

# IBS TREATMENT CENTER

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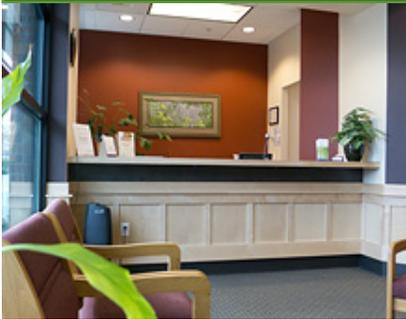
NEWSLETTER

FEBRUARY 2013

## OPEN HOUSE

IBS Treatment Center  
Open House  
Friday, March 1  
5PM -7PM

Please come see our  
clinic space,  
meet our newest  
physician, and  
hear about plans for  
expansion.



See page 2 for more  
information.  
RSVP requested

## Do You Get Tired After You Eat?

Over the years many people have told us that after a meal they feel like they could easily lie down and take a nap. This is not normal behavior, but it is fairly common. And we can totally relate because it's happened to many of us at the IBS Treatment Center as well.

This can happen to anyone of any age, including kids as well as adults. What we have discovered is that often there is a link between the what you eat and whether or not you feel tired after you eat. But you may be surprised to learn that it's not about the size of the meal or the tryptophan content of the meal, as suggested around Thanksgiving time.

What makes people tired after they eat? It's the same thing that makes you tired when you have the flu or are fighting an infection. It's at these times that your immune system is going after the bad guys. This process requires a significant amount of energy and resources. And thus you get tired and need lots of sleep in order to recover from the ordeal.

The exact same thing can happen with food. When you have an allergy to a food, then you produce antibodies against that food. Those antibodies are produced by your immune system, and they are the same types of antibodies that your immune system produces when you are fighting a cold or a flu bug. The difference is that with a food allergy you are fighting the food.

This is definitely true for gluten intolerance, which involves a major immune reaction. In such cases the food is acting as far more than nutrition. Your body is seeing it as a foreign invader, as something that your immune system must address.

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

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**[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)**

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This is not normal or healthy behavior when it comes to food. We do not normally produce antibodies of any kind against food. Food should just be food. When we eat things that our body can thrive on, then we don't have any continuous immune system interaction with our food.

However, in the case of food allergies, as your body tries to fight off and deal with the offending food, you get worn out. Therefore a nap after you eat sounds like a really good thing.

Food allergies can also increase your need for sleep at night. It's not unusual for people with food allergies to need more sleep than other people, often sleeping much longer on weekends than everyone else. Often they still feel very sluggish even after a long sleep. And ironically they also often have trouble getting a good nights rest.

If this happens to you, or if your kids seem fatigued or stuck in a malaise, then there must be a reason. Often that reason is an allergy to one or more common foods, such as dairy, egg, or gluten. However, each person is different, and literally any food can be an allergen and has the potential to have this affect on someone.

Proper testing for food allergies can help you to assess this problem and will get you on the road to having much more energy and getting a lot more out of your day. Please visit the IBS Treatment Center website for more information about food allergy testing and how it can help you.

## OPEN HOUSE

Friday, March 1, 5PM-7PM



The IBS Treatment Center & Center for Food Allergies will host an open house at our Northgate office on Friday evening, March 1, 2013.

Dr. Stephen Wangen and Thomas Mercer, as well as other clinic staff members, will be on hand to visit with guests. Please come and meet our newest physician, Dr. Kelly Baker, ND and hear about future plans for the clinic.

We look forward to seeing our friends, colleagues, patients, and neighbors at this informal social event. There will be food and drinks for all and Dr. Wangen will give a brief welcome at 6:15PM.

RSVPs are very much appreciated so we can plan accordingly. RSVP to [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com)

The IBS Treatment Center  
11301 Pinhurst Way NE, Suite 100  
Northgate area of Seattle, WA



## Welcome Dr. Kelly Baker ND LAc



The IBS Treatment Center is pleased to introduce our newest physician, Dr. Kelly Baker.

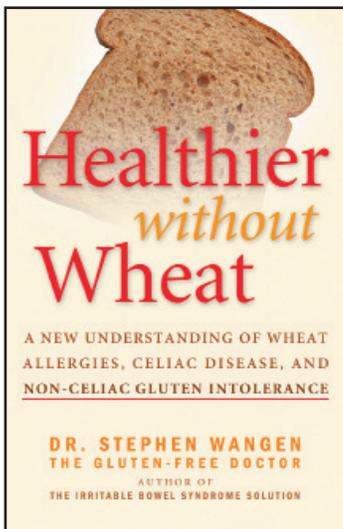
Dr. Baker has both a personal and professional interest in food allergies, autoimmune conditions, and digestive problems. She was diagnosed with celiac disease in 2009 and has been living gluten free ever since. This experience has given her a keen understanding of the power of food allergies and the body's potential for healing.

Dr. Baker is a board-licensed physician with a doctorate degree in Naturopathic Medicine from Bastyr University. She graduated with honors from Michigan State University with dual bachelor degrees in Human Physiology and Linguistics. While studying at Bastyr, she also earned her Masters of Science in Acupuncture.

In addition to adults and adolescents, Dr. Baker has a special interest in serving children. She has completed advanced training in pediatrics and has a wealth of experience in working with kids of all ages. She is also an accomplished speaker and enjoys educating her patients on their health conditions and helping them fully understand the best path to optimum health.

Dr. Baker has already proven to be a great asset to the IBS Treatment Center and looks forward to the opportunity to help many more patients. To contact her directly, or to schedule an appointment with her, please call the IBS Treatment Center at (206) 264-1111.

## BOOKS



### Books by Dr. Stephen Wangen

Available by calling  
(206) 264-1111 or (888) 546-6283  
or at  
[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)



Both books are also available in e-book versions anywhere ebooks are sold or at  
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