

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
**HEALTH** GROUP<sup>®</sup>

JANUARY 2014

### IN THIS ISSUE

- 1-2... Weight Loss Article
- 3... Support Group
- 3... Kinnikinnick Warning
- 4... Patient Success Story
- 5... National Oatmeal Month
- 5... IBS Research Study

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

#### SEATTLE CLINIC

11300 Roosevelt Way NE,  
Suite 100  
Seattle, WA 98125  
Phone: (206) 264-1111

#### SANTA MONICA CLINIC

1260 - 15th Street,  
Suite 1101  
Santa Monica, CA 90404  
Phone: (310) 319-1500

CONTACT US AT  
[info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

VISIT US ONLINE  
[IBSTreatmentCenter.com](http://IBSTreatmentCenter.com)

## Weight Loss in the New Year When You Have the Will, But Not the Way

Have you ever tried to lose weight but couldn't do it? Does it seem like no matter what you eat or how little you eat, you still can't lose weight?

Ironically, the inability to lose weight and the inability to gain weight [a topic which will be addressed in next month's newsletter] can be two sides of the same coin. Food allergies and sensitivities can lead to a variety of symptoms. Sometimes they cause inflammation, swelling, and bloating; other times they result in the inability to assimilate nutrients properly. Occasionally they even do both at the same time. These are the underlying issues that contribute to both weight gain and weight loss.

In order to understand this phenomenon better, let's look at a pair of examples:

### Example One -- When working out isn't working

We have seen many patients who were busy busting their buns working out, trying to maintain a healthy diet, and burning more calories than they were consuming, yet could not lose weight. Many of these people even hired a trainer to help them create the most effective workouts possible. Their frustration has been palpable.

How is it possible, after several months of working with a trainer, that they still could not lose weight? It sounds strange, and in some ways it is. But there is a reason behind this lack of progress. Were they cheating on the side? Maybe. But often there is another factor that holds people back.

## Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

What is one of the first things that most trainers tell you to do with your diet? Eat more protein. And how do you do that? Start using protein shakes. And what do most protein shakes contain? Dairy and/or egg proteins. (Note: Whey protein is dairy.)

This is the last thing that many people should do if they want to improve their health. Although protein is very important, and we often advocate increasing protein in the diet, that approach can backfire without some careful thought. In our experience, dairy and egg are two of the most allergenic foods on the planet. And if you happen to be one of the millions of people who react to dairy or egg, then you have just served yourself a big helping of inflammation. And inflammation can mean more water retention and thus more weight.

### **Example Two -- Weight Watchers, Jenny Craig, Nutrisystem, etc.**

Maybe working out isn't really your thing. Or maybe you want a company that will count calories for you and feed you pre-made meals. If that is what you want, then there are many options available. Thousands of people use companies like Weight Watchers, Jenny Craig, and the like to try to lose weight. These companies are not necessarily bad, but there are pitfalls.

Like the scenario above where people can be thwarted by ingesting protein powders that don't benefit them, using pre-made foods from a national weight loss program can create a similar problem. Their food products are based on calories and flavor. They very rarely take into account common food allergies and intolerances.

If you unknowingly suffer from a food allergy or intolerance, there is a very good chance that products designed specifically for weight loss will contain one or more of the ingredients that you need to avoid. These products are not hypoallergenic. So even though you are trying to take care of yourself and eat a healthy diet, you can still end up feeling lousy and having difficulty with your weight.

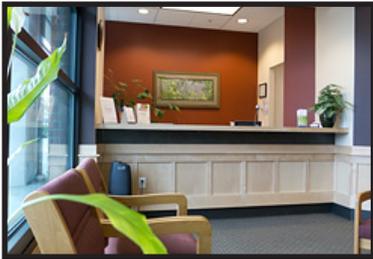
When it comes to food allergies and intolerances, everyone is different. Most solutions for losing weight or gaining weight are generic recommendations that are not based on your individual needs. Just because Jared was able to lose weight eating Subway sandwiches does not mean that you will too. We enjoy Subway once in a while, but that doesn't mean that we blindly recommend it to all of our patients.

