

IBS TREATMENT CENTER

NEWSLETTER

MEMBER OF **INNATE**
HEALTH^{GROUP}

DECEMBER 2013

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Probiotics - Billions of Goodies for Your Gut

You may have heard that probiotics might help with your IBS symptoms. But do you need them? Which ones? How many?

Probiotics, or supplements containing strains of good bacteria that normally live in the intestinal tract, are frequently taken by individuals suffering from digestive upset in an attempt to improve their symptoms. In our practice, it is common to hear from patients who have tried probiotics that the supplements offered no improvement or even made them feel worse. The following points should help to explain why a negative reaction to probiotics is not necessarily surprising:

1 Many brands of probiotics contain low numbers of organisms, which essentially translates to a low dose of good bacteria. Prescription probiotics can have numbers as low as 1 billion organisms per dose (which sounds like an awful lot, but is actually far less than what research finds to be a therapeutic dose). We commonly find that for some patients, doses as high as 25-50 billion organisms per day can effectively address the causes of IBS.

2 Most probiotics are grown on dairy, which can be very problematic for patients who suffer from a dairy allergy, a common cause of IBS symptoms. In treating IBS, it is essential to identify any underlying food allergies and intolerances prior to starting treatment with probiotics, as taking a supplement that contains foods that your system reacts to negatively can cause more harm than good. Unique and specialized food allergy testing helps our physicians identify negative reactions to specific foods in patients suffering from IBS.

Happy Holidays from everyone at
the IBS Treatment Center

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

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TO VISIT US ONLINE, CLICK IBSTreatmentCenter.com



Dr. Stephen Wangen, ND



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND

continued

3 The strains of good bacteria found in the supplements may not match the strains that your intestines need to reach healthy and appropriate levels. By identifying the microbial ratios in the gut via a DNA stool analysis test, specific levels of different strains of good bacteria can be measured and identified as deficient. By replacing specific bacterial strains (instead of guessing), healthy levels of good gut bugs can be replenished to maintain a healthier intestinal environment.

4 Some strains of probiotics are much more anti-inflammatory than others. These strains help to reduce distress in your intestinal immune system, while others may have a potentially pro-inflammatory effect or no effect at all. Research shows that certain strains of good intestinal bacteria are exceptionally strong regulators of intestinal inflammation. Having high enough levels of these bacteria can help to moderate immune reactions that can cause symptoms of IBS.

Effectively utilizing probiotics is key to properly treating IBS. This is a science. Please contact our clinic if you have questions about probiotics or would like to schedule an appointment with one of our physicians.

www.IBSTreatmentCenter.com

SUPPORT GROUP MEETINGS

The IBS Treatment Center is happy to announce the return of the monthly support group for adults. Held on the first Tuesday of the month from 7PM to 8PM at the IBS Treatment Center, meetings are facilitated by the IBS Treatment Center but may feature a guest speaker or presenter. The support group welcomes anyone with IBS; chronic food allergies or intolerances; celiac disease, or any other food/digestive related disorder.

When planning to attend, an RSVP is requested to: info@IBSTreatmentCenter.com or 206-264-1111.

SUPPORT GROUP MEETING

Tuesday, January 7, 2014 7PM

Special guest Jodee Capo of Jodee's Desserts will be stopping by to share samples of her gluten free sweet treats

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

Entrance on Pinehurst Way - Free parking in the garage

RSVP is requested: info@IBSTreatmentCenter.com or 206-264-1111

Come learn about celiac disease, gluten intolerance, other food allergies and intolerances and IBS. Share your health and food related tips with others in a supportive, caring environment.

The IBS Treatment Center offers monthly support group meetings in conjunction with both the Gluten Intolerance Group of Northeast Seattle and the Food Allergy and Intolerance Foundation.

Guest Speakers Available

Would you like to have any of our 3 doctors come speak to your group, organization or place of business? Contact our offices at info@IBSTreatmentCenter.com to discuss scheduling.

SIBO After Visiting Asia: A Patient Story

A 48-year-old man came to the IBS Treatment Center after having suffered chronic diarrhea and abdominal pain for 10 months. He shared that he had always had normal digestion and normal bowel movements until he went on a business trip to Asia 10 months previously.

The patient experienced what he described as “food poisoning” while on the trip. He went on to explain that the intense diarrhea, combined with significant abdominal cramping throughout the day and night, had not gone away after a few days, as would be expected with gastroenteritis (the medical term for “food poisoning”).

He went on to explain that he had seen a physician shortly after returning to the United States and was diagnosed with SIBO (small intestinal bacterial overgrowth). The antibiotic treatment he was given resolved his diarrhea within a few days and he was, of course, elated. However, another business trip sent him to South America later that month. He again developed “food poisoning” which restarted the daily diarrhea and extreme abdominal cramping.

When he returned to the States he was given another dose of the antibiotics because his doctor assumed that he again had SIBO. Unfortunately, this only helped for a few days. His symptoms returned full force, and a third round of antibiotics did not seem to make any difference at all.

After learning the patient’s history we ordered two unique and specialized tests which helped us to identify which possible causes of IBS were affecting him. It turned out that he was having an inflammatory reaction to both eggs and dairy products, which he promptly removed from his diet. He also had overgrowths of two different bacteria. However, they were resistant to many antibiotics.

