

# IBS TREATMENT CENTER

MEMBER OF **INNATE**  
HEALTH GROUP

## NEWSLETTER

MAY 2013

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Staff at the  
IBS Treatment Center

### How to Avoid Girl Scout Cookies and Still Feel Good

We have just passed that time of year when you can't get into a grocery store without being approached by a very well meaning Girl Scout asking, "Would you like to buy some Girl Scout cookies?"

What a loaded question. It's been almost 20 years since I've had Girl Scout cookies, yet I can still remember their buttery sweet taste. Nothing else is quite like them. Yet for millions of us with food allergies and sensitivities, the last thing that we need is a Girl Scout cookie.

Frankly, the last thing most anybody needs is a cookie of any kind. But these are the Girl Scouts. So how can you resist? It's a good cause, and a scrumptious cookie. And if you don't have a food allergy or sensitivity, who loses?

The theme of a sweet treat for children's related fundraising dollars is repeated throughout the year in any number of different ways: Your children or neighbor's children are selling chocolate bars for the school band; The bake sale is for the class trip; The PTA is pushing cookie dough. There is no end to well meaning fundraisers that are trying to capitalize on your sweet tooth and lack of willpower.

They do it because it works. The Girl Scouts sell cookies because people buy them. It's a fundraiser, not a health awareness campaign.

In an ideal world you could raise money and improve health at the same time. But obviously, much to my chagrin, we aren't in that world yet. However, despite this fact, there are ways to handle the "Would you like to buy some cookies?" question and still feel good about both your health and your charitable contribution.

One option is to make a donation to the selling organization but not buy the empty calories. By doing this you support the charity, and you support yourself

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

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**[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)**

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at the same time. You send a message that you really do care about them and about your health.

The second options is to buy the empty calories, but don't eat them. You can throw out the cookies, or give them away. You could even give them away to a homeless person, thus accomplishing several good things all at once. It's almost a win, win, win.

If you do throw out the cookies or candy, make it permanent. Open the box and put them down the garbage disposal, or throw them in the compost bin. They must get past the point of no return, or temptation has a chance to overcome you.

Fundraising with sugar is not new, and it is not going to go away any time soon. Therefore you need to be prepared for when it happens. It requires some forethought and planning in order to handle it properly. At the very least you could simply say that you are allergic to whatever it is being sold. But it might be nice to make a donation too.

Support two good causes at once, the one raising the money and the one giving the money. You'll feel better all the way around when you do. And you'll be a better person for it. Everyone wins, and you can't do any better than that.

## ANNOUNCEMENT

### Portland Cider Summit June 21-22

By User:Edward [Public domain], via Wikimedia Commons

SBS Imports and the Seattle Beer Collective are pleased to announce the return of Cider Summit NW Festival to Portland, OR. The third annual event expands to two days – Friday, June 21 from 3p-8p and Saturday, June 22 from 12n-6p. Cider Summit will once again be at Elizabeth Caruthers Park in the emerging South Waterfront neighborhood near the Portland Aerial Tram. The event is presented by Barbur World Foods & Bushwhacker Cider.



This will be the seventh Cider Summit produced by SBS & Seattle Beer Collective, having launched the concept in Seattle in September 2010 and expanding to Portland and Chicago over the last two years. Each event features 60+ elegantly crafted ciders from producers in Washington, Oregon, British Columbia, California, Michigan, England, France and Spain..

New for 2013 is the addition of a “dog lounge” hosted by DoveLewis, bicycle valet from Go by Bike, a Cider Summit weekend hotel package from The Westin Portland, and expanded food selections. Cider Summit will also feature a collectible tasting glass this year, replacing the plastic stemware used in previous events. The event will continue to feature live music and a “bottles to go” store onsite.

Tickets are \$25 in advance and \$30 (cash only) at the door and are available online via Stranger tickets, Umpqua Bank South Waterfront branch, and at many of the area's leading bottle shops. Admission includes a tasting glass and 8 drink tickets. Additional tasting tickets will be available for sale onsite at \$2 per ticket. Re-admission will be allowed at any time with event wristband and tasting glass. The event is 21 and over only.

