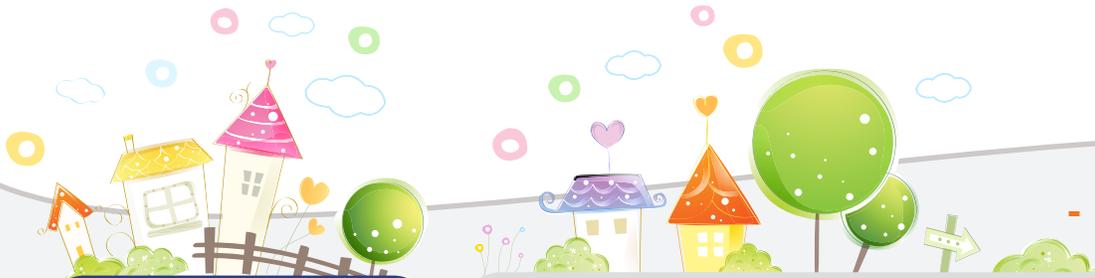


# IBS TREATMENT CENTER

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

MEMBER OF **INNATE**  
HEALTH GROUP



- JANUARY 2014 -

## IN THIS ISSUE

Mommy, I Have a  
Tummy Ache

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## Mommy, I have a Tummy Ache:

It's not uncommon for Jennifer to hear, "Mommy, I have a tummy ache." Her daughter, Lauren, complains about stomach pain quite often. But Lauren isn't the only one who feels ill more often than she should. Jennifer gets stomach aches too. And now that she thinks about it, so does her husband (although he doesn't talk about it much). These pains are so common in her household that Jennifer barely remembers the last time they all felt well.

The doctors haven't been much help. Jennifer took her daughter, of course, and even convinced her husband to see the doctor about his indigestion. She has asked about her pains too. And guess what? Not one good answer. No one seems to know why they have stomach aches so often. The pain comes on without warning and Jennifer can't figure out what triggers it. Sometimes it's really intense. It gets so bad that she worries about her health and her family a lot. She knows something isn't right, but what can she do?

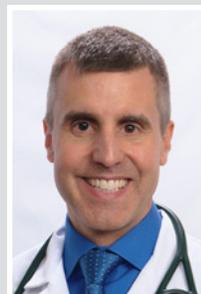
The pediatrician suggested Lauren would grow out of it. And Jennifer's doctor gave her some meds and suggested she take Tums and an acid blocker like Prevacid. None of those remedies have helped much and they certainly haven't cured her problem.

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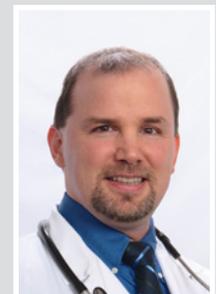
Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Heath McAllister



Dr. Ken Pentland

## Mommy, I have a Tummy Ache, continued



Jennifer wonders if her doctor thinks she's exaggerating or worrying too much about it. She just doesn't feel her family is getting the help they need.

That pretty much leaves Jennifer to solve this problem on her own. She asks the pharmacist for advice and has tried all kinds of supplements. So far, nothing has made much of a difference.

Tummy aches don't generally attract a lot of attention, but when you stop and think about it, they can significantly impact your life. Little Lauren can't sleep when her tummy hurts. She spends the day feeling tired and grumpy. Then she skips her dance class and doesn't want to play with her friends. Not surprisingly, Lauren doesn't pay attention very well in class when she's tired and she is starting to fall behind at school. She's already missed 8 days this year because of her tummy aches and Jennifer frequently gets calls from the school to pick her up early. How long can this go on?

It's all a stress on Jennifer, as it would be for any mom. She worries about Lauren. She wants her to have a normal life. The more Lauren misses, the more Jennifer worries.

Plus, her husband doesn't pay enough attention to his health so it's up to Jennifer to think about it for him. He keeps making the same bad food choices and his iron stomach isn't what it used to be. Some days it's like he gets lost in the bathroom. He can be in there for ages.

To top it all off, Jennifer has her own abdominal discomfort to contend with. Some days she is so focused on it that she can barely get anything done. There are times when she doubles over from the pain and all she can do is hold her stomach. She's mothering from the fetal position and it's not working.

