

# February Newsletter

## *Hypoglycemia and Food Allergies*

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*Do you find that you need to eat every 2-3 hours?*

*Do you feel like your blood sugar drops to a point where you can't function anymore?*

*Do you get tired, shaky, or dizzy and find that if you eat something you feel better?*

*Do you get irritable when you get hungry?*

*Do your friends know when it's time to get some food into you?*

### **What is Hypoglycemia?**

People suffering from one or more of these problems have what is commonly referred to as hypoglycemia, or low blood sugar. Technically, hypoglycemia is not diagnosed until it is very severe, so you are unlikely to have your doctor diagnose you as having hypoglycemia. But in the general public this problem is commonly referred to as hypoglycemia. Unfortunately, many doctors will not explain the difference to you or acknowledge that you may have a form of hypoglycemia.

Some people assume that hypoglycemia is risk factor for developing diabetes. However, diabetes involves an elevation in blood sugar and is therefore the opposite of hypoglycemia. The only connection is that when people who

have diabetes are overmedicated they can develop low blood sugar, which can be very dangerous if blood sugar levels get too low.

### **How Do You Diagnose It?**

Extreme forms of hypoglycemia will show up on a general blood chemistry panel as a glucose level that is below normal. However, many people who experience hypoglycemia have glucose levels that are within the normal range. Therefore testing your blood glucose level is generally not helpful for diagnosing the most common forms of hypoglycemia described above.

The most reliable way for the average person to determine whether or not they are hypoglycemic is simply to realize that their symptoms go away when they eat. This is a sure sign that you are suffering from hypoglycemia.

### **Why do people have hypoglycemia?**

Unless you are starving yourself, experiencing extreme athletic activity, treating diabetes, or have a rare metabolic disorder, there must be some other reason for the frequent drops in your blood sugar. In the patients that we see and in my own personal experience, one of the primary causes of hypoglycemia is that people are not properly absorbing the nutrients from the food that they eat. Therefore even though they are eating a lot and eating frequently,

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These people get hungry within a couple of hours after eating, and they have to eat again, or ingest some candy to get their blood sugar back up. But it never lasts very long. These people have trouble gaining weight, though it's not a prerequisite for having hypoglycemia. And people often will say that their need to eat is a sign of a high metabolism. This is incorrect. It's a sign of malabsorption. And ironically, there need not be any obvious digestive problems when someone does not digest their food well.

### **What is causing the malabsorption?**

In my experience the primary cause of this problem is food allergies and intolerances. If you are eating something to which your immune system is responding (which is the case in most food intolerance and sensitivities), then that food isn't just providing some nutrition, it's also providing a reason to be attacked as if it were a foreign invader. That

interferes with the absorption of nutrients, and it also takes a lot of energy. Eating will keep you alive, but it won't keep you going like it should. The result being hypoglycemia.

### **How to solve the problem**

The goal is to improve your digestion and absorption of nutrients, whether or not you have problematic digestive problems. Sorting out your food allergens and intolerances with the proper blood tests is very important to resolving hypoglycemia. This requires specialized testing not run by most physicians. Then you must eliminate those foods from your diet in order to allow your digestive tract to heal. And finally, emphasize protein in your diet. It will help the healing process and support your energy and blood sugar levels much longer than carbohydrates can. Other factors can also be involved that can also be sorted out, but most people will find that their energy and endurance will noticeably improve and continue to get better with time.

## ANNOUNCEMENT

### *Gluten Free Cooking Expo and Vendor Fair, April 17 & 18, 2010 Wyndham Hotel in Lisle, Illinois*

Classes, lessons and seminars presented by some of the most recognized names in the gluten-free world! Come learn from professional chefs, nutritionists, and cookbook authors how making great food without gluten is easier than you think.

The Expo includes:

- Two full days of gluten-free cooking demonstrations
- Printed recipes so you can follow along, take notes, and ask questions about successful replacement ingredients for common allergens such as soy, sugar, egg, dairy, and corn
- Gourmet gluten-free lunch
- Over 50 vendor presenting gluten-free related products and services
- Gift bag of great gluten-free products, literature, and offers



For registration information, presentation topics, and presenters visit <http://gfreelife.com/>

The Gluten Free Cooking Expo is presented by Jen Cafferty and Gluten Free Life with Jen

# ANNOUNCEMENT

## *Open Letter to Celiac and Gluten Intolerant Community Leaders from the Executive Director of GIG of North America*

Dear Friends:

You are invited to partner with the Gluten Intolerance Group of NA in the “Chef to Plate” International Awareness Campaign. GIG is now gearing up for the 2010 Campaign.

This campaign is about spreading awareness of celiac disease and gluten intolerances in partnership with restaurants that provide GF menu offerings. This is not about the promotion of any specific restaurant program. By working together we can promote awareness of celiac disease and gluten intolerances with the greatest amount of resources - the gluten intolerant community.

This awareness campaign was a huge success last year. Through our partnership with several organizations, we were able to help spread understanding about gluten intolerances to the public while dining. Our lists of restaurants with gluten free menus were posted on several websites. We sent out over 5000 pieces of literature to 196 restaurants, including several chains, throughout the United States and Canada. We estimate that this simple yet effective campaign reached more than 1.6 million people during the Celiac Awareness Month! Participating restaurants loved this campaign last year and are eager to join again.

Help us make this year’s campaign an even bigger success by becoming a partner with GIG in this campaign. As a partner in this event, your organization will be included in the media campaign listings, and on GIG’s website for the duration of the event. This costs you nothing but your time in helping us reach as many people as possible through the restaurants with gluten-free menus that you already know and trust. By becoming a contributing sponsor, and sharing in the cost of the campaign, your logo will appear on the literature in the restaurants.