For more information including a list of participating ciders please visit

[www.cidersummitnw.com/portlandeventinfo.html](http://www.cidersummitnw.com/portlandeventinfo.html)

## May is National Celiac Awareness Month

This May is a good time to celebrate advances in research, treatment, and recently developed food products that make life easier for those who must avoid gluten in their diet. According to the National Foundation for Celiac Awareness, it's estimated that 1 out of every 133 individuals has celiac disease, and about 83% of those individuals are undiagnosed or misdiagnosed with other conditions. So even if you don't suffer from this life-changing sensitivity, chances are you know someone who does.

Gluten ("glue" in latin) is a protein found in wheat, rye and barley. Also most oats contain gluten due to cross contamination. Gluten helps bind ingredients together, gives dough elasticity and helps it rise and keep its shape. It also gives a chewy texture to our pizza, cookies, cakes and pasta.

Many folks are going gluten free as they find they have a sensitivity to gluten and feel better when they avoid it. For those with Celiac Disease, avoiding gluten must be a way of life. It is the only treatment for this auto immune disease that damages the intestines and makes it hard to absorb nutrients in food. Some symptoms of Celiac Disease are anemia, irritability, weight loss, stomach pains, and other gastrointestinal complications.

Most whole foods are gluten free and are safe for those with Celiac Disease or gluten sensitivity because they are naturally free of gluten:

fruits	poultry
vegetables	meat
nuts & seeds	herbs & spices
dairy	quinoa
eggs	rice
fish	beans



Many processed foods contain flavorings from barley or wheat. Such as malt, malt vinegar, beer, brewers yeast and soy sauce, just to name a few. With this in mind, it is always important to read labels.



## Rudi's Gluten-Free now accepting entries to the Gluten-Free 'Happy Camper' essay contest

Rudi's Gluten-Free Bakery® is ready for summer vacation and can't wait to help kids across the country enjoy their summer camp experience, even if they eat gluten-free. According to the American Camp Association, 10 million kids attend a summer camp every year. Since it's a part of so many kids' summer vacations, Rudi's Gluten-Free is inviting Facebook fans to visit the "Rudi's Gluten-Free Happy Camper" application this May, National Celiac Awareness Month, to submit a 200-word essay from their child for a chance to win one of 10 scholarships to a gluten-free summer camp.

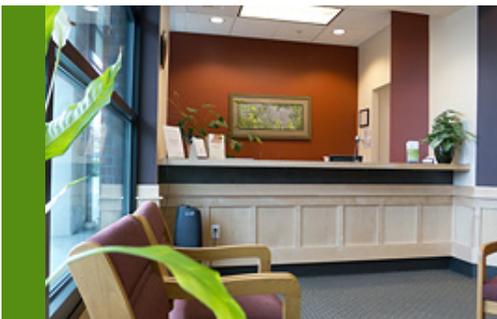
**“Enthusiastically giving back to our communities has long been an important part of our business, and this is the third year we've made a commitment to the gluten-free community during Celiac Awareness Month,”**

said Doug Radi, senior vice president of marketing and sales for Rudi's Organic Bakery. “Summer camp is all about making memories that last, and a child's dietary restrictions shouldn't prevent them from having the experience of a lifetime. We're thrilled that the Rudi's Gluten-Free Happy Camper program will provide 10 deserving kids with a gluten-free camp experience.”

Parents with eligible children, ages 8-17, can enter the contest by 'liking' Rudi's Gluten-Free on Facebook and submitting an essay from their child explaining what going to a gluten-free summer camp would mean to them. As an additional incentive to enter in early May, Rudi's Gluten-Free has promised to give the first 250 eligible fans that enter an official Rudi's Gluten-Free Happy Camper water bottle. The 10 winners will be selected by Rudi's Gluten-Free Bakery and announced on Facebook on June 10, 2013, giving parents and campers time to plan and pack up for a summertime camp adventure.

