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Dr. Stephen Wangen

Get Your Lab Results!

Have you ever gone to the doctor and had blood taken for laboratory tests? Do you always get your lab results? Do you even hear back at all from the doctor?

All too often in medicine people have lab tests run and then never learn the outcome of those tests. It's tempting to assume that no news is good news and therefore everything is normal, but we all know what can happen when you assume things.

You may be surprised to learn that it is quite common for patients to be unaware of positive lab results from tests run by their doctors. This isn't usually the case with regard to procedures such as colonoscopies, endoscopies, and biopsies, but patients are more likely to be uninformed of the results of blood tests.

One example of this is anemia. Several times per year, while reviewing lab records that patients have brought with them, we will notice the presence of an anemia (iron deficiency) that had not been disclosed to the patient. Upon asking, "Did you know you were anemic?" or "How did you treat your anemia?" they will respond with disbelief, or "What anemia?"

Why does this happen? That is an excellent question. Maybe it got overlooked. Maybe it wasn't seen as all that important. Neither answer is acceptable, but unfortunately it is not the standard of practice for all medical professionals to review all lab work with patients. This is the opposite of our standard at the IBS Treatment Center.

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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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It is critical that you always get a copy of your lab work. If you aren't offered a copy, then ask for one. If the clinic is reluctant to give you a copy, then insist on it. You have a legal right to your lab work, and you are the sole repository of your complete medical history. There is no central location where all lab results are kept. If you switch doctors, move, or for some reason need your old lab results, then you are at the mercy of your previous clinic to provide them.

Doctors move on, clinics close, and records are lost. And sometimes, not infrequently, clinics fail to provide medical records to new doctors upon request. It is not a priority, and they aren't being paid to provide that service.

Your medical records are a key component of your health history. If you don't understand the results, then ask. Even if you don't understand them, you should make the effort to keep copies of you results.

Some patients take this a step further. If you want to get even more value out of your lab results, you can create tables and look for trends that occur over time. This is something that your doctor probably won't be privy to and is something that only you are likely to notice. For example, you may see the development of an impending anemia as your results begin to drift out toward the edge of the normal range. Or you may notice that your cholesterol is creeping in the wrong direction.

At the IBS Treatment Center we not only promise that you will get a copy of your lab results, we review all of those results with you at your follow-up appointment. We also encourage you to ask questions about your lab work. A major factor in our success is communication, especially ensuring that our patients understand their test results and WHAT THEY MEAN. We are also aware that many people are frustrated at always getting negative test results. But even if all of the lab work that we run is normal (which is uncommon), we will still know what to do next.

Please come see us. It is a healthcare experience and a positive change for your health that you are unlikely to get elsewhere!



IBS TREATMENT CENTER

Allergen Friendly Easter and Passover Chocolates & Candies

Amanda's Own Easter and Passover products are completely dairy-free, peanut-free, tree nut-free, egg-free & gluten-free. A wide variety of adorable Easter shapes are available, including chocolate bunnies, chicks, and little ducks. Also available are chocolate lolly pops and even jelly beans -- enough to fill every Easter basket to overflowing. Deadline to order for Easter delivery is March 27th, or while supplies last.

<http://www.amandasown.com/Easter.html>



WEBINAR

Webinar for Medical Professionals -- Food Allergies in Clinical Practice

Hosted by US BioTek Laboratories, and moderated by US BioTek's John Thoreson, Director of Sales & Marketing, and Shalima Gordon, ND, Client Services, this FREE 30-minute Webinar will feature Dr. Stephen Wangen, for a question and answer session on the topic of food allergies in clinical practice.

During the webinar Dr. Wangen will share his clinical experience and touch on the following points:

- > Food allergy and sensitivity patient presentations that defy the classic understandings of how allergies look
- > When to consider food allergy/sensitivity testing
- > How to proceed with testing for food allergies and sensitivities
- > The benefits of IgA vs. IgG vs. IgE with general work-up guidelines

Thursday, April 12, 2012

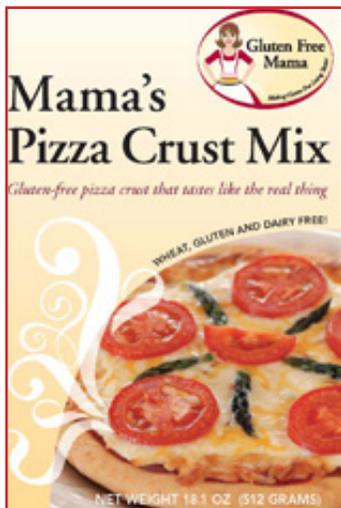
1:00 PM - 1:30 PM PDT (4:00 PM - 4:30 PM EDT)

Space is limited. Pre-registration is not required. Attendance is on a first-come basis.

This webinar is designed for medical professionals only.



