

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
HEALTH GROUP<sup>®</sup>

SEPTEMBER 2013

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### Attack of our Favorite Foods

“But Doctor, I’ve been eating the same foods all my life. They’ve never caused me any problems, so they can’t possibly be causing problems now. It must be something else.”

This is a sentiment that we frequently hear from patients. It sounds very logical, and yet the fact is that those exact same foods can now be causing you severe distress, or even completely different symptoms than they once did. How does that happen?

Well, this is how it works:

*Foods can go evil on you,  
and if they decide they don’t like you, they attack. Aacck!*

Ok. Let’s get serious. **There are several reasons** food will make you suffer when you thought all was well for most of your life.

**First**, most people don’t realize the wide range of symptoms caused by food allergies. You may have been experiencing symptoms of a food allergy your entire life, but didn’t realize it.

Food allergies cause inflammation, and inflammation is at the root of many common health problems. If you were a colicky baby, chances are good that it was due to a food allergy. Chronic ear infections? Same thing. Eczema, acne, headaches, fatigue, chronic sinusitis, autoimmune diseases, etc. The list goes on and on. (See the July 2013 Newsletter article, “Food Allergies Can Cause....”)

You probably don’t know this because most doctors spend too much time treating your symptoms and rarely consider foods as the cause. But there is always a cause. A healthy person doesn’t have symptoms.

The **IBS Treatment Center** is the nation’s leading facility for the successful treatment of Irritable Bowel Syndrome  
**Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125**

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**The second major reason** that people don't realize that foods are causing their symptoms is because the symptoms frequently change over time. You may go from chronic ear infections to eczema, then to chronic sinusitis, then add headaches, then the headaches go away after a couple of years. And then develop constipation, which later switches to diarrhea.

How can these all be connected? They are all signs of inflammation. Why this happens is still a mystery, but the body seems to shift the inflammation around. Symptoms changing over time is a very common experience. But once you stop eating the offending food these types of issues go away and you no longer have random and unexplainable health issues popping up all the time.

**The third reason** that it is often difficult to connect your diet to your symptoms is that most people are ingesting many more different kinds of foods than they realize. For example, did you have a bread product? That usually includes wheat, dairy, egg, sugar, yeast, and possibly soy, corn, and a bunch of other ingredients. Your innocuous looking microwavable meal may have ingredients from 10, 20 and even more different plants and animals. It's pretty difficult to connect your symptoms to your food when almost every meal contains so many different ingredients. And symptoms often take a while to get bad enough to notice, sometimes days after you ate the food, while at other times the reaction happens right away.

Finally, **the last reason** that people have trouble connecting their diet to their symptoms is because the human body is fairly resilient. We can tolerate a lot of punishment for a long time, and often we put up with it because we don't know any better. Lots of people have less than optimal health, so we assume that is all we can expect. (What are drug stores for?) But over time our food allergies continue to wear us down, and eventually our symptoms get to the point where we can't ignore or suppress them anymore.

This is why eating the same types of food all your life doesn't prevent those foods from causing what are relatively new health problems. Food and food allergies are complicated subjects. We can't just boil them down to a few words in a tweet, in spite of our modern day desire to make all knowledge come in bite size pieces.

If you are experiencing a health problem for which there seems to be no answer, then please come see us. We may be able to help you in ways you never imagined possible, and the answer to your problem may be as close as the fork in your hand.

For some excellent research on this complex topic, please refer to the [Food Allergy and Intolerance Foundation's Research Page](#).

**[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)**  
**206-264-1111**



Lobby of the IBS Treatment Center  
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or email [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

## New Clinic to Open in Santa Monica, CA

We are growing! The IBS Treatment Center is very happy to announce that it will soon be opening a second clinic location in Santa Monica, CA.

The new branch of the IBS Treatment Center, which will be staffed by experienced doctors who have had extensive training with Seattle IBS Treatment Center physicians Dr. Wangen and Dr. Baker, will begin seeing patients in October of this year. If you are interested in scheduling an appointment at the Santa Monica location please, contact our reception staff at 206-264-1111 or toll free 1-888-546-6283.

