

IBS TREATMENT CENTER

NEWSLETTER

MEMBER OF **INNATE**
HEALTH GROUP

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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome and other digestive disorders

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IBSTreatmentCenter.com



Patient Success Story: A reaction to food does not always mean a food allergy

Laura is a 35-year-old mother of two who had been experiencing fatigue, headaches, bouts of constipation and diarrhea, and obnoxious bloating. At times she looked and felt six months pregnant due to the bloating.

When Laura first came to see us, she was certain she must have a food allergy or intolerance. She knew she reacted to food, so she assumed food caused the problem, although she couldn't put her finger on which food or foods were the trigger. In fact, she told us it didn't matter what she ate—everything she ate caused problems and she never really felt good. She further noted that fatty foods, sugary foods and raw foods seemed especially problematic, and with those she would feel even worse.

Laura was very frustrated. She wasn't able to do the things that she wanted. Her job was being affected because she couldn't attend meetings as needed. And her social life was just as compromised, because everywhere she went she had to know where the bathroom was located.

Laura said that we were her last hope. She had seen lots of doctors, had many tests done, and even had two different colonoscopies, but nothing had helped. She was told that she would just have to live with her symptoms. Laura found this unacceptable. She knew that there had to be a cause for her symptoms and she was determined to find out what it was.

Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

When we met with Laura, we agreed that there had to be a cause. First we had to narrow down the possibilities. After testing, we discovered that she did not actually have any food reactions, even though she suffered symptoms from consuming most foods. So there had to be a different cause behind the reactions to the foods she ate.

This may sound confusing, but when a patient says they react to a food, that doesn't necessarily mean that the food is the original cause of the problem. There are many reasons you can react to foods. Some of them are due to an actual immune reaction, and some are because of other problems that result in feeling reactive to foods. (A glaring example is food poisoning. If you have food poisoning, it's not the food that is the problem.)

The next step for Laura was to determine why she still felt reactive to foods. After mapping out the ecosystem of her digestive tract, we discovered she had a yeast overgrowth.

There are few issues in medicine as controversial and as misunderstood as yeast. Yeast, commonly referred to as Candida, is usually associated with vaginal yeast infections; occasionally a patient may also contract oral thrush, or Candida of the tongue and mouth. However, yeast can also over-colonize the digestive tract, such as in Laura's case, with disastrous results.

Yeast is a common part of the digestive ecosystem, but only in very small amounts. The more territory yeast acquires, the more problematic it becomes. Yeast doesn't ferment foods in the same way that healthy bacteria does, and this can result in a variety of digestive problems and bloating. Yeast overgrowth can also cause fatigue, headaches and many other ailments.

Once we began to treat Laura for her yeast she immediately noticed a difference. However, yeast is not easy to treat, and it took Laura four months to recover. Each month was better than the last, and now that she has gotten control of her yeast problem she is ecstatic. Laura no longer has bloating, constipation, or diarrhea. Her headaches went away after the first month, and her energy is unbelievable. With her treatment Laura was able to get her life back, and we couldn't be happier for her!

UPCOMING EVENT

Dr. Wangen to Speak in Houston: Understanding the Similarities and Differences Between Gluten Sensitivity and Celiac Disease

Dr. Stephen Wangen will be "helping celiacs help celiacs" when he speaks at the Houston Celiac Support Group meeting Saturday, April 26, 1PM. For additional information go to:
www.houstonceliacs.org

Saturday, April 26, 1-3:30PM
Memorial Drive Lutheran Church
12211 Memorial Drive, Houston, TX 77024
(At the corner of Memorial and Gessner)





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TED MALAHIAS | CYNTHIA RUDERT | SARA VOLLMER | OONAGH WILLIAMS

Tickets as low as \$10. Educational sessions sell out quickly.

Register today at [GIG Conference Registration](#)

NEW VIDEO AVAILABLE ONLINE



Dr. Wangen has a new video to share with patients and friends.

To watch click [here](#).



Dr. Wangen with the hosts of KING5 NewDay Northwest
<http://youtu.be/xOr4zMuIp6c>

Need Potassium? Yes! But we have no bananas today

Many people eat bananas because they have heard the fruit is good for digestion. But bananas—that seemingly benign, mild tasting fruit—can actually be the cause of adverse digestive reactions.

