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Dr. Stephen Wangen

Ending Migraines and Tension Headaches

By Shanghai killer whale (Own work)
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It might be surprising to find us writing about headaches, but they are so frequently caused by the same things that cause digestive problems that they have been begging for an article for many years.

Migraines and tension headaches, like IBS, are often associated with stress. But also like IBS they can come on for seemingly no reason at all and are often caused by problems far more specific than stress. Whether or not you have digestive problems, you may be able to completely eliminate your headaches by simply changing your diet. And we can help you

do it.

It is not unusual for patients to visit us for digestive problems only to find that after implementing their individualized treatment plan their headaches have also resolved. Some patients do come to us specifically for the treatment of their headaches, whether they are migraine, tension, and even sinus headaches. Although patients tend to make a big distinction between migraine headaches and tension headaches due to a frequent difference in their severity, they can have the exact same triggers. Whether or not you are taking migraine medications such as Imitrex (sumatriptan) and Topamax, or you buy your NSAID pain medications in large bottles at Costco, the ability to resolve your headaches remains the same.

Food allergies are the number one cause of headaches of all types. These are not the kind of food allergies an allergist is going to diagnose because allergists don't deal with headache-related food allergies. These are the "hidden" types of food allergies that you can read more about (and watch a video testimonial) on our website at www.CenterForFoodAllergies.com.

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

Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125

**Clinic Entrance Address: 11301 Pinehurst Way NE Seattle, Washington 98125
(206) 264-1111**

www.IBSTreatmentCenter.com

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There is some outstanding research on the connection between food allergies and headaches. Two recent studies, including a double-blind study showed a huge relationship between food allergies and headaches, and the ability to often eliminate them without medications.

Besides food allergies, another interesting cause of headaches can be the presence of a yeast or Candida in the digestive tract. Yeast can trigger headaches via the toxic affect of byproducts that they produce. These are absorbed from the digestive tract and can lead to a variety of health problems including headaches.

If you or someone you know suffers from any type of headache, or you would like to get off your headache medication, then please visit us. We would be happy to work with you and may be able to provide you with a whole new perspective on your problem.

Alpay et. al. (2010). *Diet restriction in migraine, based on IgG against foods: A clinical double-blind, randomised, cross-over trial.* Cephalalgia. 2010 July; 30(7): 829–837.doi: 10.1177/0333102410361404.
[Full Text]

Arroyave Hernández et. al. (2007). *Food allergy mediated by IgG antibodies associated with migraine in adults.* Rev Alerg Mex. 2007 Sep-Oct;54(5):162-8.

Patient story: <http://www.centerforfoodallergies.com/Headaches.htm>

ANNOUNCEMENT

Campaign Leaders Wanted - Chef to Plate Awareness Campaign 2011

Chef to Plate: Celebrating Restaurants Serving Up Gluten Free Awareness

Chef to Plate is a national awareness campaign sponsored by the Gluten Intolerance Group of North America. Last year the campaign was a huge success, reaching millions of people with information. The purpose of this campaign is to spread awareness of celiac disease and gluten intolerances through the restaurants that currently provide gluten-free offerings. *It is not about the promotion of any specific restaurant program.*

Chef to Plate recognizes those restaurants that currently support persons living with gluten intolerances. Any restaurant that offers a gluten-free menu can get involved. This program is not about recruiting new restaurants to serve gluten-free meals, but rather about working with those restaurants that already do and bring awareness of gluten intolerances to the local community through these restaurants.



[Invitation to be a Campaign Leader](#)

[Campaign Leader FAQs](#)

[Sign up Your Restaurant](#)

[Participating Restaurants](#)

[Gluten Intolerance Group of North America](#)

Tortilla Chip Recall - Ole!

Prime Choice Foods is recalling certain lots of Garden of Eatin'® Tortilla Chips due to undeclared wheat and soy. The recall affects the following lot codes:

Garden of Eatin'® Multi Grain Sea Salt Tortilla Chips (9 oz)

Unit UPC code # 15839-00795

Lot codes: 07MAY11, 08MAY11, 19MAY11, 24MAY11, 02JUN11 and 22JUN11

Garden of Eatin'® Multi Grain Everything Tortilla Chips (9 oz)

Unit UPC code # 15839-00797

Lot codes: 08MAY11, 24MAY11, 25MAY11, 01JUN11 and 22JUN11

Garden of Eatin'® Multi Grain Blues Sea Salt Tortilla Chips (9 oz)

Unit UPC code # 15839-00940

Lot codes: 08MAY11, 25MAY11, 26MAY11, 22JUN11 and 23JUN11



The lot code is located on the right side of the upper front panel of the individual bag. The products were distributed to food stores nationwide. Consumers who have purchased the products may return them to the place of purchase for a refund. Consumers with questions may call the company (800) 434-4246.

