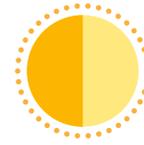


IBS TREATMENT CENTER

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

MEMBER OF **INNATE**
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- JULY 2015 -

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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

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Hiking the Wonderland Trail

I'd like to share with you the story of an IBS Treatment Center client who is planning a trip of a lifetime that she never dreamed would be possible. The backdrop of Susan's story is the mountain peaks of the awe-inspiring Pacific Northwest.

Susan lives in Seattle, Washington with her husband and two kids. They share a common love of being in the quiet outdoors of the nearby mountains. Hiking together even for one day provides important family bonding time, free from electronic distractions, with plenty of opportunities for deep and personal discussions that never seem to happen during their hectic days at home.

But for the past few years, hikes have become more difficult for Susan and she has opted not to go on the longer trails with her family, even though she knows the importance of that time together. It's because of her IBS. Susan's kids try to convince her to join them, and her husband is supportive as well, but Susan finds herself making excuses to stay home, wishing all the while she was with her family gazing over the vistas of the Olympic Mountains or staring into the bowl of Mt. Saint Helens.

MEET OUR PHYSICIANS

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



Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland



Dr. Safina Aulakh

Hiking the Wonderland Trail (continued)



Unfortunately, her IBS has made Susan nervous to hike for more than a couple hours at a time because she never knows when an attack will come and bathroom facilities are few and far between on the trails. There is, of course, the great outdoors in which to do that “business,” but who really wants to be stuck in the woods or on a grassy meadow with others passing by while having an IBS episode? Certainly not Susan, and not any of our other patients either.

That’s why it was a bit of a surprise when Susan first came to us and told us that her goal was to hike the Wonderland Trail with her husband. The Wonderland Trail is a 93-mile (150 km), 11-day trip that circumnavigates majestic Mt. Rainier, one of the tallest peaks in the United States. It is a very strenuous trip with no bathrooms for days on end.

Although she had little hope this hike would be possible, and she had seen so many other doctors before coming to our clinic, Susan wasn’t ready to give up on her dream just yet. We agreed it was worth pursuing and we were excited to be asked to help make it a reality.

From the get-go, we let Susan know there was an excellent chance that she would be able to reach her goal. And we thought it was great that Susan came to us with a concrete goal because it’s helpful to think about what you will be able to do when you no longer suffer from IBS. A positive frame of mind does wonders for the body. We wholeheartedly supported Susan in her mission to conquer one of the famous backpacking trips in our state.

Our doctors were able to uncover the reasons for Susan’s IBS. IBS is always a symptom, not a cause. Then, she worked with our nutritionist to find the best food choices that would not trigger allergies, intolerances, or sensitivities. For her hike, Susan also needed to consider her caloric needs and food weight when packing for such a long trek.

As her IBS continually improved, we could see Susan become more and more excited about not only her upcoming adventure, but being able to join her entire family on the trails again instead of sitting at home waiting for them to return. As she started to feel better, she went on short hikes with them and worked her way up to being on the trails for an entire day as her confidence grew.

We are thrilled to report that Susan is now planning the final details of her Wonderland Trail hike with her husband this summer. They are going to do the entire 93 miles! We think it’s a fabulous way to celebrate Susan’s new IBS-free life and we are almost as excited as she is. Enjoy, Susan! And please send us pictures!

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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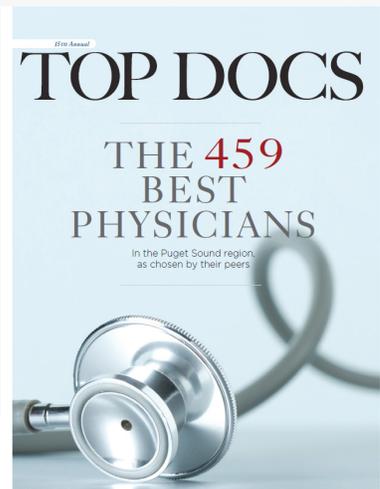
Website: www.ibstreatmentcenter.com

As seen on:



Seattle's Top Doctors

We are pleased to announce that Dr. Stephen Wangen and the IBS Treatment Center have been named by Seattle Magazine as one of Seattle's Top Doctors. This award is given to healthcare providers who are recognized by their peers in the healthcare community. Dr. Wangen says, "This is a great honor and we are very fortunate to be recognized for the unique services that we provide to those with IBS and related digestive problems. I want to thank everyone who has participated in putting the IBS Treatment Center on the cutting edge of healthcare, and those who nominated us for this award. I look forward to continuing to shed light on an under-appreciated and under-served healthcare problem and continuing to help people who are suffering with this unfortunate malady."



Meet Us and Join Others with Similar Issues.

August 4th, Support Group Meeting at 7pm @ Seattle Office. Call 206-264-1111 for more information.

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

August 18th, Santa Monica support group. 6:15pm @ Santa Monica office. Call 310-319-1500 for more information.

<http://www.meetup.com/Santa-Monica-Gluten-Free-Food-Allergy-IBS-Support-Group/>