Since he had already unsuccessfully tried several rounds of prescriptive antibiotics for his symptoms, we started our treatment with natural antibiotics. Ironically, these can be more effective than prescriptive antibiotics and have less negative impact on the good intestinal bacteria. We also suggested a very specific dairy-free probiotic that matched his test profile, and a combination of garlic and cinnamon to help the antimicrobial activity.

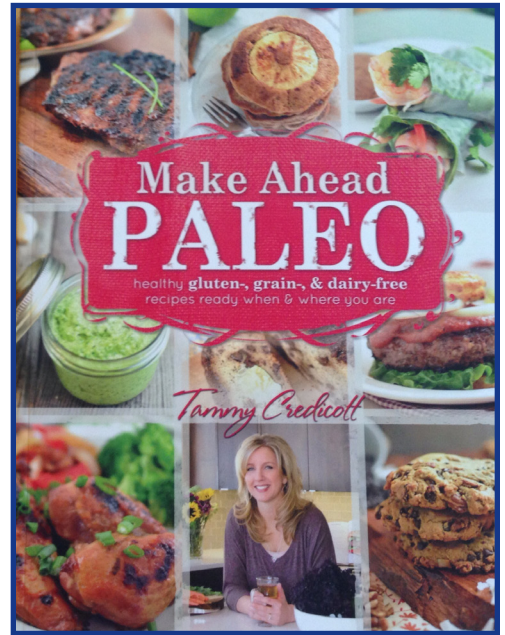
Four weeks later the patient happily reported that his symptoms had started to improve within the first week of treatment, and that he had only had one or two days where his stomach still felt “gurgly.” He had not experienced a single episode of diarrhea or cramping in the past three weeks.

SIBO is often the result of multiple factors and numerous events that have been building up over time. Putting that puzzle together and creating a healthier environment in the digestive tract is often the key to long term health. That is often far more involved than simply taking an antibiotic. Please visit us at the IBS Treatment Center if you feel that you are having a problem with small intestine bacterial overgrowth. We will be glad to help you.

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

We are pleased to review Tammy Credicott's new cookbook, *Make Ahead Paleo*. For those of you not familiar with the concept of a "paleo" (short for paleolithic) diet, it attempts to mimic the eating patterns of prehistoric humans. The focus is on eating lean meats, eggs, nuts, and vegetables, while strictly avoiding processed foods and many agricultural products (including grains, dairy, alcohol, beans/legumes, and refined sugars), which were not widely available thousands of years ago [cavemen did not have access to them back in the day].

In *Make Ahead Paleo*, Tammy presents many recipes that are naturally gluten-, grain-, and dairy- free; this is perfect for our patients who manage multiple food allergies. The dishes in the cookbook range from breakfasts that are cookable in the microwave (we know that many of you have asked us for easy breakfast ideas), to slow cooker one-pot dinners, to tasty treats (think Chocolate Dipped Strawberry Macaroons). We especially appreciate that Tammy offers options for food throughout the day instead of focusing primarily on appetizers or desserts, as some cookbooks do. In addition, we found it relatively easy to customize recipes to fit different allergy needs.



One of our favorite aspects of the book is its organization. Tammy starts off the book with a huge introduction to the paleo diet and how to properly store all sorts of food. She discusses budget control for specialty diets, portable foods for traveling, and nutritional information. Each section features full-color photos, giving the cook a clear idea of the finished recipe. One of the more unique sections, "Make & Freeze," has oodles of make-ahead recipes that you easily freeze and use when needed. Most of these meals then require only a few minutes to finish preparation!

The Paleo English Muffins were pretty fantastic and easy to combine for lots of meal ideas, but we also especially enjoyed the Creamy Beef and Green Bean Casserole with Pearl Onions. It didn't contain any dairy (again, the paleo diet avoids all dairy), and we imagine that it would be perfect as a side dish at your holiday celebration this year.

For those of you who are constantly looking for new food ideas, or are managing multiple food allergies or special diets, we encourage you to take a look at this new cookbook, *Make Ahead Paleo*, by Tammy Credicott.

Happy eating!



Tammy Credicott at
thehealthyflife.com



Jodee's Desserts

7214 Woodlawn Ave NE, Seattle in the Greenlake Neighborhood

Specializing in pies, sweets & desserts for sensitive diets

Wheat, gluten, egg & dairy free. Low glycemic

Fresh, local, organic and all natural

JodeesDesserts.com

Jodee Capo, chef/owner

Jodee will be bringing some of her delicious treats to the January support group meeting, see page 2 of this newsletter for details



RESEARCH STUDY

Volunteers Needed for Research Study on IBS

The IBS Treatment Center is now conducting a new research study on the experience of IBS patients from the onset of symptoms, through diagnosis and treatment, and beyond. Participants will complete single page survey forms upon admission to the study and at approximately 3-month intervals for the following year. This study is designed to enhance understanding of the experience of IBS patients in terms of their symptoms, medical care, and how both evolve over time.

To qualify, volunteer participants must be at least 18 years old, live in the United States, have been diagnosed with IBS by a licensed healthcare provider, and currently have IBS symptoms.

Interested individuals should read the study flyer at:

<http://ibstreatmentcenter.com/IBSResearchStudyFlyer.pdf>

Then download the authorization form:

<http://ibstreatmentcenter.com/Study2013OND47Authorization.pdf>

Fill in the name in both places, date and sign, and send it to the IBS Treatment Center using the directions provided. Volunteers will then be assigned a participant number and sent the first of four total surveys.

Seeking Individuals diagnosed with IBS