

# IBS TREATMENT CENTER

## NEWSLETTER

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

MEMBER OF **INNATE**  
HEALTH GROUP

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## Celiac Disease vs Gluten Sensitivity: The Sensitive Side of the Story

Most people who react to gluten do not have celiac disease. This is not a new problem, although it is only now beginning to be acknowledged by the general medical community. Fifteen years ago most doctors didn't understand the importance of celiac disease. We are now at that same place with gluten sensitivity.

What symptoms do these non-celiac gluten intolerant (often called gluten sensitive) people have? Well, we know what they don't have: villous atrophy. (For more on this, see the previous newsletter.) However, you may be shocked to learn that villous atrophy is about the only difference between celiac disease and gluten sensitivity.

Careful now. I know you're thinking that this article has truly gone off the rails. That there is no way this could be correct. But let's examine the facts, just like in CSI. (Actually, I prefer Sherlock.)

People who have celiac disease vary widely in their symptoms. Some have diarrhea, some have constipation, and some don't have any digestive problems at all. In reality, few present with the classic symptoms once thought to be required in celiac disease. Some celiacs have headaches, and some have osteoporosis. Some have skin problems, and some only have fatigue. But a great many of them have no symptoms whatsoever.

## Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Catherine Coy, ND



Dr. Stephen Wangen, ND

That's right. A very large percentage of people with celiac disease have no discernible symptoms, except for their villous atrophy. They don't feel or look sick. Several studies have shown this, but this information has been largely ignored, most likely because stories about very ill patients are far more compelling. So what does that mean for us?

Well, if that's the case, then it obviously means that celiac disease isn't always severe. In reality, people with celiac disease cover the spectrum, from feeling reasonably well and living normal lives to being in the hospital. That puts a hole in the "celiac disease is always worse than gluten sensitivity" theory. But celiac disease still has more potential to be worse, right? Not quite sure about that anymore, are you? Now I've got you questioning what you've been told. Good!

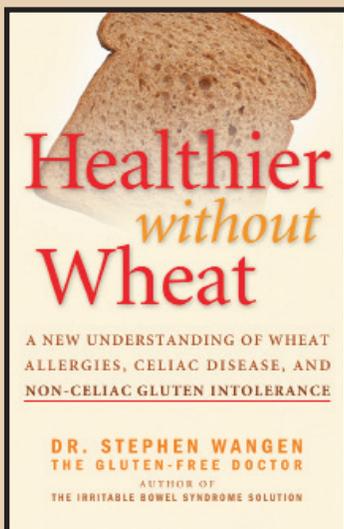
Most people will tell you that we don't know much about gluten sensitivity. However, after working with thousands of patients and assessing each and every one of them for gluten sensitivity, I've learned a few things.

Nowadays, more and more people are being tested for celiac disease. Many of my patients have already been tested for celiac disease before they ever get to me. Most of them don't have celiac disease. But I've found that whether or not they have celiac disease or gluten sensitivity, it hasn't made an ounce of difference in how sick they are or what kind of symptoms they have.

For example, I've seen numerous patients who have spent significant time in the hospital and had multiple ER visits, yet nothing abnormal was found. They had extreme abdominal pain, yet they did not have appendicitis, gallstones, cancer, or any other malady that can be diagnosed with a CT scan, MRI, ultrasound, colonoscopy, upper endoscopy, or any other diagnostic procedure used at a hospital. They didn't have celiac disease either. Most of them had been tested for it more than once. These patients literally felt like they were dying.

But lo and behold, as we began to dig deeper, it turned out that they had gluten sensitivity. (And often reactions to other foods.) They removed the offending foods from their diet, began to heal, and now live completely normal lives. No pain, no discomfort, and no more symptoms. These gluten sensitive people were just as sick as any celiac case that any doctor has ever seen.

Other gluten sensitive patients only had headaches. Some only had joint pain. Some had skin problems. Some were hypothyroid. Others were anemic. Some had diarrhea, others constipation. The list goes on and



If you would like to learn more about this fascinating topic, check out Dr. Wangen's book, **Healthier Without Wheat**, which explores this topic further and helps to explain why millions of people are choosing to go gluten-free.

