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Dr. Stephen Wangen

High Blood Pressure Can be Caused by Hidden Food Allergies

According to the National Health Statistics Reports for the United States, the single most frequent diagnosis given out by doctors is "Hypertension," commonly known as high blood pressure. In 2006, the most recent year for these statistics, over 35 million visits to doctors resulted in a diagnosis of high blood pressure.¹ Link to article:

<http://www.IBSTreatmentCenter.com/Articles/NIHOfcVisitStats.pdf>

In simple terms, high blood pressure is an increase in the pressure within your arteries (your pipeline) over 140/90. This increase in pressure is much like an increase in the pressure within a pipe. The higher the pressure, the harder the pump has to work, and the harder it is to contain that pressure within the pipe. Therefore high blood pressure is well known to increase your risk for heart disease and heart attack (damage to your pump), and to increase the risk of stroke (blow outs in the pipe).

An increase in blood pressure is well recognized to be related to weight gain. However, there are many other causes, and not everyone who is overweight develops high blood pressure. One of the more interesting and certainly overlooked causes of high blood pressure may be food allergies.

The Case for Hypertension Caused by Food Allergies

Although not a major focus at our clinic, one of more interesting connections to the identification and removal of food allergies from their diet has been for some patients a significant and relatively quick drop in their blood pressure. This has not necessarily been related to a drop in their weight, although that is often another positive side effect of the treatment program.

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The IBS Treatment Center is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

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These make for interesting stories, but it also turns out that there are some published reports on the subject of food allergies and intolerances and the incidence of hypertension. In fact, one of these studies is quite large. In 2004 a report of 3,740 gluten intolerant adults on a gluten free diet found that they had on average significantly lower blood pressure than the general population.²

This study did not measure their blood pressure before and after the change in their diet, but other smaller studies have. A case of a gluten intolerant patient with well monitored blood pressure that hovered in the 150s/mid 90s prior to diagnosis showed improvement within 6 months after going gluten free, and was completely normal 128/80 within 15 months.³

But more dramatic results have been reported in larger studies involving more food reactions. A study of 15 people with hypertension were found to be reactive to a different combinations of foods such as wheat, egg, dairy, orange, beef, corn, cane sugar, and yeast. In each case their blood pressure reverted to normal after removing the appropriate food(s) from their diet. And as an added bonus, everyone with migraine headaches also saw those disappear (which, believe it or not, are commonly triggered by food allergens).⁴

Summary

First, be sure to get regular check-ups. Blood pressure is one of the most common and preventable killers in the U.S. If you have high blood pressure, then be sure to get it treated by your physician. But if you have borderline high blood pressure, or if you'd like to reduce your medication or potentially eliminate it altogether, then you are strongly encouraged to look into the possibility that a hidden food allergy is contributing to your elevated blood pressure. In fact, high blood pressure can be the only symptom that your food allergy is causing. But you may also have other health problems that will also benefit from diagnosing your food allergy (see our sister clinic website <http://www.CenterforFoodAllergies.com>).

If you'd like to learn more about these types of food allergies and their connection to your health, please schedule an appointment with us. Our expertise is in helping you discover the hidden potential within you that can dramatically improve your health.

1. National Ambulatory Medical Care Survey: 2006 Summary, Number 3, August 6, 2008 by Donald K. Cherry, M.S.; Esther Hing, M.P.H.; David A. Woodwell, B.A.; and Elizabeth A. Rechtsteiner, M.S., Division of Health Care Statistics.

2. West J, et al. Risk of vascular disease in adults with diagnosed coeliac disease: a population-based study. *Aliment Pharmacol Ther.* 2004 Jul 1;20(1):73-9.

3. Lim PO, et al. Reversible hypertension following coeliac disease treatment: the role of moderate hyperhomocysteinaemia and vascular endothelial dysfunction. *Journal of Human Hypertension.* 2002 Jun;16(6):411-5.

4. Grant EC. Food allergies and Migraine. *Lancet.* 1979 May 5;1(8123):966-9.



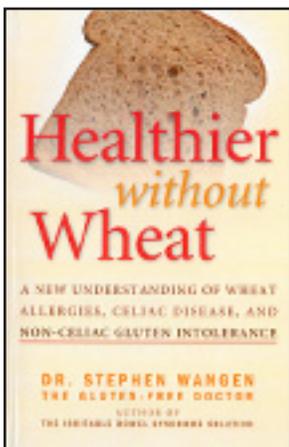
Gluten & Casein Free Nutrition Class for the Whole Family

Monday, July 19th, 7 to 8:30pm
 \$20 adults; \$10 children under 13

Janey Yoo, MS, RD, and pediatric/family dietitian at Green Lake Nutrition, will lead this class on transitioning to a gluten- and dairy-free lifestyle. Whether prescribed by a doctor, recommended by a nutritionist, or because of your own interest, going gluten- and dairy-free is becoming more and more common. Come learn about the benefits, challenges, recipes, and tastes of eating gluten- and dairy-free. This one night, evening class will give you the information, tips, and ideas you need to embark on a whole new diet. Delicious foods to sample will be included. Call Green Lake Nutrition for more info at 206-729-5111.

Green Lake Nutrition
 6329 20th Ave NE Seattle, WA 98115
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www.greenlakenutrition.com

Have you read 'Healthier Without Wheat' by Dr. Stephen Wangen?



