

IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com



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Good News Regarding Alcohol and Gluten Intolerance

For those of you who are gluten intolerant and avoiding distilled alcohols, there is good news. It has been determined that the distillation process removes gluten protein in alcohol. Therefore, distilled alcohol is not a source of gluten and can be ingested by people who are gluten intolerant without the risk of gluten contamination.

That doesn't mean that alcohol is good for your liver or your general health, but that is another topic. We just thought that you should know about its potential gluten content.

This information also presents a good opportunity to learn a little more about distilled alcohol, which is also known as "spirits." Spirits are classified by the fermented material from which they are distilled. The fermentation process requires that brewer's yeast and water be added to the initial mixture of raw materials. The yeast transforms the sugars from the raw materials into alcohol and carbon dioxide. Then the spirits are created by distillation, which removes water from the alcohol.

The following are distilled products, or spirits: whisky,

vodka, gin, schnapps, brandy, tequila, mescal and fortified wines. Whisky, vodka, gin and most types of schnapps are made by distilling a kind of beer made from grain. Brandy is made from grape juice, and fruit brandy is made from other fruits. Rum is derived from sugar cane. Tequila and Mezcal come from the pulp of the Agave plant. And fortified wines are hybrid beverages that are a blend of fermented wine and distilled spirits (usually brandy).

As a reminder, beer is not gluten free because it contains barley. However, as of this year there are now two new beers on the market that do not contain barley and are gluten free. These are Bard's Tale and Red Bridge, and believe it or not, they actually do taste like beer.

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Working with your Children and their Food Allergies

Having children with food allergies can present unique challenges for parents, but if dealt with in a fun and interactive way the whole family can get involved. It may even help shift your children's attitudes toward their situation.

A problem that often arises as a result of discovering that your child has food allergies is that although they wish to feel better, children often times are concerned with feeling different from their peers. This concern may lead them to stray from their prescribed diet, resulting in further symptoms and discomfort.

The key to minimizing your child's concerns is to involve them in the process of understanding, finding and preparing food that they can eat. Explaining to them what food allergies are and how avoiding specific foods will make them feel better is an important part of the making them understand why they are not "allowed" to have specific foods.

Teaching children to read food labels is one way to help them understand what specific types of foods are safe for them to

eat. This technique may also help them to understand that it is not the parents fault that they are not allowed to eat these foods because it assigns the blame to the food itself rather than the parent telling them "no." As the child ages, this practice will make it much easier for them to make smart and safe food choices.

Another important step is teaching your child to identify "look-a-like" foods: foods that are similar to the regular version but do not contain allergens. It is important that children understand that their foods are not the same as regular foods. These days "look-a-like" foods have become more and more prevalent, and many of them are almost identical to the more common version of the food. For example, a child with a gluten intolerance or Celiac Disease may not be able to tell the difference between gluten free mac and cheese and regular mac and cheese just by looking at it. Therefore it is important that they understand the difference between the two, and that although they may look similar, in fact they are quite different. They should also be learning how to explain

these differences to others and to ask questions to ensure that the foods they are being served do not contain allergens.

Another way to ensure that your child knows exactly what they should and should not be including in their diet is to involve them in the process of planning and preparing meals. Allowing children to assist in planning family meals and even help decide what items to purchase at the grocery store can help them to gain important skills when they are eventually out on their own. This can also be a fun way of involving your children. For example, you can make a recipe notebook and allow them to decorate it and put it together, or let them be part of the actual cooking by washing the vegetables and gathering ingredients.

The most important thing of course is to maintain a good attitude about the whole thing. This alone will help your children to understand that although they may have to have a different diet from the rest of their friends, that does not limit them from having fun at social events or even change their lives that much.

**Information provided by: Cureton, Pam and Sharrett, Mary K. "Kids and the Gluten-Free Diet." Practical Gastroenterology. February 2007; pp. 49-65.

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Website Changes and Updates

Our clinic websites provide lots of helpful information. The IBS Treatment Center (<http://www.IBSTreatmentCenter.com>) and Center for Food Allergies (<http://www.CenterForFoodAllergies.com>) websites are both very popular. You may be familiar with two of the specific website pages that we maintain to provide you with helpful resources. We have a page that includes references to selected published medical research (including some abstracts, and even full articles) that you can use if you want to deepen your understanding of the science behind what we do. We also maintain a list of restaurants that have good options for people with food allergies. If you haven't had a chance to see these pages, you may want to check them out.

To better serve the public, these pages have been donated to the Innate Health Foundation so that they can be used by the foundation to support the IBS and Food Allergy communities. You can now find the published research page and the restaurant page on the Innate Health Foundation website (<http://www.InnateHealthFoundation.org>).

For the restaurants go to: http://www.InnateHealthFoundation.org/5_d.htm

For the research go to: http://www.InnateHealthFoundation.org/5_c.htm

The old restaurant page on the Center for Food Allergies website now redirects you to the Innate Health Foundation page. If you have restaurants that you want to recommend, please check the webpage to see if we have them and if not, email your suggestions to contact@innatehealthfoundation.org.

If you have any questions, please contact us at info@ibstreatmentcenter.com. If you have questions about the Innate Health Foundation, please send email to contact@innatehealthfoundation.org.

September 2007 Events Calender

•"Fall for the Foundation" Innate Health Foundation Open House.

Friday, September 28, 2007
7:30 - 9:00pm

Held at the IBS Treatment
Center, 1229 Madison St. Suite
1220. Seattle, WA 98104

The Innate Health Foundation
Board of Directors would like
to extend a very special invita-
tion to you to join us for an IHF
"kick off" celebration.

Please mark your calendars and
join us at this evening social.

Initial RSVPs are welcome and
appreciated

The Innate Health Foundation is
a public charity designated non-
profit organization approved by
the IRS under 501(c)(3) provi-
sions. More information about
the Innate Health Foundation is
available at [www.innatehealth-
foundation.org](http://www.innatehealth-
foundation.org)

•GIG and IBS Support Group

Tuesday, October 2, 2007

Come to our support group and
get the latest on Gluten Intoler-
ance and IBS! Make friends
who know what you've been
through and share what you've
learned too!

Most meetings attended by Dr.
Stephen Wangen, founder of
the IBS Treatment Center and
author of *The Irritable Bowel
Syndrome Solution*.

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