

IN THIS ISSUE

- 1-2...Get off Medications
- 2...Facebook Page
- 3...New Website
- 3...AllergyEats.com
- 4...GIG Event June 16th
- 4...IBS eBook Available
- 5...Gluten Free Awareness Night with the Seattle Mariners



Dr. Stephen Wangen

We Want To Get You OFF Medications

The typical medical approach for treating IBS involves either doing nothing, or guessing at the problem and trying different medications. Many of the patients that come to the IBS Treatment Center have been on numerous medications. None of which has solved their problem (or they wouldn't be in our clinic in the first place!), and most of which were not designed to treat IBS symptoms. Types of medications often prescribed for IBS include:

- >Antispasmodic drugs such as dicyclomine (Bentyl) or hyoscyamine (Levsin/Levbid)
- >Antidiarrhea meds such as Loperamide (or simply immodium or pepto bismol)
- >Anticonstipation meds such as Amitiza, or simply miralax.
- >Proton pump inhibitors (Nexium, Prilosec, Prevacid) – These block acid production, but don't have anything to do with IBS.
- >Antidepressants such as amitryptilene (Elavil) or Lexapro.
- >Antibiotics – Xifaxamin/Rifaximin. They are not any better than many other antibiotics except that they aren't absorbed.

These drugs may be prescribed as a best guess, in the hopes that the patient will experience some relief. Research continues on IBS medications, but most of the time medications fail to cure the majority of patients. There is no single cause for IBS, and there will never be just one treatment that works for everyone.

At the IBS Treatment Center we rarely use any of these medications. Other than antibiotics for bacterial overgrowth, the medications listed above have

continued on page 2

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome
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continued from page 1



By ParentingPatch (Own work) [CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

clearly demonstrated their *inability* to cure IBS. Even worse, almost all of these drugs have the potential *to cause the symptoms* of IBS! If prescribed meds do provide some relief from symptoms that of course is great -- for the short term. But our goal is to end IBS symptoms for the long term. To do this we work to find the true cause of a patient's problem, not just treat the symptoms. When the underlying cause of the IBS is discovered then it can be treated and the symptoms will end -- and not just be masked by the quick fix of a prescription.

After treatment at the IBS Treatment Center most of our patients are ultimately able to discontinue use of any previously prescribed medications. It is usually a natural transition for a patient to cut back on the meds as they heal and begin to feel better. Without the symptoms, the need to suppress them with medications disappears.

We feel the same way about supplements that we do about prescription medications. Patients often use nutritional supplements to mask or suppress their IBS symptoms in the same way as meds. Supplements generally have less of a downside than medications, however, some patients may be spending hundreds of dollars a month on supplements and not realizing any significant benefits. A healthy diet can and should provide most people with all the necessary nutrients. Our goal is to help patients prioritize what supplements are most needed and eliminate those that are not.



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At the IBS Treatment Center we encourage you to find the true cause of your health problem and ultimately to be as healthy as possible. Piling on medications or supplements is rarely the answer to best health. If you are suffering from any IBS or similar symptoms, we are here to help you sort through the issues. Please come and see us.



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

Dr. Wangen Facebook page

A new Facebook page has been created just for Dr. Wangen!



Visit Dr. Wangen's new Facebook Page at
<https://www.facebook.com/pages/Dr-Stephen-Wangen/303000666438852>



Announcing NEW Website!

The IBS Treatment Center is pleased to announce a newly redesigned website. Easy to navigate and clean in appearance, our website has been updated and expanded. New to this website is a Forum for site visitors to engage in discussion or ask questions related to IBS. Dr. Wangen's Blog is now part of the website, and past Newsletters are easily accessed from the BLOG/FORUM/ETC tab on the tool bar. Above is look at the SCHEDULING page.

Check out our new website at <http://www.IBSTreatmentCenter.com>

We welcome your feedback about the site. Email us at info@ibstreatmentcenter.com or post it on our forum!

WEBSITE



Online guide to allergy friendly restaurants

[Allergy Eats.com](http://AllergyEats.com) is a website that lets visitors search for restaurants sorted by allergen (from their list of 10 common allergens) and by location. The site will report from among 600,000 restaurants with a star rating for how allergy-friendly the restaurant is. Also available through the site are Iphone and Android apps with the same service. The site includes a blog, dining tips, even where to eat allergen free at Disney World!

