

## NEWSLETTER

### Crohn's, Colitis, and IBS

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**The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome. August 2008 Issue. Newsletter Published Monthly.**

There is a lot of confusion concerning Crohn's, ulcerative colitis, and irritable bowel syndrome (IBS). Crohn's disease and ulcerative colitis are two forms of Inflammatory Bowel Disease (IBD). There are differences between the IBD and IBS, but they are not necessarily exclusive conditions and may occur simultaneously.

Inflammatory Bowel Disease (IBD) often presents as a group of symptoms very similar to those of IBS, but usually with the additional symptom bright red blood in the stool. Diagnosis is made by performing a colonoscopy, and often a biopsy. Detection of ulcerations in the colon confirms the IBD diagnosis. IBD is diagnosed as ulcerative colitis if it is restricted to the colon and Crohn's disease if it is also found in the small intestine.

The cause or causes of IBD have not been identified. However, evidence points to activation of the immune system via environmental triggers and to a potential genetic link. For example, people with family members who have IBD are more likely to have IBD. Treatment usually involves anti-inflammatory medications to try to control the inflammation.

People with Crohn's Disease or ulcerative colitis, like many people with IBS, often get discouraged by the inability to control their symptoms and the unpredictable nature of the condition. Interestingly, people with Crohn's disease or ulcerative colitis can also have IBS or IBS-related problems that are contributing to their symptoms.

At the IBS Treatment Center we have found that patients with IBD often have microbial imbalances or food allergies that are directly related to their poor digestion. Although treating IBS does not cure IBD, in many cases substantial improvement in digestion and a greater likelihood of remission of the IBD can be obtained by testing for and treating the IBS-related conditions. When those conditions are properly diagnosed and treated, these patients often experience significant improvement in their health.

Testing for and treating microbial imbalances includes DNA testing of the stool for diagnosing bacteria, yeast, and parasitic problems. And food allergy testing involves sophisticated blood testing for antibody reactions to foods commonly found in the diet. More about each of these types of testing can be found on our website, [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

Testing for and treating these problems is obviously a good idea for anyone IBD or IBS who wants to improve their overall health and give their body the best chance possible for a complete recovery.

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## Innate Health Foundation Welcomes New Board Member:

Cornelius Rosse was elected to the Board of Directors of the Innate Health Foundation at the August 12th meeting. A native of Hungary, Cornelius received his medical degree (M.B., Ch.B. equivalent of the American M.D.) from the University of Bristol, England, and later two additional doctoral degrees in biomedical science in recognition for his research on blood cell formation and the body's anticancer mechanisms. In 1967 he moved to the United States and joined the faculty of the School of Medicine, University of Washington. He served as Chair of the Department of Biological Structure and during his tenure he was instrumental in establishing the department's Cancer Research Center, Biomolecular Structure Center and Structural Informatics Group. He has written three textbooks on various aspects of anatomy and numerous scientific papers in the areas of hematopoietic cell differentiation, medical education and computer-based anatomical knowledge representation.

Check out the Innate Health Foundation at <http://www.InnateHealthFoundation.org>

### Regular Features

## This Month's **Product Review**

### Omega Smart Nutrition Bars

Are you looking for a new healthy nutrition bar? Recently we discovered an exceptionally healthy bar which tastes good although we were unable to taste all the flavors offered. Although you would have to check the ingredients of each bar according to your dietary needs, most of the Omega Smart bars are gluten free, dairy and/or egg free, vegan free and sweetened with agave nectar. These bars contain organic whole grain flax with Omega 3 fatty acids. Especially exciting for those who need to avoid wheat, they have a high fiber content. The writer and her co-worker, both with Celiac, enjoyed the cinnamon apple bar. YUM....You can buy their bars at <http://www.omegasmartbar.com>



## Announcements

### Dr. Wangen's Blog

Don't forget to update your links to Dr. Wangen's Blog. We moved it to blogspot for better functionality. Check it out at <http://www.ibstreatmentcenter.blogspot.com>.

### Help us Help Others!

If you have been a patient you have an opportunity to help others to achieve relief from their IBS and other health challenges. There are 2 easy ways to do so:

1. Send us your testimonial. Many patients have shared their stories and you can join them. We post testimonials on our website at [www.IBSTreatmentCenter.com/6\\_b.htm](http://www.IBSTreatmentCenter.com/6_b.htm) Many thanks to those who have already shared their story!

2. Review Dr. Wangen and the IBS Treatment Center online. There are many sites that allow you to review businesses or specifically review doctors. Here are links to a few places where you can write a review:

<http://www.yelp.com/biz/ibs-treatment-center-seattle-2>

<http://www.ratemds.com/doctor-ratings/153076/WA/Seattle/Wangen>

If you are a nurse:

<http://www.nursesrecommendoctors.com/>

### Innate Health Foundation Wiki

Looking for a restaurant? Have a great allergen-free recipe to share? All this and more at the IHFWiki – a website provided by the Innate Health Foundation. Go to...

<http://www.InnatetHealthFoundation.org/wiki/>



### Seasonal Cooking/Nutrition Class at Whole Foods Market!

Sharon Gray will be offering a new class designed to prepare us for the cooler months ahead. The class will be held at Whole Foods Market in Ravenna on September 4th from 6:30-9:00pm (\$35.00). Please see her website newsletter at <http://theartofnourishment.blogspot.com/> for all the details...

## Events

### The Washington Health Caucuses

Get your voice heard in the efforts to reform health insurance in Washington State. The Healthy WA Coalition is hosting caucuses in cities across the state. Upcoming Conferences:

Everett - September 9, 2008, 6:30 - 8:30 PM

Everett Station  
Weyerhaeuser Room  
3201 Smith Avenue  
Everett, WA 98201

Click on the link for map of location:

<http://maps.yahoo.com/map?ard=1&q1=3201%20Smith%20Ave%20st%20Everett%20WA>

Vancouver - September 23, 2008, 6:30 - 8:30 PM

Clark Public Utilites  
Vancouver Service Center  
Community Room  
1200 Fort Vancouver Way  
Vancouver, WA 98663

Click on the link for map of location:

<http://maps.yahoo.com/map?q1=1200%20Fort%20Vancouver%20>

If you are interested in learning more about the Healthy Washington Coalition or wish to register to attend a Town Hall Caucus, please click here: <http://healthywacoalition.org/userform.html>

All the details are online at <http://healthywacoalition.org/Town Hall.html>

### Support Group

(Click Here to go to the Support Group website page)

**Next Meeting: Tuesday, September 2nd, 2008 at 6:30 PM**

**Special Guest: Rachel Carlyle-Gauthier**, proprietor of Gluten Free Mama. Rachel will be bringing samples and doing some demonstrations using her gluten-free flours and/or mixes. Rachel says: "It's not what you can't have, but what you can have!" and "The Proof is in the Taste!". The flours and mixes include almond- and coconut-based options. We are looking forward to another gluten-free line of products.

October Meeting: Tuesday October 7th, 2008

Special Guest Roberta Martin of Pearadise Catering will demonstrate how she supports those with food allergies by providing fresh, allergen-free catering options.

We love having special guests at our support group meetings. If you or someone you know would like to present at one of our meetings, please let me know.