The new branch clinic will be located in suite 1101 of the Santa Monica Medical Plaza at 1260 15th St. (at Arizona Ave.) across the street from the UCLA Medical Center. Additional details and information about the clinic will be posted on the IBS Treatment Center website.

To schedule an appointment in California please call  
206-264-1111 or toll free 1-888-546-6283

## Bright New Faces at the IBS Treatment Center

The IBS Treatment Center is pleased to welcome two new people to our already outstanding staff. **Baila Goldshmid** joins the administrative team and will likely be the first person you meet when you come to our offices. Besides her administrative expertise, Baila is also a licensed medical assistant and does (gentle) patient blood draws here in the clinic. In her spare time Baila enjoys reading a wide variety of books, from sci-fi and fantasy to historical fiction/novels (with a few biographies thrown in for good measure!). Baila is currently in school working towards an associates degree with the hopes of becoming a Physicians Assistant.



Adding to our professional staff is **Dr. Amy Nelson, ND** a graduate of the National College of Natural Medicine in Portland, OR. Dr. Nelson is licensed to practice in California and lives in the greater LA area. In addition to her expertise in digestive issues, Dr. Nelson has a particular passion for understanding illness from a mental/emotional perspective. She has specific skill in understanding the emotional and potentially addictive components of food and eating habits. Dr. Nelson also has a special interest in patients who are lactating and helping new moms to learn more about their food sensitivities and how to feel most supported and healthy while nursing. As a new mother herself, Dr. Nelson has already seen first-hand how food intolerances contribute to infant colic and the overall health of mother and baby.

The IBS Treatment Center  
11301 Pinehurst Way NE, Suite 100  
Northgate area of Seattle, WA



## First Chemotherapy, then Digestive Problems - One Patient's Story of Going From Pain and Illness to Wellness and Good Health

Jennifer, a 35 year old working mother of two children first came into our office suffering from extreme abdominal pain. She usually felt nauseated and would occasionally vomit, regardless of what she ate. Jennifer had been to a number of doctors to try to solve this problem, including two different gastroenterologists. Obviously she was very concerned about her symptoms, but every time she went to a doctor they told her that everything was fine.

Jennifer's symptoms had started about one year ago. She had just finishing several rounds of chemotherapy for lymphoma, which was bad enough. And then this new abdominal pain started. She was beginning to feel like she had really bad karma.

When asked several questions about her symptoms we learned that she had experienced alternating constipation and diarrhea since she was a little girl, long before her cancer diagnosis at age 32. She had been diagnosed with IBS by a gastroenterologist many years ago after her first colonoscopy and an endoscopy, both of which, of course, came back normal.

We ran a highly specialized food allergy panel that revealed that she had..... wait for it, an allergy to cane sugar. It's not something that the average person would think of as an allergen, but believe it or not, cane sugar allergies are relatively common. We also ran a DNA stool analysis to get a complete mapping of the microbial ecosystem of her digestive tract. This unique test demonstrated that she was also suffering from a major overgrowth of Candida (also known as yeast) in her intestinal tract.

Now that we knew exactly what was causing her symptoms, we could implement a focused and highly effective treatment plan. We recommended that she strictly eliminate cane sugar from her diet while also addressing her yeast overgrowth with a prescriptive anti-fungal.

After three months of treatment Jennifer reported a 60% improvement in her symptoms; she was no longer vomiting after meals, and her abdominal pain level was greatly reduced. Around that time she had become ill with a cold and was given antibiotics. Her digestive symptoms quickly worsened and she notified us that her symptoms had resumed their original intensity. This is a common problem when treating Candida, but it's not insurmountable. We switched Jennifer to a different anti-fungal and continued the original treatment plan. Another three months have passed and she recently reported that her symptoms dramatically improved over the past three months. She continues to avoid cane sugar, and she is feeling so good that she reports feeling 95% better than when she first came in to see us.

Congratulations to Jennifer! Candida takes time to treat, but when we know that yeast is the problem, we can stay focused on the treatment plan even when the going gets rough. Without knowing this Jennifer never would have been able to see the kind of improvement that she did.

**Do you want to see YOUR success story here?  
Call now to make an appointment and get started  
on your own treatment plan**