People who have a banana reaction usually do not realize it until they see the test results. But once they do, they often ask, “Where will I get my potassium?”

Potassium is necessary for a variety of functions in the body, but especially for muscle function. Anyone who experiences muscle cramps should make sure that they are getting enough potassium. Potassium is also crucial for heart function, including helping to manage high blood pressure. If you are experiencing fatigue, you may also need potassium.

So how can you get your potassium, once bananas are no longer an option? Fortunately, nature, in its infinite wisdom, has put potassium into many whole foods, including beans, fruits, and vegetables.

Besides bananas, here are some other top sources of potassium:

White beans	Yogurt	Cashews
Dark leafy greens	Salmon	Walnuts
Baked potatoes with skin	Avocado	Almonds
Dried apricots	Mushrooms	Dates
Acorn squash	Pistachios	Tomato sauce

You can also take potassium supplements. Remember, though, that whole foods are preferable unless you are deficient and need to catch up. If you eat a variety of healthy whole foods, then you’ll probably get the potassium that you need, as well as other critical nutrients.

RESEARCH PROJECT



HUMAN FOOD PROJECT

Anthropology of Microbes

The American Gut is the world’s largest open-source science project to understand the microbial diversity of the Human Gut. If you would like to learn which microbes live in your gut, skin and mouth, go to the exhaustive website at <http://humanfoodproject.com/american-gut/> to find out how you can join over 9,000 people already involved in this citizen science project.



SUPPORT GROUP MEETINGS

The IBS Treatment Center hosted support groups welcome anyone with IBS; chronic food allergies or intolerances; celiac disease, or any other food/digestive related disorder. Come learn about these conditions and share your health and food related tips with others in a supportive, caring environment.

SEATTLE SUPPORT GROUP MEETING Tuesday, May 6, 7PM

IBS Treatment Center, 11300 Roosevelt Way NE, Seattle, WA 98125

RSVP is requested: info@IBSTreatmentCenter.com or 206-264-1111 or see our [MeetUp page](#)

SANTA MONICA SUPPORT GROUP MEETING Saturday, June 7, 3PM

IBS Treatment Center, 1260 - 15th St. Suite 1101, Santa Monica, CA 90404

RSVP is requested: sm@IBSTreatmentCenter.com or 310-319-1500 or see our [MeetUp page](#)

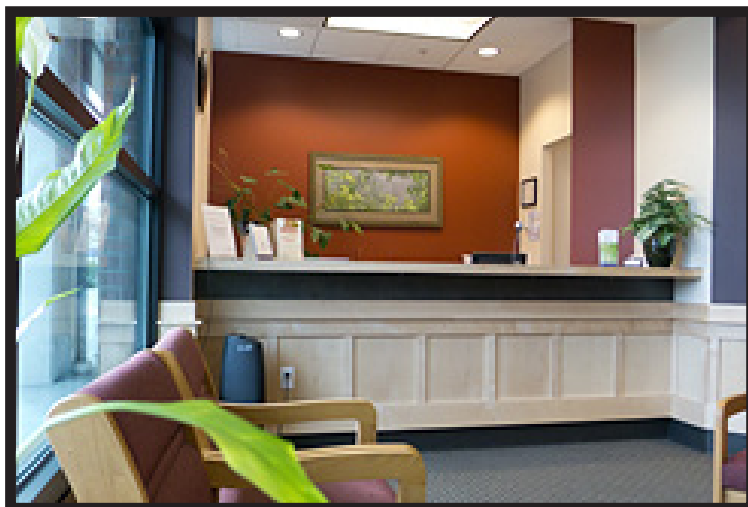
“We provide a great place to meet and talk with others about gluten intolerance, food allergies, or just digestive symptoms. Meetings often feature a special guest, food samples, etc. Come join us.” -- Dr. Amy Nelson, ND

CALL FOR STORIES

We'd like to hear from you

Would you like to share your own story with others? Real-life accounts of experiences with food allergies, intolerances, and sensitivities are always welcome.

Send to: info@IBSTreatmentCenter.com Subject line: Story to Share



Lobby of the IBS Treatment Center - Seattle