When working with patients who are having trouble with their weight, we always evaluate them for, amongst other things, food allergies and intolerances. If we then identify a food allergy as the source of their inability to lose weight, they are often amazed at their weight loss results simply by removing the offending allergens from their diet. Many times patients have described losing weight without even trying.

If you are struggling with a weight issue and your body isn't responding to the usual solutions, don't give up. Keep investigating. Be honest with yourself about your diet and your exercise level. Then consider the possibility that you may have a food allergy or intolerance that is getting in the way of you realizing your goals. If you would like to schedule an appointment for possible food allergies, contact us at [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com) or (206) 264-1111.

**Welcome 2014 with a new you!**

The IBS Treatment Center is happy to announce the return of the monthly support group for adults. Held on the first Tuesday of the month from 7PM to 8PM at the IBS Treatment Center, meetings are facilitated by the IBS Treatment Center but may feature a guest speaker or presenter. The support group welcomes anyone with IBS; chronic food allergies or intolerances; celiac disease, or any other food/digestive related disorder. We hope to see more of our Facebook and newsletter friends that reside in Seattle at the next scheduled meeting.



## SUPPORT GROUP MEETING

Tuesday, February 4, 7PM

IBS Treatment Center, 11300 Roosevelt Way NE, Seattle, WA 98125

Entrance on Pinehurst Way - Free parking in the garage

RSVP is requested: [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com) or 206-264-1111

*Come learn about celiac disease, gluten intolerance, other food allergies and intolerances and IBS. Share your health and food related tips with others in a supportive, caring environment.*

The IBS Treatment Center offers monthly support group meetings in conjunction with both the **Gluten Intolerance Group of Northeast Seattle** and the **Food Allergy and Intolerance Foundation**.

## PRODUCT WARNING

### Notice to Those With Dairy Allergy or Sensitivity

Five Kinnikinnick products have been released which have undeclared dairy in them. If dairy is an allergen for you and you purchase Kinnikinnick products, please check the specific product information in the link below which includes lot numbers. If dairy is NOT a problem for you, then you may continue to consume the products without concern.



Kinnikinnick Original Homestyle Waffles  
Kinnikinnick Cinnamon & Brown Sugar Waffles  
Kinnikinnick Bread & Bun Mix  
Kinnikinnick Panko Style Bread Crumbs  
Kinnikinnick Pancake & Waffle Mix

HERE IS THE LINK TO KINNIKINNICK:

[http://consumer.kinnikinnick.com/dsp/allergyalert\\_01102014.cfm](http://consumer.kinnikinnick.com/dsp/allergyalert_01102014.cfm)

HERE IS THE LINK TO THE FDA RECALL REPORT:

<http://www.fda.gov/Safety/Recalls/ucm381384.htm#.UtS8LEowm2s.email>



## Age is No Excuse for Poor Digestion

Everyone, regardless of age, can have good digestive health. Seniors deserve the same relief from digestive trauma as anyone else. We would like to share with you a recent example of just such a case:

Elsa (not her real name), a 74-year-old woman, recently came to our office for an initial consult. She had been suffering from abdominal pain, diarrhea, and fecal leakage for over two years. Her symptoms had been worsening over the past few months, and she was at her wit's end.

She and her family both assumed that the fecal incontinence was likely due to her advancing age, but Elsa wasn't ready to give up and was hoping that we could help with the diarrhea. (Elsa is our favorite kind of patient—someone who will not accept that there is no hope.)

We ordered highly specialized testing that Elsa had not been previously offered, even though she had seen many doctors and endured many tests. Her lab results revealed significant reactions to dairy, egg, several varieties of nuts, and citrus fruits. An additional DNA analysis helped us rule out other harmful causes of her symptoms. This analysis also indicated to us that Elsa had very low levels of good bacteria in her intestines.