Please note that the number of reviews for any given restaurant is still very small in many areas, and many restaurants in their lists have not been rated at all. In this way it is still growing, but is more like a phonebook listing of restaurants than a true guide to restaurants that really cater to those with allergies. The site should grow and improve provided people take the time to review listed restaurants.

The Food Allergy and Intolerance Foundation has a similar restaurant finder on the FAIFWiki where you can provide detailed information about your favorite restaurants. It also has a small number of reviews and would benefit from more users adding information about the restaurants in their area.

We welcome you to use both restaurant finder services, and tell us what you think of each on the [IBS Treatment Center Forum](http://IBSTreatmentCenterForum.com).

Your own restaurant reviews, dining tips and related info are always welcome on the IBS Treatment Center Forum.



Gluten Intolerance Group Gluten-Free Health and Wellness Experience

JUNE 16, 2012

DoubleTree Hotel, Seattle Airport, WA

Taste, Share, Learn -- Living a Healthy, Balanced Gluten-Free Life

Speakers from around the country will be sharing information on living gluten-free. Scheduled presentation topics include:

- Healing the Gut With Nutrition
- Yoga Instruction
- Cooking Demo: Healthy, Clean Eating for Kids
- Sleep for the Gluten Free Lifestyle
- Understanding the difference between Allergy, Intolerance, and Sensitivity
- Mindful Eating
- The Benefits of Incorporating Exercise into Your Gluten Free Lifestyle
- Gluten Free Baking 101
- The Gluten-Free Edge: Sports Nutrition for Active People

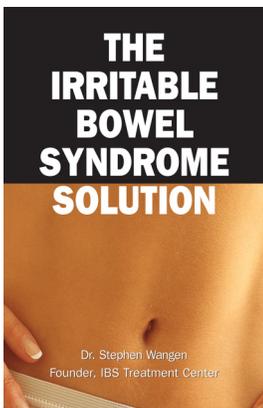
Free health screenings will be available at the Experience: Bone Density & Body Mass Index (BMI); Cholesterol Screening; Blood Glucose; and, Type 1 Diabetes Screening (Diabetes Screening available for individuals between the ages of 1 and 45 with a sibling, child or parent with type 1 diabetes).

For ticket prices and additional information

<http://www.gluten.net/conference/>

The Gluten Intolerance Group of North America is a 501c3 non-profit organization who is a leader in patient and professional support nationally through outreach programs and services. GIG fulfills its mission of supporting persons living with gluten intolerances through programs directed to consumers, health professionals and the public. GIG programs provide support and education, awareness and advocacy, research awareness and support.

ANNOUNCEMENT



Now Available in eBook!

We are pleased to announce that Dr. Wangen's book **The Irritable Bowel Syndrome Solution** is now available in eBook format and compatible with all readers.

The ebook version is only \$7.99 and available anywhere ebooks are sold. To get your copy downloaded NOW (in PDF, EPUB or MOBI), go to:

<https://www.ebookit.com/books/0000001597/The-Irritable-Bowel-Syndrome-Solution.html>



**Gluten Free Awareness Night
at Safeco Field with the
Seattle Mariners
June 15th at 7:00 pm**

Nothing is better than baseball on a warm summer evening....

Round up your friends and family members and join the Seattle Mariners and the Gluten Intolerance Group for **Gluten-Free Awareness Night** on Friday, June 15 at beautiful Safeco Field. Special discounted group seating has been reserved and is available for purchase online. Come see the Mariners take on the San Francisco Giants. It's also Felix Hernandez Bobblehead Night for the first 20,000 fans through the gates, so be sure to arrive early!

Gluten-free dining options are always available at **The Natural at Section 132** (including hot dogs, sandwiches, soups, gluten-free beer and snacks). Gluten-free beer is also available at the **Good Hops stand at Section 330** on the View Reserved level. For this night only, the **Pizza stand at Section 312** will also have the following items:

- Gluten Free Mariner Dog
- Gluten Free Club Sandwich w/ Bacon, Turkey, Avocado
- Gluten Free Cookies
- Gluten Free Beer (Redbridge)

The Gluten Intolerance Group will be at a table on the concourse outside **Section 319** to answer any questions you may have.



DEADLINE TO PURCHASE:
Thursday, June 14 at NOON

\$20 View Reserved (normally \$25)

\$5 from each ticket sold will benefit the Gluten Intolerance Group)

Please note: This special offer is available online only and is not available at Team Stores or box office outlets.

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