

IBS TREATMENT CENTER

NEWSLETTER

MEMBER OF **INNATE**
HEALTH GROUP[®]

JUNE 2013

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Staff at the
IBS Treatment Center

“BE ONE OF THOSE PEOPLE”

This article, while directed at people with food allergies, is for everyone who has specific food requirements (not just those with life-threatening allergies), and for their friends, family, and co-workers. Whether your food choices reflect morals, religion, health concerns, or just taste, they are your choices and you should feel empowered to eat what is best for you.

How many times have I heard the words: “I don’t want to be one of *those* people”? A friend of mine just said that to me today. She has food allergies. She really likes how she feels when she doesn’t eat her food allergens and she feels like crap when she does eat them. She is fairly committed to not eating them.

However...

She confided to me that when she was at someone else’s house recently she ate something that she knew she shouldn’t eat. And then what happened? She felt like crap for the next few days. And the next words out of her mouth were, “Of course I had to eat it. I don’t want to be one of *those* people.”

I said, “You mean one of those people who cares about their health enough not to sacrifice it?”

Mmmmm... That gave her cause to pause a bit.

Isn’t that exactly what you are doing when you decide to eat whatever is put in front of you? You are punishing yourself. And why do people punish themselves in this way?

First, we have to state the obvious: if you do this, it is a clear demonstration that you are afraid to tell people what you feel and what your needs are.

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

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That seems strange, but it's true. Many people are afraid to express to others even simple things like, "I can't eat that." And why can't people tell their friends that something is hurting them? Are we really willing to make ourselves sick just to fit in? Unfortunately, the answer is often "Yes."

Ironically, your real friends actually want to know if something is hurting you or is not what you want. And if they aren't your real friends, then you should want to know *that* information. But maybe that is what people are afraid of, learning that someone doesn't really care about them as much as they had hoped.

When you stop to think about it, do you really want those people around you anyway? And if you can't tell your friends, then you probably aren't going to inform the wait staff at the restaurant, or ask the questions that you should be asking when you eat, or check the ingredients every time you look at an unknown food item. It's a slippery slope, and all it leads to is you feeling worse and worse.

Just because you avoid certain foods doesn't mean that you have to be a jerk about it. It's simply a statement of fact, "I can't eat this." Or, "It makes me sick." "Even a little tiny bit of it will make me sick." That is all you have to say. Or you don't have to say anything and just not eat it. How they take it is a separate issue.

You might think that it's easy for me, because everyone knows that I don't eat the things to which I'm allergic. Yes, it is much easier. *Now*. But there was a time when people didn't know. And guess what? I too looked and acted like one of *those* people.

But over time I told everyone that gluten and dairy made me sick. And I *never* compromised on that stance. And I asked lots of questions when I ate out, or ate at someone else's house. And lots of people questioned my sincerity, even family members. And lots of people suggested that I could eat just a little bit, or that it wouldn't really hurt me.

But I kept telling them week after week, month after month, and year after year. And more than that, they *saw* me not eating those things. They noticed that I wasn't going to sacrifice my health. And you know what? The longer that I did it, the more people began to understand, and the more people made the effort to help me.

This will happen to you too. You are not alone. I estimate that at least half the population has a food allergy. Unfortunately, most of them don't know it yet. You get to be a leader. You get to set the example. And I'll bet you that just by doing what you need to do to optimize your health, that you'll help other people become healthier too. Because they'll see your example and they'll wonder, "Do *I* have a food allergy?"

Don't sacrifice your health. There is nothing more important than *your* health. Because if you don't have it, then you can't help others either. Be one of those people.

John's Journey to a Cure

Recently we saw John, a 20 year old guy who came into the office suffering from abdominal pain, gas and bloating, and alternating constipation and diarrhea. His symptoms were relatively new, and had been most pronounced on two separate occasions in the past year when he had huge episodes of gas, constipation, and explosive diarrhea that lasted a couple of weeks each time.

These episodes had occurred after overseas trips that John had taken in the past year (one trip was to Asia and the other to Central America), therefore, he was concerned that he may have picked up parasites on one or both of his trips.

John had gone to his doctor and had parasite testing done twice, but nothing showed up. Then he saw a gastroenterologist, and the result was the same -- nothing. John was told that nothing was wrong, and was diagnosed with IBS.

Of course, something was very wrong! The diagnosis of IBS didn't help (does it ever?) and John was getting very frustrated. His social life had gone down the tubes, and it was often embarrassing to be at work. He never knew when a bout of gas was going to hit, or when he'd need to run to the bathroom. It was almost impossible to sit through a meeting.

When John came to see us we immediately ran two sophisticated tests that he had not had before. One was a highly specialized food allergy exam by the best food allergy testing lab in the country, and the other was a very unique DNA stool analysis. When the results came back, John was shocked.

He discovered that he was suffering from allergies to dairy, eggs, and cane sugar. Yes, sugar! Just as importantly, he also had a bacterial infection of *Staph. aureus* in his digestive tract that had been missed by the earlier testing.

"We eradicated the *Staph* (bacterial) infection with Berberine, a potent antibacterial agent. His testing had revealed that the particular strain with which he was infected would be most effectively treated with Berberine, and he strictly eliminated his food allergens for two months.