Gluten Free Mama's Pizza Crust Mix - Special Offer



Have you tried Mama's Pizza Crust Mix? It is easy to make and tastes better than regular wheat flour pizza. Truly, it does! You can make it thin crust or thick crust. Add an extra egg and allow to rise for 1 1/2 hours to make it into bread sticks. Make it garlic bread sticks by brushing olive oil over the top and slicing fresh garlic all over it. Or make up a bunch on disposable pizza pans, freeze, and have for lunch during the week, or on a "don't feel like cooking" night. So many possibilities for this delicious bread mix.

Special offer. Save 25% off of Mama's Pizza Crust Mix
Enter **PIZZA309** at checkout.

Available at www.glutenfreemama.com.

RECIPE

Gluten Free Chicken Quesadillas

Gluten Free Soft Tortillas

Ingredients:

- 1 ¼ cups Mama's Almond Blend Flour
- 1 Tbsp. cornstarch
- ½ tsp. xanthan gum
- 1 tsp. baking powder
- 1 Tbsp. sugar
- ½ tsp salt
- 2 Tbsp. shortening (Spectrum is best)
- 1 Tbsp. oil
- ½ cup water

Directions:

In a medium bowl, combine flour cornstarch, xanthan gum, baking powder, sugar and salt. Mix together well. Add shortening, oil and water. Mix together, cutting the shortening in with a fork until the dough is pliable. Use your hands to form a nice dough ball. Preheat skillet over medium heat. Drizzle about ½ tsp. of oil into pan to coat the pan. Spray one piece of wax paper lightly with cooking spray. Pinch off about 1 ½ -2 inch dough ball. Place dough on lightly sprayed wax paper. Sprinkle dough generously with flour. Gently roll out dough into a circle shape about 1/8th of an inch thick. Flip over onto skillet and quickly peel back wax paper to release. Cook for about 60 seconds on each side. Transfer tortilla to cooling rack.

Makes about 6 tortillas.

Chicken Quesadilla Filling

Ingredients:

- 3-4 chicken breasts, cubed
- 2 Tbsp. oil
- 1 onion, sliced into wedges
- 1 Anaheim pepper, chopped
- ½ Jalapeno Pepper, minced
- 3-4 garlic cloves, minced
- 1-2 Tbsp. cumin
- 1-2 Tbsp. chili powder
- 1 tsp. paprika
- ½ tsp. red pepper flakes
- Salt and pepper to taste
- 2-3 cups Cheddar cheese, shredded
- 2-3 cups Monterey Jack cheese, shredded

Directions:

In a large skillet, sauté chicken breasts in oil. Add onion, garlic and peppers. After chicken begins to cook add the spices. Allow to simmer while you are preparing tortillas.

Butter one side of the tortilla. Place a little bit of the cheeses on one half of the tortilla. Add a little bit of chicken mixture. Top with a little more cheese. Fold top half onto the top of the cheese. Place prepared quesadilla onto skillet. Cook on one side until golden brown, flip and repeat. Serve warm with sour cream, cilantro, fresh salsa, green onions and tomatoes.



Now Available in eBook!

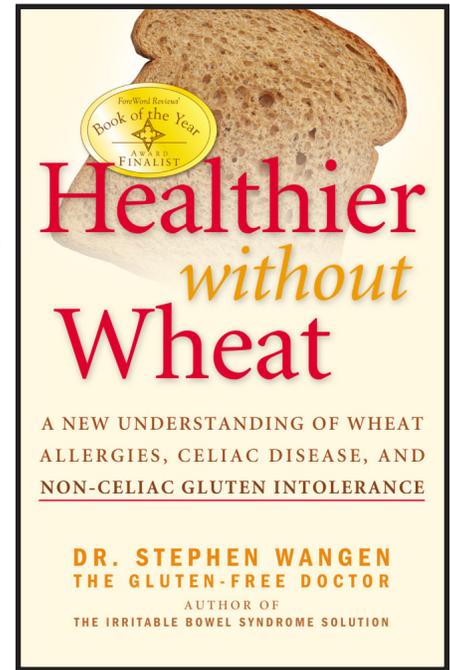
If you have not yet read Dr. Wangen's book **Healthier without Wheat** because you have been waiting for the ebook, your wait is over!

Due to overwhelming demand for an ebook version, we are pleased to finally announce that **Healthier Without Wheat** is now available in eBook format and compatible with all readers.

The ebook version is only \$9.99 and available anywhere ebooks are sold. To get your copy downloaded NOW (in PDF, EPUB or MOBI), go to:

<https://www.ebookit.com/books/0000001379/Healthier-Without-Wheat.html>

Already the response to the ebook version of **Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance** has been extremely positive. Some of the included graphics have been updated for the ebook release and the content has been beautifully formatted for the best display possible on the many various eBook readers.



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eBook **Healthier Without Wheat** by Dr. Stephen Wangen
or
Paperback Book

EVENT

GIG Is Planning Now for June Event in Seattle



GIG (Gluten Intolerance Group of North America), America's best resource for gluten intolerance information, support, recipes, and events, is bringing their annual event to Seattle this year:

Gluten Intolerant Health and Wellness Experience
Doubletree Hotel at SeaTac Airport

June 16, 2012

Health screenings, exhibits, and interactive areas with exercise demonstrations, cooking demonstrations, and fun activities.

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