

# IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

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*Give the Gift of Good Health this Holiday Season!*



*Gift Certificates are now available at the IBS Treatment Center! Let your loved ones know you truly care for their well-being and get them started on the road to a better life! Pick one up at your next appointment or order over the phone at [\(206\)264-1111](tel:(206)264-1111) or [1-888-546-6283](tel:1-888-546-6283) and we'll mail the certificate to you or directly to your chosen recipient. Certificates good for any dollar amount you choose for all services at the IBS Treatment Center and Center for Food Allergies.*

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## **Probiotics:** **Bacteria We Need** (part 1 of 3)

In the last few years there has been a lot of media interest in probiotics. Probiotics are good bacteria, the most recognizable being acidophilus. There are many misconceptions about how probiotics work and what they do and don't do. Hopefully this series of articles can help clear things up.

One of the most interesting areas of biology is the study of how interdependent all life is. The bacteria and other microorganisms that live in our digestive tracts are an example of symbiotic relationships – different organisms living together for mutual benefit. Our digestion depends on the presence of a complex soup of trillions of individual

microorganisms that help us digest the food we eat. Without them, we would die. Modern medical science still has much to learn about this 'soup' of microorganisms that live inside us. But we do know some of the problems that can develop and interfere with good digestion.

The human digestive tract contains an ecosystem. The various forms of life compete in the system for space and for resources like water and nutrients. They also help to break down food, create some vitamins, and produce waste materials and other chemicals. The chemicals we ingest (food, drink, and other things that make it into our digestive system) feed the organisms in this ecosystem. Our intestinal wall provides both a place for microorganisms to grow and a barrier to prevent invasion into the rest of our body. Our immune system is exceptionally active in the digestive system, allowing needed nutrients to pass into our bodies, while working to prevent unwelcome guests. When the ecosystem in our gut gets out of balance, we often develop digestive symptoms and sometimes other health problems.

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Two of the things that can cause symptoms include infection - the presence of an unwanted microorganism, and absence or a deficiency of needed microorganisms. Either of these two conditions can cause digestive problems. The only way to know if one or both of these is the source of digestive problems in a particular patient is to measure the microorganisms present in the digestive tract. Such measurement is most commonly done by stool testing, or more specifically, a stool culture.

*Next Time: How to know if you need Probiotics.*

## **I Want Your Feedback for My Next Book**

I have begun writing my next book, "Understanding Celiac Disease and Other Forms of Gluten Intolerance: How To Tell if Wheat is Making You Sick."

This book will be about the various forms of gluten intolerance and the various ways of testing for this common problem. I'd like your feedback on what you would like to see in this book. For example:

- What kinds of questions would you like answered?
- What issues or concepts have been important to your understanding of gluten intolerance?
- What still confuses you?
- What did your doctor forget or neglect to tell you?
- What have you learned that you would like to share with others?

Would you like to share the entire story of your adventure suffering from gluten intolerance, getting diagnosed (whether by a doctor or yourself) and finally starting to feel better? If so, please send it. It can be anonymous (I'll change the name) or we can use your first name. Please send your suggestions and stories to [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com). I will send a free autographed copy to those whose stories I use.

This book will focus on understanding and diagnosing all forms of gluten intolerance, including celiac disease, non-celiac gluten

intolerance, gluten allergies, and wheat allergies. I don't plan on addressing the topics of living with gluten intolerance and eating gluten-free because there are already many fine books on these issues.

If all goes well, the book should be out sometime next summer. I'll be sure to let you know.

Thank you for your help. I greatly appreciate it.

*Dr. Stephen Wangen*

## **Calendar:**

### **January 2nd: GIG and IBS Support Group**

Our chapter of the Gluten Intolerance Group is meeting on a new night! Along with the IBS Support Group, GIG will meet on the **first Tuesday of each month at the IBS Treatment Center.** [Click here for details.](#)

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you've been through and share what you've learned too!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*.

### **Gluten Intolerance Group Hosts an Open House at their New Location**

Saturday, January 20, 2007 from 1 to 4 pm  
Meet the staff and Board members.  
Refreshments served

Driving Directions:

North or South I-5: take Highway 18 east to the SE 304 St exit (Green River Community College, International Raceway). Turn left and follow 304 to 124<sup>th</sup> Ave SE (it turns into 132 Ave SE and 132 Way SE. At 124<sup>th</sup> Ave SE turn left. The office is next to the fire station. Additional parking available on the side of the office in the grass.



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## Seattle's Gluten-Free Food Festival with International GF Beers

Celebrate St. Patrick's Day at Seattle's first gluten-free food festival, featuring a GF beer bar

March 17, 2007 from 3 pm to 7 pm  
Bell Harbor International Conference Center  
located at Pier 66, Seattle

Event tickets: \$30/Adult; \$20 for kids 12 and under

Enjoy a Gourmet Gluten-Free Menu that includes new twists on old favorites: pizza, Ruben wraps featuring La Tortilla GF Teff tortillas, etc...

A drink bar will feature international GF beers and local microbrewers. A special drink bar for kids will offer juice and sodas.

Event includes raffles, GF dessert auction, exhibits, lots of friends and more. Local regular microbrew beers will also be available.

*Proceeds from this event are used for patient education and support programs of the Gluten Intolerance Group of North America®.*



## GIG needs your HELP!

Our committee needs your help to make this the biggest and best food festival in Seattle for those on a gluten-free diet. If we are successful, we will make this event grow bigger and bigger each year.

Help from home:

- ✓ Donate special gluten-free desserts for the Dessert Auction
- ✓ Collect other auction items. Let's see if we can have a special auction just for kids.
- ✓ Send us the names and contact information of the GF-friendly restaurants and places to shop in your area

Help on the committee:

- ✓ Most business of the committee can be done by phone or email...we need help coordinating the event activities

Help at the event:

- ✓ Sell raffle tickets
- ✓ Help with the auction, games and other activities
- ✓ Be a hostess

GIG really needs your help. If you can offer any assistance, please contact Nancy or Cynthia at the GIG office: 253-833-6655 or email: [gig@gluten.net](mailto:gig@gluten.net)

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