Elsa carefully removed the foods to which she was reacting from her diet and started on a daily dose of some unique probiotics. She was excited to have a positive direction for improving her digestion troubles.

At her follow up visit four weeks later, Elsa was ecstatic. She informed us that she had significantly less abdominal pain and far less diarrhea. However, she was especially thrilled that her leakage problem had been completely resolved over the past month. She was still carrying her “emergency bag,” just in case she needed extra clothes, but she could now confidently run errands and visit her friends in public without feeling hindered by her digestion.

Over the following several months she faithfully followed her diet and took her probiotics, and her symptoms continued to improve until she described herself as 100% better!

Elsa is wonderful example of what can happen when you take charge of your health. Don't assume that just because you are older that your health will inevitably deteriorate. (You'd be surprised how this kind of thinking can take over your thought processes—we've even heard it from 30-year-old patients.) Great digestive health can be expected at any age. Elsa is living proof.

**Do you want to see YOUR success story here?  
Call now to make an appointment and get started  
on your own treatment plan**

**IBSTreatmentCenter.com**  
**info@IBSTreatmentCenter.com**

## National Oatmeal Month

Did you know that January is National Oatmeal Month? Indeed, oatmeal is consumed in January at a rate unmatched in any other month of the year. According to Quaker Oats Company, Americans bought enough oatmeal in January last year to make 470 million bowls.

There are many reasons to celebrate oatmeal, not the least among them, its long-appreciated health benefits. Oats boast both high protein and complex carbohydrates. Their water-soluble fiber actually improves the level of LDL (“good”) cholesterol and assists in a slow digestion rate, helping to maintain stable blood-glucose levels. In fact, oats contain more soluble fiber than any other grain, meaning you will feel fuller longer. This healthy cereal grain can even claim that it may help reduce the risk of heart disease.



This image was released by the National Cancer Institute, an agency part of the National Institutes of Health, with the ID 2647

Years ago, oats were regularly on the “must avoid” list for those with celiac and gluten intolerance. But now it is well understood that oats do NOT contain gluten and it is only because they are often contaminated in processing and/or packaging with other gluten-containing grains that they are included in the gluten category.

Current medical opinions are fairly united on the fact that uncontaminated oats are safe for most celiacs, once their disease is well-controlled with a fully gluten-free diet. Still, as with any food, some people will react to oats due to allergies or a sensitivity to food proteins (avenins in oats), so it is best to discuss with your own health practitioner how and when to introduce oats into your gluten-free diet.



Once you have decided to introduce oats to your gluten-free diet, consider them on a “use caution” list. As said, we now know that oats themselves do not contain gluten, but due to cross-contamination with gluten-containing grains, it is imperative that you buy only Certified Gluten-Free Oats if following a gluten-free diet. Oats that are not so certified, almost certainly have been contaminated in growing, milling, processing and packaging, and therefore, contain gluten.

Many thanks to Jules Gluten Free for this story on oatmeal.

For delicious recipes:

Oatmeal Cake, Oatmeal Cookies, Oatmeal Soap, and more, visit [www.julesglutenfree.com/](http://www.julesglutenfree.com/) (But please don't eat the soap.)

## IBS RESEARCH STUDY

### Volunteers Needed for Research Study on IBS

The IBS Treatment Center is conducting a research study on the experience of IBS patients from the onset of symptoms, through diagnosis and treatment, and beyond. Participants will complete a brief survey form upon admission to the study and at approximately 3-month intervals for the following year. This study is designed to enhance understanding of the experience of IBS patients in terms of their symptoms, medical care, and how both evolve over time. To qualify, volunteer participants must be at least 18 years old, live in the United States, and have been diagnosed with IBS by a licensed healthcare provider. Deadline is January 25, 2014.

Please email [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com) for study information