

# IBS TREATMENT CENTER

Get out of the bathroom and get back to your life!

MEMBER OF **INNATE**  
HEALTH GROUP



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How Much Money Are You Flushing Down the Toilet?

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## How Much Money Are You Flushing Down the Toilet?

Mary has a problem. She is losing money. It's a bit hard to see at first, but Mary is literally flushing money down the toilet.

Mary has digestive problems and she's been dealing with IBS for years now. She finds it frustrating and disruptive, and it makes her feel like she can't travel far or make plans to attend special events. It's hard to predict when she'll have an "episode" and the last place she wants to be when it happens is on a plane or bus or at a fancy restaurant!

Mary dreams of going on a big road trip someday. But the long, winding roads she's seen in photographs seem to go on forever without a facility to stop at in case of an emergency. It just doesn't seem reasonable to her to take those chances when her IBS is so unpredictable. So instead, Mary sticks to familiar places close to home.

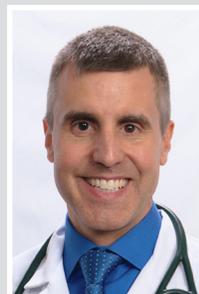
She has learned to manage her IBS symptoms and gets along okay most days. Her doctor prescribes medications and Mary regularly tries different kinds of supplements to hopefully find the one that will magically fix everything. She's had moderate success with a few products, but eventually they stop working and she has to try something else.

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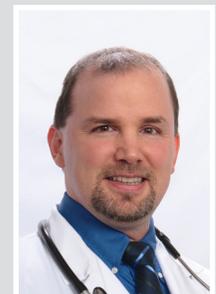
Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland



## How Much Money Are You Flushing Down the Toilet?, continued

It has become all too routine for Mary to the point that she takes it for granted—she knows that’s just the way it is for her. It’s annoying, but what else can she do?

Then last year Mary made an exciting decision. She resolved to solve her IBS and to save money so that when she finally felt confident enough to travel, she could go on that road trip she’s been thinking about for so long.

She began tracking her expenses for the past year and it hit her like a brick—IBS was costing Mary a fortune! She knew the medications she was taking weren’t cheap, and the medicine cabinet full of useless supplements was a waste, but she had never added it all up before to realize just how much her IBS was affecting her bank account!

Let’s start with supplements. Mary buys hers at the health food store from the friendly and informative staff member. Mary trusts the advice she receives and based on that, she has tried enzymes, probiotics, herbs, botanical medicines, vitamins, minerals, Chinese herbs, and even fiber.

Mary has found a few supplements that sort of help suppress her IBS attacks and she is completely reliant on those just to try to get by from day to day. But she keeps trying other supplements in varying doses and combinations in hopes of stumbling onto a long-term solution.

Mary easily spends \$50 per month on supplements. In one year, that amounts to \$600! Over five years, that’s at least \$3000 for supplements alone! Mary can think of dozens of more enjoyable ways to spend that money.

Then there are the medications. There is no drug that cures IBS, but there are all kinds of medications that aim to suppress its symptoms—and they don’t come cheap. Mary is one of the fortunate whose health insurance covers some of these prescriptions, although she still has to pay a portion as the co-pay.

For others who don’t have insurance or prescription coverage, the costs are much higher. Either way, the cost of medications can easily be hundreds of dollars per year, if not thousands.

We also have to consider the cost of side-effects. Sometimes when Mary tries a new supplement or drug it alleviates one problem but seems to create another. That means another trip to the doctor or health food store, and another bottle in the medicine cabinet.

What else? Well, there are the fees for seeing her doctor and the transportation costs of getting back and forth to the clinic and hospital. Missed work days, missed appointments, missed job opportunities, canceled trips and reservations... Mary’s expense tracking revealed to her that the costs associated with her IBS were tremendous. And IBS is not only affecting her pocketbook—it affects her sleep, personal relationships, travel, diet, and sex drive. Imagine paying so much to have so little fun!

And worst of all, of course, is that her IBS hasn’t gone away in spite of all of the money that she’s thrown at it. And she doesn’t *want* to take supplements and medications. *Mary wants a cure.*

Mary learned that in the USA alone, the costs associated with IBS are at least \$20 billion each year! Apparently she is not alone in her suffering. Medical costs continue to rise, so we know that dealing with IBS isn’t going to get any cheaper. But there is good news. There is one person who can something about the cost of IBS. Fortunately, that person is YOU.

**Your IBS can be cured!** Why would you continue to live with it when you can live without it? No more declining invitations because you aren’t sure how you’ll feel. No more putting off your travel dreams until you feel better. No more wasting your hard-earned cash on things that don’t solve the problem! You can improve your life and save money at the same time. What could be better than that?



## How Much Money Are You Flushing Down the Toilet?, continued

Mary decided that she wasn't going to spend any more money on treating symptoms. Instead, Mary visited the IBS Treatment Center and for the first time met a doctor who is an expert in IBS. Together they discovered the specific cause of Mary's problem and gave her a solution that allows her to finally live her life free of IBS.

Can you guess what Mary did with all the money she saved? You got it! She booked that road trip through Utah to the Grand Canyon with a quick stop in Vegas to see if she could win back some of the money she's lost on supplements and medications over the years. (She won \$100!) She's feeling great, she's having fun, and each year she has an extra \$1500 to spend on a vacation.

### What will you do with the money you save?

*Disclaimer: The character in this story represents a combination of true stories taken from several patients. Our clients generally experience significant improvement in their digestive health, but individual results may vary*

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## Meet Our Founder, Dr. Stephen Wangen

February 3rd, Support Group Meeting at 7pm @ Office

<http://www.meetup.com/NE-Seattle-Gluten-Free-Food-Allergy-and-IBS-Support-Group>

February 7th, Dr. Stephen Wangen @ San Diego

(Gluten Free and Allergy Free Expo)

<http://gfafexpo.com/locations/san-diego-ca-2015/>



March 3rd, Support Group Meeting at 7pm @ Office

<http://www.meetup.com/NE-Seattle-Gluten-Free-Food-Allergy-and-IBS-Support-Group>

Read about the IBS Treatment Center in San Francisco's M Magazine.

M Magazine, January 2015, Volume X, Page 36.

