

IBS TREATMENT CENTER

NEWSLETTER

MEMBER OF INNATE
HEALTH GROUP

APRIL 2013

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Lobby of the
IBS Treatment Center

Get a Healthy Life

Lately I have been pondering the issue of why people are so unhealthy. And I'm talking about people who have a choice. These are people who even when given a choice of whether or not they want to be healthy, often choose to be unhealthy. Why is that? And why is it so common?

I'm not talking about smoking, taking illegal drugs or drinking excessively, everyone knows that stuff is bad. I'm talking about the standard American diet. I can't count all of the times that patients have told me, "I feel great when I eat really well and avoid all of things that are bad for me. But I can't eat that way all the time. No one can expect me to do that! I want to have a life."



Why not? Why can't people eat that way all the time? Is it peer pressure? Is it advertising? Is it cultural history? Are those foods addictive? Is it in our genes?

There are plenty of excuses, but we seem to equate having a full life to eating sweets, drinking alcohol, and enjoying the pleasures of rich food. And the worse we feel the more we seem to want to do those things.

Why do we equate being healthy with being cheated out of something? We look around for excuses to do what we want to do, and eat what we want to eat. We compare ourselves to others and assume that because someone else appears to be ok eating a poor diet that we should be able to do that too. This "have our cake and eat it too" philosophy isn't working, but we keep pretending that it is.

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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome
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Lead Article continued:

And we're really good at pretending. It fascinates me how Americans love to listen to others talk about health. All kinds of daytime TV shows have any number of episodes focused on healthy living. But we don't like to engage with those shows too deeply. They don't ask much of us. We just watch. Have you ever noticed that we don't have many call-in radio shows about health? We don't even have a health section in most newspapers anymore.

We want our health to be entertaining and wrapped up in an unhealthy package. "Don't get that stuff too close to me," we seem to say. "It's all fine as long as I can watch from a distance. Show me someone else who is healthy."

We like to outsource our health and admire it from afar. We watch professional athletes and actors who are in good shape and we figure, "That's fine for them. They have the time for that. But you can't expect me to be healthy with my busy life."

We also like to marginalize health. "Look at that person. They're too skinny." "Exercise? That is way too difficult. It hurts. It takes too much time. I can't be expected to do that and have a life."

You might think that we've come to terms with our lack of health. But then you turn around and notice that as a culture we spend billions of dollars on our health. We live in fear of losing our health, even though we don't want to be too healthy. We figure that if all else fails, we can balance out all of our bad behavior by buying back our health.

This leads to an unending parade of services and products supposedly designed to improve our health. Of course, most of these don't really solve our problems on anything but a superficial level. But we buy them none-the-less.

Then, to top it all off, when we do decide to be healthy it's often premeditated to be a temporary endeavor. "I'm going to go on a diet." "I'm on a diet." "I'm training for a marathon." And we do those things for a while, complete them, and then use them as justification for an unhealthy prize at the end.

We are cheating ourselves out of our health. We aren't really alive in the same way that we're just living. It's as if we want to test ourselves by making bad lifestyle decisions in order to feel alive.

But you have a choice. And you are already making it every day. You can choose to be healthy. And you won't be alone. Many of us are already doing it, and we welcome you. Please join us! I urge you to get a healthy life. You'll feel more alive than you ever have before.

April is IBS Awareness Month

If you have Irritable Bowel Syndrome (IBS), you are not alone – IBS is common with worldwide prevalence estimated at 9% to 23%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder. April marks IBS Awareness Month, which is intended to focus attention and increase awareness of IBS diagnosis and treatment, plus issues surrounding quality of life of IBS patients.

In 1997, IFFGD (International Foundation for Functional Gastrointestinal Disorders) designated April as IBS Awareness Month.

IBS Awareness Month is listed on the U.S. National Health Observances calendar. Health observances are days, weeks, or months devoted to promoting particular health concerns. Individuals, health professionals, teachers, community groups, and others can use these special times to sponsor health promotion events and stimulate awareness of health issues.

If you suffer from IBS, please know that this condition can be successfully treated. The standard of care for IBS is to diagnose it based on symptoms alone, perform minimal testing, and treat with increased fiber, and sometimes antidepressant drugs. At the IBS Treatment Center we test for conditions known to cause IBS and most of our patients are able to end their IBS permanently. This IBS Awareness Month take control and get the right testing and treatment to end your IBS.

