

### IN THIS ISSUE

A True Story,  
Written By A  
Patient

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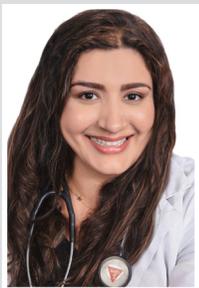
## A True Story, Written By A Patient

My story truly begins in 2006. I had been back in the work force for a year after having spent over ten years as a stay at home mom. I was working part-time in our public library as a clerk at the circulation desk when I began to notice digestive issues. A quiet library is a horrible place to experience digestive issues especially when your job is at the front desk working with the public. Of course I began to stress over my symptoms which did not help the situation.

I had excessive gas, and my stomach would rumble quite often. My symptoms were especially bad in the afternoon when I returned from lunch. Thank goodness I was part-time, and my supervisor allowed me to adjust my schedule several times. I eventually settled on a schedule that allowed me to work until 2:00 and then leave for the day. I had a very late lunch but at least I was home after lunch when my symptoms would hit.

Things changed again in 2009 when I was hired full-time in the same position at work. Now I had to return after lunch. My symptoms got worse, and I even developed trouble in the mornings. I spent many mornings in the bathroom wondering if I would even make it to work on time. Thank goodness I had a new supervisor who I could talk to, and she was very understanding. My life began to alternate between diarrhea and constipation; I seldom had a week with normal bowel movements. Pepto Bismol was my constant companion. As the years went by I even despaired of quitting my job; I didn't know how long I could keep working like this.

My digestive issues were also affecting my personal life. I shied away from dinner engagements and social gatherings. I planned my routine appointments before lunch so I would not be there when my stomach acted up.



Dr. Sanaz Forghani



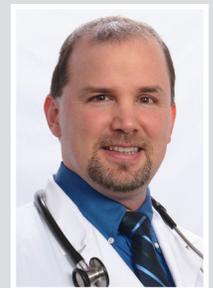
Dr. Kelly Baker



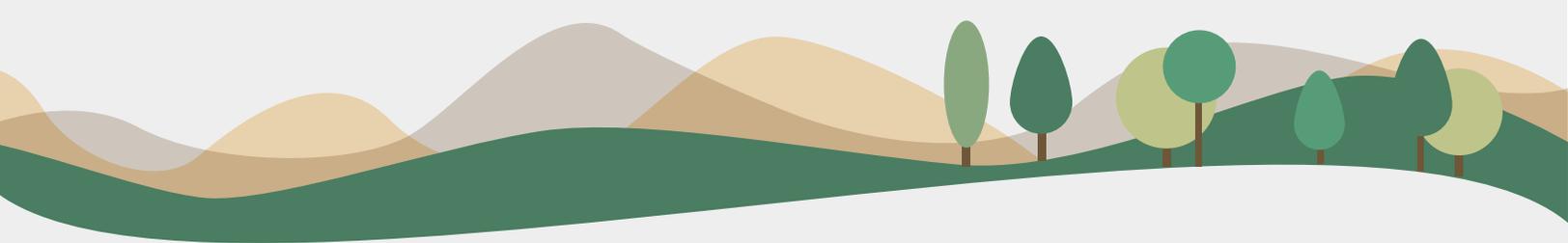
Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland



## A True Story, Written By A Patient *cont.*

I had several family vacations compromised due to diarrhea. It seemed every time we traveled, I had several days of diarrhea. It's hard to go down in the Grand Canyon with diarrhea. I drank Pepto Bismol for two days on that trip. I did not get to eat the complimentary dinner with that trip nor hike to a mountain top with my family. I stayed near the bathroom. Once again, I was very blessed to have an understanding family.

Over the years I had seen two different gastroenterologists. The first doctor told me many people suffered from IBS, and I just needed to learn to live with it. The second doctor prescribed a medicine similar to what you take when doing a colonoscopy. My symptoms just got worse so I quit taking the medicine.

While working at the library, I kept seeing a book checked out that was directed to people with symptoms like mine. After reading it, I decided to try going gluten free. My supervisor had also made that decision about the same time I did. It was nice having someone else experiment with gluten free. This was at a time when most people did not know that term and what foods contained gluten; I was learning.

I live in a small town, and most of the grocery stores did not offer specialty items. I even took the library book to my gastroenterologist and asked if I could have celiac disease or be gluten intolerant. She sent me for blood work and told me I did not have celiac but could not say for sure if I was gluten intolerant.

I began to look for more books at the library and came across Dr. Wangen's book, *Healthier Without Wheat*. That led me to his book *The Irritable Bowel Syndrome Solution*. When I finished the book one night I looked at my husband and said I needed to go to Seattle. I felt like I had finally found someone who could help me get my life back.

Thank goodness I have a very supportive husband who hated to see me suffer. I made contact with Dr. Wangen's office in Seattle and scheduled an appointment in October 2014. It was easier to get an appointment with Dr. Wangen than with most of my local doctors; his staff is very friendly and helpful. My husband and I saw Dr. Wangen and the spent a week touring the area. I will never forget coming out of his office and sitting in the car crying because he had given me hope. It was a relief to finally hear someone say they thought they could help me. I remember praying and thanking God for leading me to Dr. Wangen.

I am writing this letter in January 2016. My life has improved tremendously. I actually went on vacation in 2015 and did not suffer with digestive issues. I realize I do not think daily about my digestion anymore. I accept more social invitations without worry. I am more relaxed at work and even accepted a job promotion. It's not always easy eating out, but I'm learning what to tell the cooks. I also have to be honest and say I still have days when my stomach is upset that I worry it's an IBS reaction. It's sometimes difficult to tell the difference between IBS and a stomach bug, but those days are much fewer than a year ago.

I know there are lots of people who will never receive help because they cannot fly to the west coast to meet Dr. Wangen and his staff. They will suffer needlessly because of time, travel, and finance. I feel so blessed that I was surrounded by a supportive family, and I had the financial means to go.

**Thank you Dr. Wangen, God, and my family.**

*Jeannie Isaacs  
Rustburg, Virginia*

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As seen on:



## Meet Us and Join Others with Similar Issues

**April 5<sup>TH</sup>**, Support Group Meeting at 7pm @ Seattle Office. Call 206-264-1111 for more information.

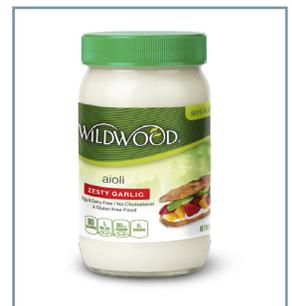
[Click here for more information.](#)

**Tuesday 19<sup>TH</sup>**, Santa Monica support group. 6:15pm @ Santa Monica office. Call 310-319-1500 for more information.

[Click here for more information.](#)

## Suggestions From Becky, Our Nutritionist

Here at The IBS Treatment Center, removing problematic foods is often a necessity for optimal healing. Does that mean flavor should be sacrificed as well? My answer is always "No!" Sometimes the key is finding a few ingredients or foods that can liven up your taste buds. Wildwood Zesty Garlic Aioli is one of those for me. It has the texture of mayonnaise and the flavor of delicious! It is egg, dairy and gluten-free, works great in a tuna or chicken salad, and even as a dip on its own. Check for it at your local grocery store in the refrigerated section or order online to bring back some fun for your taste buds! If this option isn't right for you, or you would like to add more excitement to your diet, please call the clinic and schedule a consult with me. I'd love to help you.



*Note: This is simply meant to be useful information. Wildwood did not sponsor this message.*