectives like flavorful or magnificent and taking your time in tasting and appreciating these formerly 'bad foods'. [www.wholebody-nutrition.com/](http://www.wholebody-nutrition.com/)

***So go ahead and enjoy your holiday feasting using this tip. Mangiamo!***



car0543 [www.fotosearch.com](http://www.fotosearch.com)

### Cookbook Review

#### *Artisanal Gluten-Free Cooking*

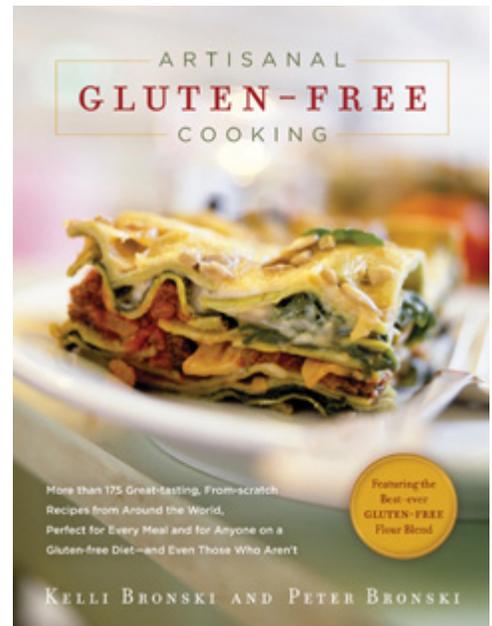
by Kelli Bronski and Peter Bronski

In 2007 Peter Bronski was diagnosed with Celiac disease. Soon Peter, an award-winning author and his wife Kelli, a ten year veteran of the hospitality and restaurant business, began blogging their gluten-free experiences at <http://noglutenproblem.blogspot.com/>. In their book, “Artisanal Gluten-Free Cooking” they share their gluten-free culinary successes with us.

The Bronski’s cookbook is great for a beginner cook or an experienced chef wanna-be. For the beginner gluten-free cook, they explain how to navigate the supermarket and the essentials of a gluten-free kitchen which include tools as well as their personal gluten-free flour mix. Any experienced cook will appreciate their product recommendations in the appendix as well as their extensive recipes. For example, “Artisanal Gluten-Free Cooking” recommends Aleia’s Croutons when a recipe calls for croutons. This eliminates the reader from having to guess what brand croutons would work the best.

The beginner or experienced cook can choose from a huge variety of recipes: Crepes, Garlic naan, French Toast Casserole, Crab Cakes, Chinese-Chicken Lettuce Wraps, Salsas, Chicken Noodle Soup, Strawberry Soup, Roasted Winter Vegetable Soup, Gnocchi, Margheria Empanadas, Chicago Deep Dish Pizza, Jamaican Jerk Chicken, General Chang’s Chicken, Thai Coconut-Cilantro Chicken, and of course numerous desserts. A happy surprise to find in the cookbook is an alcoholic beverage recipe section.

“Artisanal Gluten-Free Cooking” is an all around great cookbook to add to your collection. Check out the website, <http://www.artisanglutenfree.com> . Soon you will be able to order gluten-free products and/or the Artisan Gluten-Free Flour Mix.



# Cookbook Review

## *The Gluten-Free Almond Flour Cookbook*

by Elana Amsterdam

With a love for cooking; a knowledge of Ayurvedic nutrition; and a decision to avoid mood swings and high carb hangovers, Elana Amsterdam created her own new approach to cooking following her Celiac disease diagnosis at age thirty. Over a three year period Amsterdam tested her recipes on her family as well as classrooms of school kids. The recipes were so popular that parents begged Elana for them. Soon she decided to share them on a blog at <http://www.elanaspantry.com> and eventually she felt compelled to publish her recipes.

