

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

- January 2016 -

## IN THIS ISSUE

I Am NOT Pregnant.  
I'm Only Bloated!

### SEATTLE CLINIC

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

### LOS ANGELES CLINIC

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

### CONTACT US AT

info@IBSTreatmentCenter.com

### VISIT US ONLINE

IBSTreatmentCenter.com

## MEET OUR PHYSICIANS

## I Am NOT Pregnant. I'm Only Bloated!

The beginning of each new year is filled with so much hope and promise. Often, we hope for this year to be better than the last and we promise ourselves we will make healthier choices in our daily lives. Here is another promise I hope you will make: Never ever ask a woman when her baby is due unless you are 100% certain she is pregnant.

Have you ever experienced the embarrassment of asking a woman when her baby is due, and then discovering she isn't even pregnant? It's an awkward situation, to be sure. But it's even more uncomfortable for the woman you asked. First, because no woman wants to look pregnant when she's not. And second, her protruding stomach makes every part of her day less pleasant than it needs to be.

These are the unfortunate circumstances that brought Jody to our clinic. While shopping for Christmas gifts last year, Jodie was asked by no less than three different people when her new baby would arrive. The first two times Jody replied through clenched teeth that she isn't pregnant. By the third time, however, Jody realized it was easier to just lie and make up a due date instead of subjecting both of them to the embarrassment of the truth.

The truth is she did look pregnant, but she wasn't. It's also true she was ashamed of her body, felt ill much of the time, and had already spent months testing different theories to get relief. She cut out foods that friends told her were causing the problem. She added foods she read would be good for her. When those approaches didn't help, Jody drastically reduced how much she ate in an effort to lose the weight that had settled around her waist. Her crash diet even seemed to work some days. She would wake up with a flatter belly and pull on pants she hadn't been able to wear for so long. But by the end of those days, the pants were too tight and her bulge was back.



Dr. Sanaz Forghani



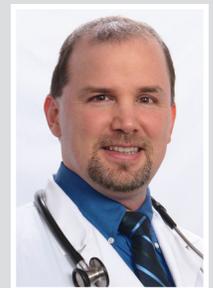
Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland

To subscribe to this newsletter [click here](#)

# I Am NOT Pregnant. I'm Only Bloating!

The ups and downs and unpredictability wore Jody down. Now that the new year is here, Jody made a promise to herself to fix this problem, and she knew it was time to get some advice from sources besides friends and magazines.

It's not uncommon for a new patient to arrive at our clinic with her own version of a "When are you due?" story. Some women really do look as though they are five months pregnant with a belly that feels as hard as a basketball. These patients are tired of wearing their "fat clothes" one week and then being almost back to normal the next week, only to have the pattern continue for months or even years. Some people with IBS experience a weight change of five pounds overnight without changing a single thing in their diets or routines.

## Why does this happen and what can YOU do about it?

I am glad you asked! All you need to do is what Jody did - come see us! In the short time we have been working with Jody, she is already looking and feeling more like her usual self. We identified some trigger foods and our nutritionist has created a diet plan that ensures Jody is eating a balanced diet.

IBS doesn't affect everyone in the same ways. Some people get bloated without pain, others get pain without bloating. Some have very little warning about when they need a bathroom, and others don't have those types of emergencies at all. The way a person experiences IBS and the methods to solve it are very individualized, which is why your friends and your magazines probably aren't offering you the advice you need.

And how is Jody doing now? Well, she has already noticed an increase in her energy levels and in general, she has a more positive outlook about her health and the year ahead. Best of all, no one yet this year has asked her, "Is it a boy or a girl?"

If you are hoping for 2016 to be better than the last, it's time for you to stop wishing and do something to make it happen. All you need to do to get started is make a phone call. We are excited to help make this year much more comfortable for you.

## Connect With Us

[read more articles](#) | [watch videos](#) | [learn about our doctors](#) | [find out about our clinics](#)



As seen on:



**Facebook:** [www.facebook.com/ibstreatmentcenter](http://www.facebook.com/ibstreatmentcenter)

**Twitter:** [www.twitter.com/DrStephenWangen](http://www.twitter.com/DrStephenWangen)

**YouTube:** [www.youtube.com/user/innatehealth](http://www.youtube.com/user/innatehealth)

**Blog:** [www.ibstreatmentcenter.com/community/blog](http://www.ibstreatmentcenter.com/community/blog)

**Website:** [www.ibstreatmentcenter.com](http://www.ibstreatmentcenter.com)

## Meet Us and Join Others with Similar Issues.

**February 2ND**, Support Group Meeting at 7pm @ Seattle Office. Call 206-264-1111 for more information.

[Click here for more information.](#)

**February 16TH**, Santa Monica support group. 6:15pm @ Santa Monica office. Call 310-319-1500 for more information.

[Click here for more information.](#)