Her doctor did some tests and the results he gave Jennifer were, "Everything is fine. It's just anxiety." Jennifer wants to believe the doctor is right. Her mom had some similar problems so maybe it runs in the family. At least it's an answer, and that's what Jennifer wants, isn't it?

It sure does seem like she could have anxiety. Being sick is enough to give anyone anxiety, especially when the pain is unpredictable and can come on at a moment's notice. What can Jennifer do but continue to go on living this way?

As a mom, she knows better. She knows things aren't fine. If everything was fine, little Lauren wouldn't be up all night with a tummy ache, her husband wouldn't be leaving nuclear bombs after a half hour in the bathroom, and Jennifer wouldn't be fixated on all of this.

She wonders, "Why doesn't everyone seem to have this problem?" She's beginning to question her doctor's logic. "Is my anxiety causing my stomach pains, or are the pains causing my anxiety?"

She feels alone and helpless and doesn't know where else to turn.

The truth is that Jennifer is not alone at all. Millions of people have similar problems and get the same response from their doctors—"You're fine." It makes people believe their problems are unique when doctors don't know how to help. We expect doctors to have all the answers, and when they don't, we think maybe there is no answer.

But there must be a cause for all of these tummy aches. Why do some people get them and not others? How can Jennifer sort all this out on her own if the doctors don't even know?

## Mommy, I have a Tummy Ache, continued



What Jennifer didn't know is that the doctors she saw aren't trained to deal with this problem. They are great at treating blood pressure and diabetes, finding cancer, and lots of other big problems. But they don't have much to offer when it comes to understanding all of these tummy aches.

A general practitioner can refer patients to gastroenterologists, but they don't actually treat tummy aches either. Jennifer and her husband both saw a specialist and he performed a colonoscopy and an upper endoscopy. They learned he can find ulcers, diagnose gallstones, remove polyps, treat appendicitis, and deal with colon cancer. Fortunately, they didn't have any of those problems.

Unfortunately, the gastroenterologist didn't have any solutions for them, either.

Doctors kept telling her there was nothing else that could be done. Still, Jennifer didn't give up. She refused to settle for less than a complete answer to why her family has frequent and severe stomach problems. It took some time, but Jennifer eventually realized what her inner voice had been telling her for a long while—she hadn't found the right kind of doctor yet.

Jennifer wanted a doctor who would really listen to her and acknowledge that there indeed was a problem, and better yet, a treatable cause. She wanted a doctor who would tell her something more than everything is alright and she just has to live with it. Jennifer and the rest of her family needed a doctor who specializes in solving tummy aches, not in diagnosing a bunch of other problems.

And thank goodness she didn't give up because now Jennifer could not be happier. She finally found that doctor. No more tummy aches, no more abdominal pain, no more worrying about Lauren falling behind. Jennifer is living her life on her own terms and is 100% there for her family as well. She has so much more energy than she used to and feels well enough to work out three times per week. And guess what? Jennifer's weight has dropped without doing anything else special.

It's like she has a whole new life.

Even her husband is a believer. He is feeling much better than he used to and it's impossible for him not to notice the change in Lauren. She hasn't missed a single day of school in several months. She is always excited to go to dance class and she spends all of her free time running around with her friends. She has her life back, too.

So what did Jennifer do? She went to a doctor who specializes in IBS. It's a new specialty in medicine that fills a gap in the medical system for people who suffer from tummy aches, bloating, constipation, and diarrhea. It's where people who previously lost hope go for answers to their troublesome problems.

There is hope for anyone with a tummy ache. Don't wait around just wishing your pain will eventually go away on its own. You don't have to live with tummy aches! Get the right kind of help from the right kind of doctor. It will change your life and you'll wonder how you ever managed to put up with your stomach pains for so long. Join Jennifer and her family and ask an IBS specialist to help you get your life back today. You deserve to feel better.

*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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## Activities

January 13th, Support Group Meeting at 7pm @ Office

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

January 17th and 18th, Dr. Stephen Wangen @ Vancouver Canada

(The Gluten Free Expo)

<http://www.glutenfreeexpo.ca/bc/vancouver/>

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/>



Happy New Year  
from the IBS  
Treatment Center!

Are You **Still Suffering**  
from **Digestive Problems?**

Don't let another year go by  
without finding the solution.

We're here to help you.

**Make this your best year yet!**