If you found the book *Healthier Without Wheat* helpful and would recommend it to acquaintances, or even to people you don't know, please consider posting a review on Amazon.com.

Amazon ranks books partially by the number of reviews. If you think *Healthier Without Wheat* warrants a high Amazon rating, please take **two minutes** and post your comments online. Or, if you only have **one minute**, mark a review already posted as being helpful. This too will increase the rating score. Thank you in advance for your time!

Here is the link to take you where you need to go:

http://www.amazon.com/Healthier-Without-Wheat-Understanding-Intolerance/product-reviews/0976853795/ref=dp_db_cm_cr_acr_txt?ie=UTF8&showViewpoints=1

Link to Dr. Wangen's book *Irritable Bowel Syndrome Solution*:

http://www.amazon.com/Irritable-Bowel-Syndrome-Solution-Treatment/product-reviews/0976853787/ref=dp_db_cm_cr_acr_txt?ie=UTF8&showViewpoints=1

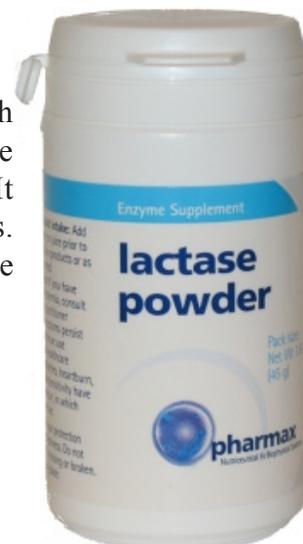
Lactase Powder Now Available

Lactase Powder is now available as a replacement product for Liquid Lactase which is no longer being manufactured. Lactase Powder is a near direct substitute for the liquid product. Instead of 5 drops, one scoop of powder per pint of milk is used. It can also be dissolved in water or juice and consumed prior to having dairy products. Lactase Powder does not alleviate dairy allergies; it only helps with lactose intolerance caused by a deficiency in lactase enzymes.

Available through the IBS Treatment Center website:

<http://ibstreatmentcenter.com/da.htm#mult8>

Price is \$17.50 per 75 scoop container.



ANNOUNCEMENT

Discount Available on Northwest Gluten Free Summit Registration Fee

Organizers of the Northwest Gluten Free Summit, which will be held in Corvallis, Oregon, November 5th and 6th are offering **\$50 off the cost of registration through the month of July.**

To find out more about the Summit, information on scheduled speakers, and to register, go to www.NWGlutenFreeSummit.com. (Currently, speaker information is not yet available on the website.) Event host Nadine Grzeskowiak “The Gluten Free RN” and Cindy Ongers, Executive Event Coordinator are also available directly, via email, for any questions or inquiries regarding the Northwest Gluten Free Summit: Nadine@GlutenFreeRN.com and Cindy@GlutenFreeRN.com, respectively.

The Northwest Gluten Free Summit will take place at Oregon State University in beautiful Corvallis, Oregon. The Summit will provide an educational environment for individuals, families, health care professionals, private business owners, chefs, and food suppliers to collaborate, and learn more about celiac disease and gluten. Additionally, the conference will showcase the naturally gluten free foods available in the area.

The cost of registration includes: attendance to all sessions; breakfasts, lunches, and snacks; and, access to exhibitors and vendors throughout the weekend. Tickets for the Friday evening banquet are available at an additional cost. All meals provided will be gluten free (vegetarian, vegan, and dairy free options will be available). As much as possible the food offered throughout the Summit will be prepared with local resources.

Dr. Wangen's Scheduled Presentations

If you would like Dr. Wangen, or a representative of the IBS Treatment Center, to speak to your organization please contact us via email at info@ibstreatmentcenter.com or at 206-264-1111.

San Diego, CA

Saturday, July 24th, 2:00 PM

Dr. Wangen will be the guest speaker at the 'Gluten Free in SD' support group meeting at Rady Children's Medical Office Building, 3030 Children's Way, San Diego, 92123. Room 113 (which is on the ground floor at the south end of the building in the back.)

Orange County, CA

Thursday, July 29, 7:00 PM

'Orange County Celiacs' will be hosting Dr. Wangen to speak at the Neighborhood Community Center, 1845 Park Ave, Costa Mesa 92626

Seattle, WA

Tuesday, September 14, 7:00 PM

Dr. Wangen has been invited to speak again to the King County Medical Assistants at Children's Hospital.

PCC GLUTEN FREE BAKING CLASSES Info on PCC website and PCC Cooks Calendar

Teaching the classes together will be Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker"

West Seattle PCC

Wednesday, September 15, 6:30 to 9 p.m.

Greenlake PCC

Monday, September 20, 6:30 to 9 p.m.

Issaquah PCC

Monday, October 4, 6:30 to 9 p.m.

Redmond PCC

Tuesday, October 19, 6:30-9 p.m.

Edmonds PCC

Saturday, November 13, 6:30 to 9 p.m.

Ceour d'Alene, ID

Saturday, October 16

Fall Conference of the Pacific Northwest Society of Gastroenterology Nurses and Associates.

Corvallis, OR

Saturday, November 6th 2010

Dr. Wangen will be a featured speaker at the Northwest Gluten Free Summit in Corvallis Oregon. Sponsored in part by GlutenFreeRN.