Researchers Seek Adults With Celiac Disease

Adults that have been diagnosed with Celiac Disease are being sought for a study to identify factors associated with the development of Celiac Disease. The goal of the study is to find genes that may predispose individuals to develop this condition. Adults eligible to participate in this study must have been diagnosed with Celiac Disease through a small intestinal biopsy. Spouses may also be eligible to participate.

Participants will be asked to provide a blood sample, complete a questionnaire, and provide medical records regarding their celiac diagnosis. There is no cost to participate. The study will pay for the cost of the blood draw, as well as overnight shipping to the lab. Participants will receive free antibody testing and be compensated \$25 for their time to complete the questionnaire and provide a blood sample.

For further information, please contact:

City of Hope, Maryam Pirnazar at 949-929-5958 or toll-free at 800-844-0049, e-mail mpirnazar@coh.org or Linda Steele at 800-844-0049 or 626-471-9264

New Support Group Has Successful Beginning

Janell's Guten-Free Market in Everett announces the formation of a new GIG Support Group.

The first meeting was held in January with a great attendance.

The next meeting will be Thursday, February 24th 6:30 pm at Lanna Thai Restaurant, 7825 Evergreen Way
<http://www.lannathaeveryett.com/>

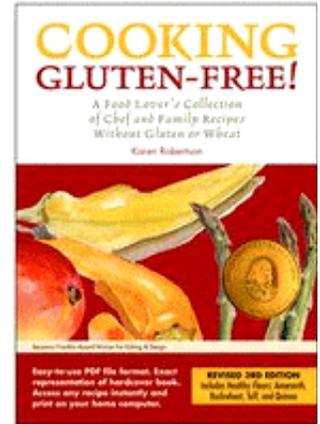
Lanna Thai owner, Paul, is working to develop a menu that is not only safely gluten-free, but also dairy and shrimp-free and has soy-free options available. Please call Janell's Market (Phone: 425.347.3500) if you would like to attend and if you have any additional allergies.

The meeting topic will be: "How to eat out with your friends and family and make it seamlessly gluten-free."

Gluten-Free Cooking Classes

Karen Robertson, author of *Cooking Gluten-Free!* is bringing back her popular cooking classes. This time coming to the fantastic culinary facility at South Seattle Community College in West Seattle.

The Series will begin with a lecture on March 10th at 6:00. This evening will include: a discussion on the various types of gluten free flours and which ones to use for the best results; talk on how to convert your favorite recipes; and samples of the various baked goods to be featured in the following 3 classes.



- **Gluten-Free Flours Made Easy -- Thursday, 6:00 pm - 7:30 pm; March 10**
GF flour lecture and sampling of pizza crust, scones, muffins, granola, and pie crust
- **Gluten-Free Pizza Crust -- Saturday, 10:30 am - 1:30 pm; March 19**
(dairy free option to taste, egg free option discussed)
- **Gluten-Free Scones, Muffins, Granola Wednesday, 6:00 pm - 9:00 pm; April 13**
(dairy free options for muffins and granola to taste, egg free options discussed)
- **Gluten-Free Summer Fruit Pies Saturday, 10:30 am - 1:30 pm; May 7**
(egg free and dairy free option)



Ms. Robertson has taught cooking classes at Gluten Intolerance Group conferences, and regularly at PCC Natural Markets. She has served on the board of the G.I.G. for two years, and she spent time baking in the show kitchen at Seattle Pie Co. Karen has cooked gluten free since 1997 for her two celiac children who are now ages 19 and 16 and can discuss issues relating to all challenges of raising children on the gluten free diet.

Classes are a great way to make connections with others on the gluten free diet -- come join the fun!

For more information and to register go to: <http://cookingglutenfree.com/services/>

Fish Four Ways

Monday, March 14th 6:30-8:30

Adriane Angarano will be teaching this group cooking class at Green Lake Nutrition. This class is dedicated to preparing delicious fish. The following menu items will be demonstrated:

Baked Halibut with Citrus Dressing

Poached Trout in Fresh Herb Court Boullion

Seared White Fish with Ginger Miso Dressing

Nori Wrapped Salmon

Cost is \$45 per person or \$75 for two if you register with a friend. Class will be held at Green Lake Nutrition, 6329 - 20th Ave NE, Seattle, 98115. Class is limited to 6 participants. Early registration is recommended as classes always fill up.

Call 206-729-5111 or email admin@greenlakenutrition.com to register.



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Eat Well Event in Central California

Sponsored by the “G-Free Foodie” the Eat Well Event is a celebration of local food sources and gluten free dining in central California. Come celebrate spring and good food.

