

IBS TREATMENT CENTER

Get out of the bathroom and get back to your life!

MEMBER OF **INNATE**
HEALTH GROUP

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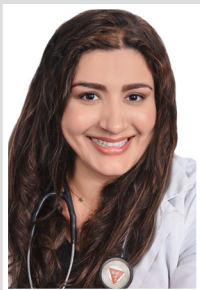
MEET OUR PHYSICIANS

Traveling Together Again: John and Jane

This month, I'd like to tell you about John, a client who walked through our treatment center doors a few months ago. When we first met him, John seemed to be the kind of guy who "has it all." He married his high school sweetheart, raised a loving family of two sons and two daughters, climbed the ladder at the company he joined after college, and is now looking forward to retiring from the position of CEO in just two short weeks. But under the surface of his fairytale life, we discovered it hasn't all been roses for John.

While in college, John and his wife, Jane, were fortunate to take a vacation each summer. They soaked up the sun in the West Indies, climbed Machu Picchu in Peru, rode as crew on a sailboat in the Mediterranean, and traveled around Europe by train. On a warm and sunny day in Barcelona while they were lying on the beach watching children build sand castles and splash in the water, John realized in an instant that he wanted to raise a family with Jane. He turned to her, stroked her face gently, and asked if she would marry him.

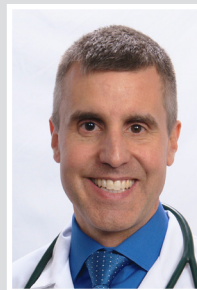
The rest, as they say, is history.



Dr. Safina Forghani



Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland



Dr. Safina Aulakh

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Traveling Together Again: John and Jane (continued)

I didn't understand at first why John chose to reveal all this to me when I met him at the clinic. John came to see us because he had been having some difficulties with his digestion. For years, John has avoided certain foods that he knew to trigger "episodes" and he gradually scaled back on the distance he was comfortable traveling and the types of experiences in which he would participate. In fact, his company wants to throw him a big dinner party for his retirement, but John asked instead that it be a quiet affair at the office. He claimed he preferred something low key, but the truth is he doesn't want to insult anyone if he can't stomach a restaurant meal or is caught in the bathroom for a long time.

John admitted to me that he has known something "isn't right" for a long time now. He often feels bloated and uncomfortable after eating just about anything it seems. He has given up on taking Jane for dinner dates to their favorite places, even though he knows she misses those special times together. Sometimes he gets quite irritable when he doesn't feel well and Jane takes the brunt of it. It's not her fault, and he knows it isn't right.

John has been to see his family doctor about his concerns but the doctor only tells John to avoid eating the foods that give him problems. He is offered no solution, only ways to cope with it. Plus, John doesn't feel he has time for frequent trips to the doctor while they try to figure out all the triggers and test different treatments. John puts in long days at work and likes to relax on the weekends. There are grandkids to visit and always some maintenance needed around the house. And besides, sometimes it's easier to ignore a problem than to deal with it, right?

So I asked John, "Why now?" I wondered what had happened recently that made him change his mind about seeing a specialist for his stomach and bowel problems. As a doctor, it is important for me to get the full story so I can understand as much as possible of what my clients are going through so I can provide the best treatment for each individual. John replied, "I am here for Jane."

He and Jane have been talking about all the wonderful things they will be able to do once John is retired and has all that free time. Jane wants to travel again, like they did in college. She wants to go on long road trips across America, visit parts of the world she has not yet seen, and revisit the places they loved experiencing together so many years ago. John wants to do all those things, too. He especially wants to return to that beach in Barcelona where he proposed to Jane. He wants to thank her for being the best partner he could ever have hoped for, for raising his amazing children while he worked so much, for sticking by him even when he is irritable, and for being his best friend.

John wants so badly to do special things for Jane, but he is worried that his digestive problems will ruin the experiences for them both. He is afraid to go on adventures and to places where he is out of close range of a bathroom. What if he is caught on the freeway when an emergency happens? What about on a plane? While sitting on the beach telling Jane how much he appreciates her?

That is why John came to the IBS Treatment Center. He knows the only way he can spoil Jane the way she deserves is if he regains control of his body and doesn't have to worry about "emergencies." And guess what? We were able to find a solution for John that will enable him to fully enjoy his retirement and travels. His IBS is now cured and it took much less time and effort than John feared.

Traveling Together Again: John and Jane (continued)

With his retirement just a couple weeks away, John's digestive problems are now fully under control. He feels great, looks better, and is finally looking forward to traveling with Jane instead of stressing about it. And Jane is so grateful. John's only regret is that he didn't come to the clinic sooner. He recommends anyone who is putting it off until the "right" time stop delaying and make the call today. John says the guidance and treatment he received has been worth every penny and more.

We wish John and Jane many years of adventures together and look forward to receiving a postcard from Barcelona! They both deserve it.

Disclaimer: The character in this story represents a combination of true stories taken from several patients. Our clients generally experience significant improvement in their digestive health, but individual results may vary.

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Meet Us and Join Others with Similar Issues.

September 1st, Support Group Meeting at 7pm @ Seattle Office. Call 206-264-1111 for more information.

<http://www.meetup.com/NE-Seattle-Gluten-Free-Food-Allergy-and-IBS-Support-Group>

September 15th, Santa Monica support group. 6:15pm @ Santa Monica office. Call 310-319-1500 for more information.

<http://www.meetup.com/Santa-Monica-Gluten-Free-Food-Allergy-IBS-Support-Group/>