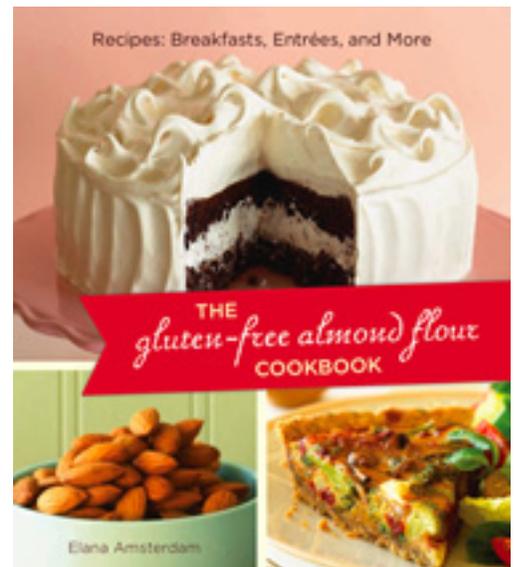
Elana invites everyone to adopt a new healthier cooking style by using blanched almond flour (Note: Bob's Red Mill is too coarse), agave nectar and grapeseed oil. She describes blanched almond flour as a super-food which is high-protein, low-carb with a low glycemic index, high fiber and chock full of antioxidants. Almond flour is quicker and easier to cook with than numerous other gluten free flours.

The recipes in *The Gluten-free Almond Flour Cookbook* use only agave nectar as a sweetener. Agave nectar is lower on the glycemic index than sugar, maple syrup, or honey. Elana likes the USDA-certified organic light agave nectar because it has a more neutral flavor. Grapeseed oil is used in the recipes as the perfect replacement for butter in baked goods and is ideal for those on a dairy-free diet.

### **A Note from Sharon:**

*Because I have an incurable sweet tooth, my New Year's Resolution will be to start cooking with the healthier ingredients recommended in this cookbook and using Elana's recipes to guide me through this process. I will let you know how it goes.*

*Before closing, I want to recommend purchasing the almond flour through Amazon.com as I was unsuccessful in finding blanched almond flour at Whole Foods, Trader Joe's, PCC, and Fred Meyers. Amazon.com offeres several varieties to choose from.*



## *Dr. Wangen's Scheduled Presentations*

If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email at [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com) or at 206-264-1111.

### **Bellevue, WA**

Saturday, January 9th, 2010 at 3 PM

Dr. Wangen will be presenting his book "Healthier Without Wheat" at the Bellevue, WA Barnes and Noble store.

### **Tacoma, WA**

Tuesday, January 12th, 2010 at 7 PM

Dr. Wangen will be speaking about celiac disease, non-celiac gluten intolerance and IBS at Marlene's Market and Deli, Tacoma branch.

### **Everett, WA**

Friday, January 22, 2010 at 7 PM

Dr. Wangen will be signing his book and speaking at the newly opened Janell's Gluten-Free Market in Everett.

### **Olympia, WA**

Late January, 2010 (exact date TBD)

Dr. Wangen will be speaking in Olympia about gluten intolerance. Details to come.

### **Des Moines, WA**

Saturday, February 20th, 2010 at 2 PM

Dr. Wangen will be speaking at the King County Public Library in Des Moines, WA about his book "Healthier Without Wheat." Directions and more at <http://www.kcls.org/desmoines/>.

### **Eugene, OR**

Thursday, March 11, 2010 at 6:30 PM

Dr. Wangen will be presenting to the Eugene GIG during their monthly meeting held at the Lakewood Clubhouse, 1800 Lakewood Court. For more information contact [dianecon@comcast.net](mailto:dianecon@comcast.net)

### **Portland, OR**

Saturday, March 13th, 2010 at 10 AM

Dr. Wangen will address the Portland Metro GIG group. Meeting held at Emanuel Hospital, in Room 1075.

### **Wellesley Hills, MA**

Sunday, April, 18th, 2010 at 11:30 AM

Dr. Wangen will be speaking to Healthy Villi, also known as Greater Boston Celiac/DH Support Group. Mass Bay Community College, Wellesley Hills Campus, 50 Oakland Street, Wellesley Hills, MA 02481.

For more info email [info@healthyvilli.com](mailto:info@healthyvilli.com) or visit <http://www.healthyvilli.com/>

### **Livingston & Long Branch, NJ**

Monday, April 19th and Tuesday, April 20th, 2010 both events begin at 6:30

Dr. Wangen will be speaking to the Kogan Celiac Support Groups of New Jersey.

For additional info go to <http://www.saintbarnabas.com/SERVICES/celiac/index.html>.

### **Rochester, NY**

Wednesday, April 21, 2010 at 7 PM

Dr. Wangen will be the guest speaker at the Rochester Celiac Support Group -GIG meeting.