IRRITABLE BOWEL SYNDROME

PRODUCT

iCanEatOnTheGo - Gluten & Allergen Free App

Find safe fast food at 34 national chains with the new iCanEat OnTheGo App. Personalize your meal options based on your allergies and see what you can eat while hiding the items that contain your food concerns - Egg, Fish, Gluten, Milk, Peanuts, Shellfish, Soy, Tree Nuts and Wheat.

Decide where and what you can order by easily browsing options from the following restaurants:

A&W, Arby's, Boston Market, Buffalo Wild Wings, Burger King, Carl's Jr, Chick-fil-A, Chipotle, Coldstone, Corner Bakery, Culver's, Dairy Queen, Green Burrito, Hardee's, Jack in the Box, Jersey Mikes, KFC, McDonald's, Moe's Southwest Grill, Noodles and Company, Olive Garden, Pei Wei, Pizza Hut, Potbelly's, Qdoba, Quiznos, Red Burrito, Saladworks, Sonic, Steak n Shake, Subway, Taco Bell, The Counter & Wendy's

This and other gluten and allergen free dining and travel apps are available wherever you find apps - prices vary from \$1.99-2.99.



Donations always joyfully accepted

In 2005 the founders of the IBS Treatment Center began a public charity called the **Food Allergy and Intolerance Foundation** as a way to accept financial donations for those who cannot afford food allergy testing and treatment. Anyone who has been helped by the IBS Treatment Center, or who has been touched by a patient successfully treated at our clinic, is invited to make a donation to the FAIF. Financial contributions directly support individuals who are unable to pay for the necessary testing and medical treatment offered by Dr. Wangen. Donations to the FAIF can be made through the [website](#) via PayPal, or by sending a check to the address below.

As part of its on-going programming, FAIF also offers informational classes on food allergies to restaurant wait staff in an effort to help them best serve restaurant customers with food related issues.

**Food Allergy and Intolerance Foundation
11300 Roosevelt Way NE Suite 100
Seattle, WA 98125**

www.FoodAllergyInfo.org

FOOD ALLERGY AND INTOLERANCE FOUNDATION

TELEVISION & VIDEO



Watch IBS Treatment Center commercials, videos, and patient testimonials on TV and on-line

If you have not seen it yet, keep your remote control pointed at HGTV, Bravo, and Food Network stations in the coming month to see an airing of the IBS Treatment Center advertisement "Beyond IBS."

This and other videos produced by The IBS Treatment Center can be viewed on-line at our website under the BLOG/FORUM/ETC. tab, or on the [Innate Health YouTube Channel](#).



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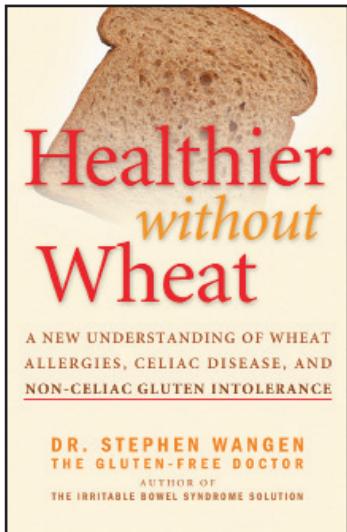


Connect with Dr. Wangen, and with The IBS Treatment Center

Become friends with both Dr. Wangen and the IBS Treatment Center on Facebook.

Regular posts update you on health related news and information. Be social!

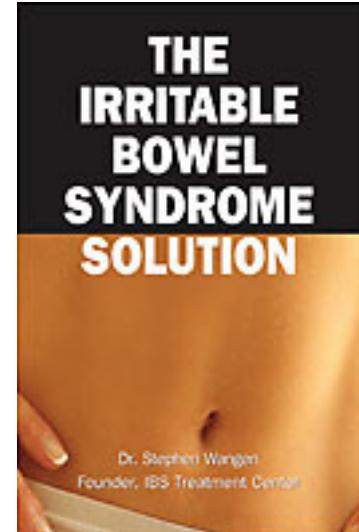
BOOKS



Books by Dr. Stephen Wangen

Available by calling
(206) 264-1111 or (888) 546-6283 |
or on our [website](#)

Both books are available in hard copy or
e-book version



THE PHYSICIANS



The IBS Treatment Center is here to help you with IBS, and any related digestive disorders.

Dr. Baker and Dr. Wangen work with people from all over the world, and of all ages. Patients usually achieve their health goals in just a few appointments.

See our [website](#) for how you can end your IBS or call today for an appointment at
(206) 264-1111



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