

Get out of the bathroom
and get back to your life!

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Fatigue and Your
Digestion - How to
Get More Energy!

SEATTLE CLINIC

11300 Roosevelt Way NE,
Suite 100. Seattle, WA 98125
Phone: (206) 264-1111

LOS ANGELES CLINIC

1260 - 15th Street, Suite 1101.
Santa Monica, CA 90404
Phone: (310) 319-1500

CONTACT US AT

info@IBSTreatmentCenter.com

VISIT US ONLINE

IBSTreatmentCenter.com

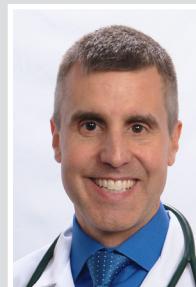
MEET OUR PHYSICIANS



Dr. Sanaz Forghani



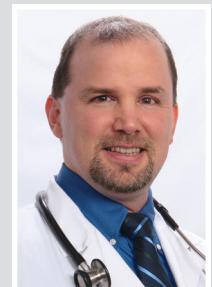
Dr. Kelly Baker



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Fatigue and Your Digestion - How to Get More Energy! *cont.*

Ironically, poor digestion can not only cause you to have inadequate levels of nutrients, it can also cause you to feel tired. Ever feel tired in the middle of the day after eating lunch? Many people experience this. But note that not everyone experiences this. In fact, just as many people don't experience fatigue after eating lunch. Why is that?

This is because fatigue after eating isn't just a cumulative effect from being deficient in your nutrients, it's an immediate effect when you have poor digestion. And interestingly, you may not even have any obvious digestive symptoms to draw your attention to the fact that you aren't digesting your food well. Sometimes the only symptom is fatigue.

Your digestion is directly related to your energy, and one of the most under-estimated and under-appreciated factors that affect how good you feel. If you could use more energy, and suspect that you aren't digesting and absorbing your nutrients properly, then come see us. We have had more patients than we can count tell us how much their energy has improved after we've helped them to improve their digestion. Of course, after reading this you probably aren't surprised. Your digestion is obviously connected to your energy!

Suggestions from Becky, Our Nutritionist

When I work with patients, I often encourage and empower them to become brave in the kitchen. We try to keep recipes relatively simple to prepare, with a minimal number of ingredients and a maximum amount of flavor. No matter how simple we keep things, cooking at home on a regular basis can still be a big change. To ease patients into it, we look for some easy short cuts. One of my favorites is called Karam's Garlic Sauce. With only a few ingredients (garlic, lemon juice, olive oil, salt and pepper), this is a sauce you can make at home but don't have to! This delicious, Lebanese sauce can be used as a salad dressing, marinade, veggie or chip dip and as a replacement for mayo. Look for it in the refrigerated section of the grocery store. To find where it, as well as Karam's other products, are sold near you, visit their website at www.garlicsauce.com. **Enjoy!**

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



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