We hope you will join us in this united effort to spread awareness about gluten intolerances. For more information visit [www.gluten.net/](http://www.gluten.net/)

Sincerely,

Cynthia Kupper and Rebecca Powell, Chef to Plate Campaign Coordinators



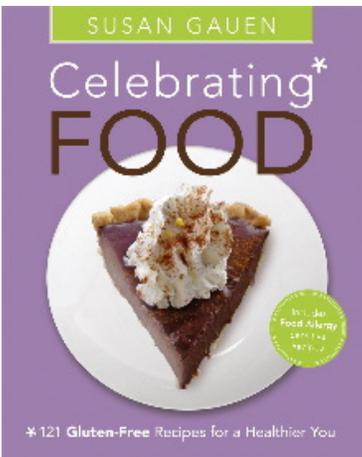
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# ANNOUNCEMENT

## Central Seattle GIG Support Group

**Next Meeting: Tuesday, March 2nd from 6:30 to 8 PM.**

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.



The March Meeting will feature Sue Gauen, author of *Celebrating Food: 121 Gluten-Free Recipes for a Healthier You*. Unique to Gauen’s cookbook is that it offers options to prepare the recipes free of dairy, eggs, corn, soy, nuts, food-dyes, and shell fish!

At the Support Group meeting Ms. Gauen will prepare two gluten-free recipes from her new cookbook. Soft gluten-free yeast bread, and one other baked good will be on the menu. She will also talk about how to make the baking mix recipes in her book, and answer questions about cooking allergy-friendly meals and baked goods. For information on her book, please visit her website at [www.celebratingfoodglutenfree.com](http://www.celebratingfoodglutenfree.com). Hard cover books will be available for purchase at the GIG meeting for \$19.99 each.

Meeting location: IBS Treatmnt Center, 1229 Madison St., Suite 1220, Seattle WA 98104

Phone: 206-264-1111

RSVPs are always appreciated

The Innate Health Foundation, which sponsors the Central Seattle GIG, announces that it is now hosting a “Google Group” for the support group. Even if you are unable to attend meetings, or have not yet attended a Seattle meeting, anyone is welcome to join the group online at <http://groups.google.com/group/IBSCSSG>.

The Google Group is an online home where individuals with food allergies/intolerances (including celiac disease) and/or IBS can get together (virtually) for education and support.

# ANNOUNCEMENT

## *Green Lake Nutrition Announces 2010 Cooking Class Series*

Bi-monthly cooking classes held at Green Lake Nutrition, 6329 - 20th Ave NE. The classes are designed to be fun, informative, and appropriate for both the novice and experienced healthy eating cook.



- Quick & easy meal and snack ideas
- How to make vegetables taste good
- Portable lunches
- How to use crock pots and pressure cookers
- Kitchen gadgets that save time
- One-bowl meals
- Healthy substitutions
- Delicious & healthy desserts
- Surviving food sensitivities
- How to enliven your taste buds
- ...and much more

These hands-on classes will be taught by local whole foods chef Emily Vogt, Ying Yu, and student interns. Food samples and recipes will be provided, and menus will be announced in advance. Whenever possible, ingredients will be fresh, organic and local, as well as gluten-free and dairy-free.

### DATES FOR FUTURE CLASSES:

Thursday, March 11, 6:30 pm	Delicious and Nutritious Eating
Wednesday, March 24, 6:30 pm	International Salad Class
Wednesday, April 14, 6:30 pm	Spring Cleanse Menu
Thursday, April 28, 6:30 pm	Healthy Desserts

Visit the Green Lake Nutrition website for complete menus and to register for any of these classes:

<http://www.greenlakenutrition.com/cookingclasses.html>

## *Dr. Wangen's Scheduled Presentations*

### **North Bend, WA**

Saturday, February 27th, 2010 at 10:30 AM

Dr. Wangen will be speaking at the King County Public Libraries in North Bend, WA.

### **Atlanta, GA**

Saturday, March 6th, 2010 at 10 AM

The Atlanta Metro Celiac support group will host Dr. Wangen at their membership meeting to be held in the main auditorium at Children's Healthcare of Atlanta at Scottish Rite, 1001 Johnson Ferry Road NE, Atlanta.

## **OREGON TOUR MARCH 2010**

### **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)

### **Salem, OR**

Friday, March 12, 2010 at 6:30 PM \$15. per person includes dinner, RSVP to Kristen 503.581.3884

The Mid Willamette and Salem GIGs are hosting a dinner and presentation by Dr. Wangen at the Marco Polo Global Restaurant, 300 Liberty St. SE Salem, OR 97301.

### **Portland, OR**

Saturday, March 13th, 2010

10:00 AM Dr. Wangen will address the Portland Metro GIG. Meeting held at Emanuel Hospital, Room 1075

5:00 PM Dr. Wangen will speak to interested visitors at New Cascadia Traditional, a dedicated gluten free bakery located at 1700 SE 6th Ave (at SE Market St.)

### **Edmonds, WA**

Tuesday, April 13th, 2010 at 12:30 PM

Edmonds Community College Staff Wellness Program. Dr. Wangen will address gluten intolerance as part of the "Lunch and Learn" class program. Location to be determined. For more info. contact Kendra Wanzenried.

## **EAST COAST TOUR SPRING 2010**

### **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.

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

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

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.

### **Federal Way, WA**

Thursday, April 29, 2010 at 7 PM

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