After only one month John was very pleased with his progress. He was already feeling 75% better. His stools were much more formed; his abdominal pain had gone from severe daily abdominal pain that lasted a few hours down to mild abdominal discomfort once or twice a week that lasted only 30 minutes.

He was candid that he was avoiding dairy and eggs as best as he could, but not completely, and was not strictly avoiding cane sugar. At this point we discussed some of the finer points of avoiding dairy and eggs, and established a plan for more strict cane sugar avoidance, which will further help reduce his symptoms.

A month later he was feeling 85% better than his original condition when he first came to see us. He has started taking our dairy-free probiotics and they have helped reduce his residual mild bloating. He kept a diet diary for a few days to help us determine whether he's still eating some of his food allergens unknowingly; after making a few more dietary tweaks and giving his body a little more time to heal, he should be feeling nearly 100% better!

Calcium is not the Key to Bone Health in Children -- It's Magnesium

In a recent AANP article it was reported that scientists have found that, despite the commonly held belief that calcium and calcium-rich foods build strong bones, magnesium has emerged as a more important nutrient for bone health in children. In fact, the study found that calcium had no effect on infant bones. (Another study released same day found that substantial doses of vitamin D are required to build strong bones in preterm babies.)

Levels of calcium and magnesium were measured using a technique that involved giving them non-radioactive forms of magnesium and calcium, called stable isotopes, intravenously and orally. By measuring the stable isotopes in the urine, the researchers could determine how much calcium and magnesium were absorbed into the body. Bone mineral content and density were measured using total body dual-energy X-ray absorptiometry.

Results showed that the amounts of magnesium consumed and absorbed were key predictors of how much bone density the children had. Dietary calcium intake, however, was not significantly associated with total bone mineral content or density.



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THE PHYSICIANS



The IBS Treatment Center is here to help you with IBS, and any related digestive disorders.

Dr. Baker and Dr. Wangen work with people from all over the world, and of all ages. Patients usually achieve their health goals in just a few appointments.

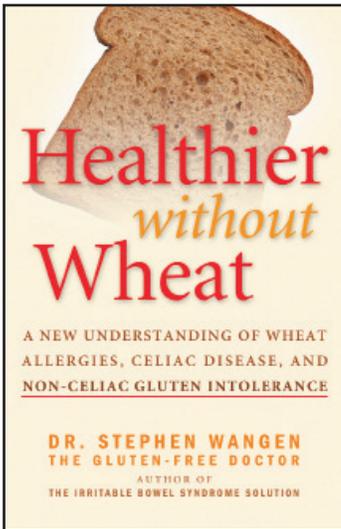
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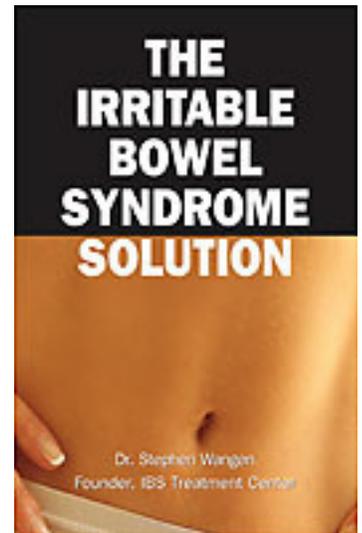


Lobby of the IBS Treatment Center
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Books by Dr. Stephen Wangen

Available by calling
(206) 264-1111 or (888) 546-6283 |
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Both books are available in hard copy or
e-book version

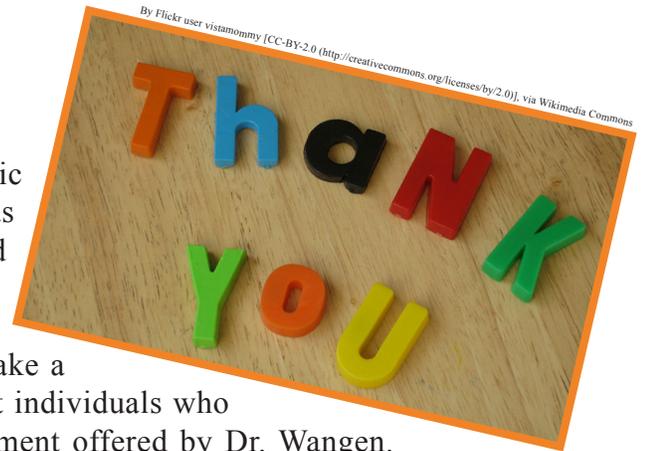


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FOOD ALLERGY AND INTOLERANCE FOUNDATION

Foundation Supports Others Through Your Generous Donations

In 2005 the founders of the IBS Treatment Center began a public charity called the **Food Allergy and Intolerance Foundation** as a way to accept financial donations for those who cannot afford food allergy testing and treatment. Anyone who has been helped by the IBS Treatment Center, or who has been touched by a patient successfully treated at our clinic, is invited to make a donation to the FAIF. Financial contributions directly support individuals who are unable to pay for the necessary testing and medical treatment offered by Dr. Wangen. Donations to the FAIF can be made through the [website](#) via PayPal, or by sending a check to the address below.



As part of its on-going programming, FAIF also offers informational classes on food allergies to restaurant wait staff in an effort to help them best serve restaurant customers with food related issues. To schedule a class for your restaurant or group of servers, please contact us at contact@FoodAllergyInFo.org

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FOOD ALLERGY AND INTOLERANCE FOUNDATION