Available by calling  
(206) 264-1111 or (888) 546-6283  
or at

[IBSTreatmentCenter.com](http://IBSTreatmentCenter.com)

on, just as it does for celiac disease. And in each case the severity of the problem varied from relatively mild to extremely debilitating.

The main point is that it is impossible to predict whether or not someone has celiac disease based on their symptoms. It is also impossible to predict whether or not someone is otherwise gluten sensitive based on their symptoms. The only difference is the presence of villous atrophy.

Don't let the names fool you, nor the celiac experts who've been focused on celiac disease, not gluten sensitivity. Many assumptions have been made about celiac disease. Unfortunately, many assumptions continue to be made about celiac disease that are incorrect, but the facts speak for themselves. Celiac disease is a symptom. It's one potential manifestation of your reaction to gluten. It's not the worst symptom, nor is it the end stage of a gluten reaction if you happen to be gluten sensitive.



This begs the final question: if you don't have celiac disease but you are sensitive to gluten, then do you have to be just as careful about avoiding gluten?

I think that deep down you already know the answer to this question. Either way it's bad for you. It's just wishful thinking to believe that if you react to gluten but you don't have celiac disease then it isn't doing any harm to have just a little bit of gluten. If you truly want to optimize your health, then you should absolutely avoid all sources of gluten.

Now you know that celiac disease and gluten sensitivity aren't all that different, and that celiac disease is really a symptom of gluten sensitivity.

FALL 2014

**Talks by Dr. Wangen**

Dr. Stephen Wangen, ND will be speaking at the following events and expos this coming fall. Mark your calendar and tell your friends and family across the country about these opportunities to meet Dr. Wangen in person and to hear him speak.



**Gluten & Allergen Free Wellness Events**

Virginia Beach, VA September 13, 2014

Hartford, CT October 5, 2014

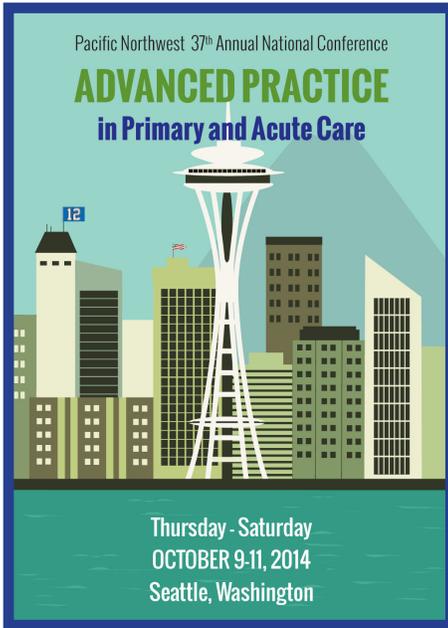
Jacksonville, FL November 1, 2014

**Gluten & Allergen Free Expos**

Secaucus, NJ September 6, 2014

Springfield, MA October 25, 2014





## Upcoming Presentation: Probiotics During Pregnancy and Lactation

Dr. Stephen Wangen, ND will be speaking on the topic "Probiotics and Their Use in Pregnancy and Lactation" at the Advanced Practice in Primary and Acute Care Conference presented by UW Continuing Nursing Education.

This national conference typically has an attendance around 800 and is presented primarily for nurse practitioners. Other attendees will include physicians, physician assistants, pharmacists, nurses, midwives and other interested healthcare professionals.

Conference dates: October 9-11, 2014

Dr. Wangen to speak: Friday, October 10, 2:45PM

Location: Washington State Convention Center, Seattle

Information: <http://www.uwcne.org/secure/display3.asp?SKU=14130-A-C>

### CLINIC NEWS

# *Congratulations!*

Best wishes to Dr. Kelly Baker and her husband Ross on the arrival of their new baby boy.

Welcoming Flynn Caspian Baker who joined us on June 23, 2014.

Weight 8lbs .5oz

Baby and parents are doing well as they adjust to their new roles.