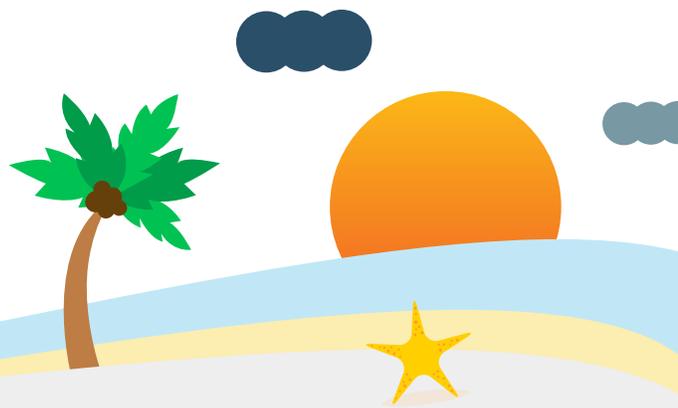


Get out of the bathroom and get back to your life!



- February 2016 -

IN THIS ISSUE

Getting older doesn't have to be so bad

Suggestions From Becky, Our Nutritionist

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Getting Older Doesn't Have To Be So Bad

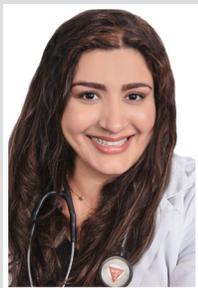
"I can't tell you the last time I have been able to do this! It is so great to be here."

Hearing these words from a former patient is truly the greatest reward of the work we do here at the IBS Treatment Center. And because you are reading this, we understand you have probably been missing out on some of your favorite past times, too.

Those words were spoken by Bill, a patient who offered to provide a testimonial about his experience with us. I happened to catch Bill on the phone the day he returned from his hiatus and joined his group of friends at his favorite diner for Friday morning breakfast. Bill and his buddies are retired and this Friday ritual is the highlight of his week. They have been meeting at the same table at the same time for over 10 years now. Sadly, they've lost a few members along the way. Bill knows how precious each week's gathering is.

It's been two and a half months since Bill was cured of IBS. He came to us with common ailments; Bill had "senior citizen symptoms" like diabetes, high blood pressure, and he took medication to help control his cholesterol levels. He also had problems with digestion and those Friday morning eggs, sausage, and home fries took a toll on him. Bloating, nausea, gas, heartburn—when Bill returned home on Fridays he took a bee-line to the couch and often didn't feel better until Saturday afternoons. Those breakfasts, although the highlight of his week, were the ruin of his weekend.

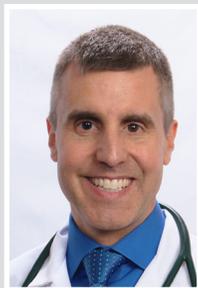
Before Bill came to the clinic, there were a few Fridays when he spent more time in the bathroom at the diner than at the table. The last breakfast he attended before coming to our clinic, Bill only sipped on a coffee and declined to order food. Bill felt like a bump on a log; he was missing out.



Dr. Sanaz Forghani



Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland

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Getting Older Doesn't Have To Be So Bad *cont.*

He didn't think anyone paid much notice. After all, the other guys are getting older too and they understand these types of challenges. One of Bill's friends, Tom, seemed to know better than the rest how Bill was feeling. As they made their way to the parking lot that day, Tom discreetly walked Bill to his car. He asked Bill how he was feeling and said he wondered if his bouts in the bathroom had any connection to Bill not ordering food this week. Bill confessed he had been having more "emergencies" lately but thought the rich foods were to blame. Tom suggested it could be IBS, which he knew of because his wife was diagnosed with IBS a few months earlier.

When Bill got home he did a quick search online and came across our website. He read the list of symptoms and recognized he regularly experienced quite a few of them. After talking about it with his wife, he contacted us to make an appointment.

Within a few weeks we discovered Bill's trigger foods. Our dietitian designed a meal plan that helps Bill make better food choices that agree with this gut (and don't cause gas—a major concern for his wife). With our help, Bill is IBS-free. Now on Fridays he skips the grease-laden options and finds something on the menu that works for him.

Can you guess what else changed? Bill no longer has high blood pressure, his cholesterol levels have dropped so much that he doesn't need his pills anymore, and his diabetes is fully under control through diet alone. This is life changing for Bill.

Do you want to improve your life and feel 100% again? It starts with one phone call. We would love to hear from you and help you get back to doing the things you love. As for Bill, he couldn't be happier spending his Friday mornings with his best friends. (And his wife is very pleased we got that gassy problem under control!)

Suggestions From Becky, Our Nutritionist

At the IBS Treatment Center, many patients find something as simple as a quick, on the go snack idea to be elusive and flavor often takes a back seat in the effort to follow their treatment plan and heal. As a nutritionist, it is my mission to help my patients stay true to their treatment plan and still find joy with eating. Not everyone has time to prepare foods and convenience is a necessity. More companies have noticed this need and are making an effort to fill the gap. One of these companies is The Chia Co with a product called Chia Pod. Made with chia seeds that are a complete protein, contain omega 3 fatty acids and a great source of fiber. The texture is similar to that of tapioca and there are a variety of flavors to choose from. Sweeteners range from natural fruit, coconut sugar, cane sugar and unsweetened. Made with coconut milk, these snack size containers have a great balance of fat/protein/carbs to balance blood sugar and get you through to the next meal. Check out the website and see which flavor might work for you!



<https://thechiaco.com/products/chia-pod>

Note: This is simply meant to be helpful information. The Chia Co did not sponsor this message.



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