For more information on the Happy Camper contest and Rudi's Gluten-Free:

[www.rudisglutenfree.com](http://www.rudisglutenfree.com)



Lobby of the IBS Treatment Center  
call (206) 264-1111  
or email [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

## Donations always joyfully accepted

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.



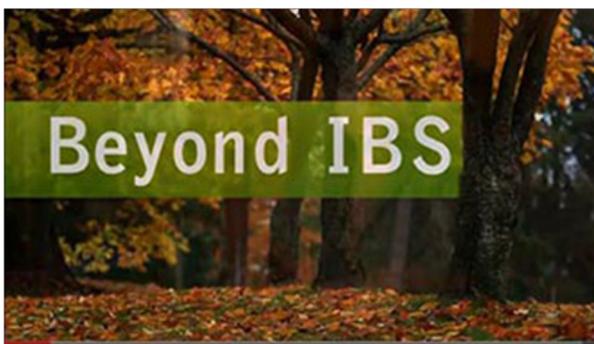
As part of its on-going programming, FAIF also offers informational classes on food allergies to restaurant wait staff in an effort to help them best serve restaurant customers with food related issues. To schedule a class for your restaurant or group of servers, please contact us at [contact@FoodAllergyInfo.org](mailto:contact@FoodAllergyInfo.org)

**Food Allergy and Intolerance Foundation**  
11300 Roosevelt Way NE Suite 100  
Seattle, WA 98125

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**FOOD ALLERGY AND INTOLERANCE FOUNDATION**

## TELEVISION & VIDEO



**Watch IBS Treatment Center commercials, videos, and patient testimonials on TV and on-line**

If you have not seen it yet, keep your remote control pointed at HGTV, Bravo, and Food Network stations in the coming month to see an airing of the IBS Treatment Center advertisement “Beyond IBS.”

This and other videos produced by The IBS Treatment Center can be viewed on-line at our website under the [BLOG/FORUM/ETC.](#) tab, or on the [Innate Health YouTube Channel](#).



By Miguel Pires da Rosa from Braga, Portugal (Couple looking at tv screen) [CC-BY-SA-2.0 (http://creativecommons.org/licenses/by-sa/2.0)], via Wikimedia Commons

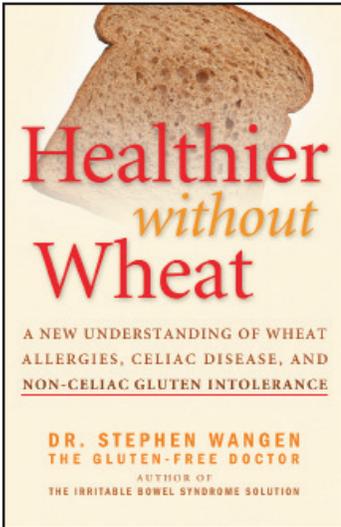


## Connect with Dr. Wangen, and with The IBS Treatment Center

Become friends with both Dr. Wangen and the IBS Treatment Center on Facebook.

Regular posts update you on health related news and information. Be social!

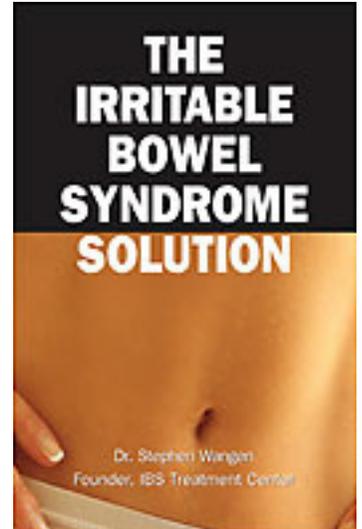
## BOOKS



### Books by Dr. Stephen Wangen

Available by calling  
(206) 264-1111 or (888) 546-6283 |  
or on our [website](#)

Both books are available in hard copy or  
e-book version



## 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.

See our [website](#) for how you can end your IBS or call today for an appointment at (206) 264-1111



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