

IBS Treatment Center Newsletter

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My Stomach is Making Noises!

It can be quite embarrassing, even disruptive, when your stomach makes loud rumbling noises. Audible stomach rumbling is a common complaint of our patients. One patient recently exclaimed, “My stomach makes crazy noises!” Stomach noises may persist for several seconds or even minutes. This may come with or without diarrhea, constipation, and abdominal pain. The noises include gurgles and whines and can often be heard by other people in the same room.

The occasional low level rumbling is normal and is caused by contractions used to move fluid and food in the stomach and intestines. However, if they are particularly noticeable they are often a symptom of poor digestion and may be accompanied by gas, bloating, and other digestive problems. Excess gas production is often due to the poor digestion of food and results in an unusually high amount of gas production and movement.

Fortunately, these noises often resolve when digestion is improved. Common causes of poor digestion and increased gas production include food allergies, bacterial imbalances, yeast, or even parasites. These issues can be identified through the same kinds of testing that we routinely do at the IBS Treatment Center. Though treatment may take some time, it usually results in the resolution of the symptoms, including the loud noises. This makes things a lot quieter and comfortable for you, and your friends (as well as strangers) will stop asking you what is happening in there.

Success at the IBS Treatment Center

I am 37 years old. I have complained of feeling tired and a little sick for 10 years. I've had increasing swelling in my face at night for the last 5-7 years. My doctor sent me (finally) to a regular allergist who discovered many allergies and some symptoms got better. They didn't get enough better and I was beginning to be afraid something more serious was wrong when it occurred to me to have food allergy testing. My doctor had told me it didn't exist a few years ago. I found the IBS Treatment Center on the internet. My milk and egg allergies were causing substantial stomach upset, swelling and causing me to feel tired. I still make mistakes in avoiding them but I feel much better. I'm glad there is a way to find out now.

-Kelly Lauer

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August 2007 Events Calender

•GIG and IBS Support Group Tuesday, August 7, 2007

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you've been through and share what you've learned too!

Special guest

Anna, the head chef of Breads from Anna will be here. Check out Anna's website at www.glutenevolution.com. She will be bringing samples of her excellent breads. Anna has breads that are gluten, dairy, soy, sugar, egg and rice free – but full of rich flavor. Come and check them out. Dr. Wangen will also be on hand to answer questions about gluten intolerance, IBS, and food allergies. Call our office if you need directions or if you want to let us know you are coming (so Anna can bring enough for everyone!).

•GIG Kids Camp West

Camp Sealth, WA
Camp Sealth and GIG offer 2 sessions that are 6 and 4 days each, and a combined session of 10 days. Campers entering grade 1-12 are welcome.

Session 6 dates:
Aug 1-6, 2007

Session 7 dates: Aug 7-10

Session 6/7 dates:
Aug 1-10

Registration for Summer Camp is open now. Kids will have some cool choices of specialty programs to choose from (archery, crafts, cooking, canoe excursion, outback, horseback, kayak/ sail/windsurf, photography and fine arts.) For more information visit <http://www.campfire-usa.org>. Camp Sealth and GIG offer 2 sessions that are 6 and 4 days each, and a combined session of 10 days. Campers entering grade 1-12 are welcome.

•Yakima River Float & Gluten-free BBQ

Ellensburg, WA
August 18, 2007

\$40/person for float and BBQ
\$7/person for BBQ only

Adults of every level of fitness are welcome to attend. Children 12 and up are also invited.

After two hours of soaking up sun on the water you will be treated to a GF barbeque featuring Glondo's Sausages from Cle Elum, Washington. There will be plenty of fresh salads, side dishes and local

specialty foods to entice even the gluten eaters, so register your whole family.

[Registration form](#)

•Celiac Clinic - Auburn, WA

This group education program is designed especially for persons newly diagnosed with celiac disease, gluten intolerance, or those needing a refresher course. Spouses are welcome. Parents/guardians should attend for/with children under 14. Course is not appropriate for young children.

Clinic is taught in one 4-hour session (10 am to 3 pm – includes 1 hour lunch), with the option of an individual consult. Pre-registration required.

2007 Clinic Dates:

August 18; Sept 15; Oct 13; Nov 10; Dec 1

Location: GIG Office, Auburn, WA

To register call: 253-833-6655,
Mon - Fri 8:00 to 4:00 pm

For more information on any of these events visit

www.gluten.net/events.htm

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