Saturday, April 30, 11:00-3:00 PM at Birdstone Winery, 9400 Road 36, Madera, CA



Admission is FREE!

Goodie bags for the first 300 guests!

Sample and Shop for Gluten Free & Local Foods

Taste delicious wines from Birdstone Winery

Score deals and coupons for local restaurants and stores

Learn about Local Food sources and the Gluten Free diet

Meet local chefs & food artisans

For more information: <http://www.gfreefoodie.com/eat-well-event/>

The Gluten & Allergen Free Expo – Chicago, 2011

April 30 & May 1. Dr. Wangen to speak at 8:45 AM on April 30th.

This Expo is the premier gluten and allergen free event in the United States! Whether you are looking for specialty products that taste great or trying to learn how to cook and bake to meet your dietary needs, the Expo is the place to be!

Attendees have flown in from around the country and Canada to attend this amazing event: Cooking and baking classes, over 70 gluten and allergen free vendors, special kids programming.

For all the information and details, visit: <http://gfafexpo.com/>



the Date! 2011 GIG Conference in Orlando

Intolerance Group 37th Annual Educational Conference, July 1 & 2, 2011

Plans now to be a part of this wonderful educational opportunity. Each year GIG puts on a high-quality, informative, and interesting conference. Scheduled will be many interesting presentations, including the keynote speaker, Thomas O’Bryan. Also available for attendees will be a demonstration stage, vendor fair, treasure hunt each day of the conference, where winners can win a great prize.

20% discount with early registration by April 1, 2011

Theme: Treasures of the Gluten-Free World

Location: Gaylord Palms Hotel & Convention Center, Orlando, FL

Dates: July 1 & 2, 2011

For more information, visit: [Conference Program Brochure](#)

[Conference Program Brochure](#)



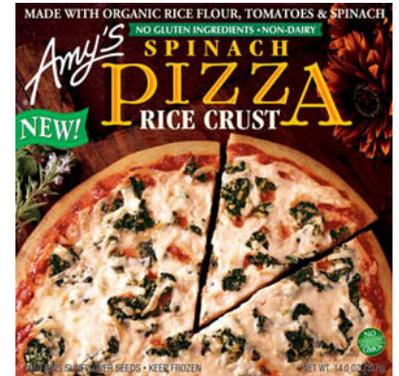
PRODUCT RECOMMENDATIONS

SOYATOO!

Soy and rice based whipped cream
Made in Germany
Good enough to fool your friends!



Amy's Gluten & Dairy Free
Pizza and Macaroni & Cheese
Find them in the freezer section
Thank you Amy for hearing our prayers!



Nut Free Dark Chocolate **SUN CUPS**
Organic and Gluten Free
Made by Seth Ellis Chocolatier in Boulder, CO
Run don't walk to get yourself a
case of these bad boys!

Katz Gluten Free Hamburger Buns
Order from www.katzglutenfree.com
It's not too early to start
thinking about barbequing...



Bathroom Finder
Website and free app
When you gotta go, you gotta go

Dr. Wangen's Scheduled Presentations

If you would like Dr. Wangen, or a representative of the IBS Treatment Center, to speak to your organization please contact us via email at info@ibstreatmentcenter.com or at 206-264-1111.

PCC GLUTEN FREE BAKING CLASSES Info on PCC website and PCC Cooks Calendar

Teaching the classes together will be Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker" Register through PCC.

Greenlake PCC

Monday, March 7, 6:30 to 9 p.m.

Redmond PCC

Friday April 8, 6:30 to 9 p.m.



Federal Way, WA

Saturday, March 5, 2011 10:00AM

Three hour class at Marlene's Market and Deli. Open to the public, registration required.

Rochester, NY

Tuesday, March 15, 2011, 7PM

Social Hall at St. Anne Church, 1600 Mount Hope Ave, Rochester, NY 14620.

Hosted by Rochester Celiac Support Group. Free, open to the public.

Denver, CO

Thursday, March 17, 2011 7PM

First Plymouth Church in Englewood. Hosted by the Celiac Sprue Association in Denver.

Free, open to the public.

St. Louis/Shrewbury, MO

Saturday, March 19, 2011. Dr. Wangen to speak at 9:00AM

Shrewbury City Center, 5200 Shrewbury Ave. Hosted by Andrea's Gluten Free. www.andreasglutenfree.com

Day long informational gluten-free fair. Contact: maureen@andreasglutenfree.com or 636-536-9953

Chicago, IL

April 29-May 1, 2011. Dr. Wangen to speak at 8:45AM on Saturday, April 30

Gluten and Allergen Free Expo, held at The Wyndham Hotel, 3000 Warrenville Rd, Lisle.

Hosted by Gluten Intolerant Group of Greater Chicago. Open to the public, registration required.