

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
HEALTH GROUP

FEBRUARY 2014

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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](http://IBSTreatmentCenter.com)



### Difficulty Gaining Weight

As discussed in the last newsletter, the inability to lose weight as well as the inability to gain weight are frequently two sides of the same coin. Food allergies and sensitivities, gastrointestinal bacterial infections, yeast, and parasites can all interfere with your ability to break down and absorb nutrients properly, and this can result in weight loss and/or difficulty in maintaining weight.

Having difficulty gaining weight may seem like a good problem to have, but people with this challenge find it very frustrating. When your body has a poor relationship with food, you may be able to eat all you want, but the food isn't being assimilated. This problem is further exacerbated if you have symptoms such as diarrhea, which is another sign that your body isn't processing nutrients well (malabsorption).

For some people with food allergies or intolerances, the reaction can be so severe that they can't get enough nutrition to sustain themselves from the food that they eat. This is surprisingly common, and these patients are often blamed for not eating enough or are told that they have an eating disorder. However, many of these patients eat far more than average and don't have any problems with their desire to eat or to keep food down. They can't get help, because no one believes them. Worse yet, other people even go so far as to say they wish they had the same problem.

As you can imagine, people with this issue are trying to gain weight. Frequently this means that they are eating lots of bread products, baked goods, and processed foods, which of course are full of food allergens. They may also be using popular

### Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

commercial weight gain products. And what do those products usually contain? A hefty dose of common food allergens.

A perfect example of a popular weight gain product is Ensure. Most Ensure products contain large amounts of dairy, soy, and corn, three things that many people who need to gain weight should not be ingesting. Many patients describe feeling worse when they try to use Ensure.

Another major aspect of digestion is the ecosystem within your digestive tract, which is filled with trillions of bacteria. These bacteria play an integral role in digestion. If you don't have the right kind of bacteria, or if you have yeast (Candida) or parasites, then you won't digest your food properly. The good news is that all of these things can be tested, including your "good" bacteria.

When we work with patients who are having trouble with their weight, we always evaluate them for food allergies and intolerances as well as for bacteria, yeast, and parasites. Once we figure out the source of their problem, we can find a treatment plan that really works. Patients are amazed at the results. Many people find that they can gain weight just by avoiding the foods that were preventing them from absorbing nutrients.

If you are struggling with a weight issue and your body isn't responding to the usual solutions, don't give up. Keep investigating. Be honest with yourself about your diet and your exercise level. Then consider the possibility that something else is getting in the way of you realizing your goals, and let us help you find out what it is.

## UPCOMING EVENT



### Charlotte, North Carolina

March 29, 2014 10 am - 4 pm

Harris Conference Center  
3216 CPCC Harris Campus Dr. Charlotte, NC

<http://charlottegfexpo.blogspot.com/>

Featured Speakers:

**CAROL KICINSKI**

Founder & Editor in Chief of Simply Gluten Free Magazine

**LISA STIMMER**

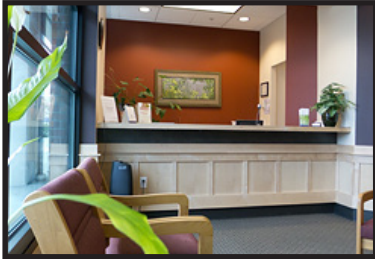
Natural Gourmet Chef & Healthy Lifestyle Coach

**DR. STEPHEN WANGEN**

Co-founder and Medical Director of the IBS Treatment Center

## 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, March 4, 7PM

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](mailto:info@IBSTreatmentCenter.com) or 206-264-1111

### SANTA MONICA SUPPORT GROUP MEETING

Saturday, March 1, 1PM

IBS Treatment Center, 1260 - 15th St. Suite 1101, Santa Monica, CA 90404  
RSVP is requested: [sm@IBSTreatmentCenter.com](mailto:sm@IBSTreatmentCenter.com) or 310-319-1500  
for up to the minute details about upcoming meetings go to:  
<http://www.meetup.com/Santa-Monica-Gluten-Free-Food-Allergy-IBS-Support-Group/>

*"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*



Facilitator, Dr. Amy Nelson, ND

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

## NEW STORE

### Now Open in Kirkland - Janell's Gluten Free Market

Janell's Gluten Free Market (of Everett) is pleased to announce it's new location on the Eastside in Kirkland. Opened in February, this new store is packed full of gluten free foods and products. Store manager Dani and other staff are happy to answer questions and share knowledge about gluten free shopping.

**Sunday March 23, 5:30**  
**Guest Speaker Dr. Stephen Wangen**

12616 120th Ave NE Kirkland, WA 98034 (next to Trader Joe's)



## Letter of Appreciation from a Patient Suffering from Severe Migranes

Dr. Wangen,

*When I came to see you for migranes I felt as though I was making a “last ditch” effort. I had suffered from headaches since I was about 12 years old and the preceding 3 years had become unbearable. At the time I saw you I had had the same headache for about 8 months. I was miserable. (The headache before that had lasted 18 months!)*

*Many times over the years I had asked various healthcare providers if something I was eating was making me sick. EVERY single one of them told me that food allergies do not cause migraines. And yet that was the first thing you tested me for! The three weeks I waited for my blood test results seemed like forever.*

*When the test results did come back they showed that I was highly reactive to dairy, eggs, and sesame and reactive to other foods as well though not as severely. I left your office a bit overwhelmed and wondering how on earth I was going to eat. I had a good cry in the car and then stopped for a cheese burger on a sesame seed bun on the way home. Then I cried again. My tears were in part because I felt so consumed by this new information, and in part because I finally had a possible new solution to ridding myself of the constant pain.*

*After that final cheeseburger I never looked back. I eliminated every single item that my blood testing indicated could be a problem. Of course it was a huge challenge at first to change my diet so drastically. But it proved to be absolutely worth it. After about 3 weeks my headaches started to lessen. It wasn't every day anymore. After about 5 weeks I felt significantly better. That was all I needed to keep me going! My son (aged 8) noticed that mommy was more “fun.” He commented about how good it was that I wasn't always in bed. Heartbreaking for me to hear, but he was right.*

*For a long time I was committed to the new diet and I did not stray from it one tiny bit. I eventually decided to try one of my old favorite foods. I quickly learned that my digestive system no longer tolerated eggs and dairy and the next day I had a headache which lasted for 5 days. This seems to be a predictable pattern as I have tried a few other foods in the past 6 months. At this point I am not interested in trying to add back any of the foods which I tested positive for (although I may consider having some Creme Brulee on my birthday in August...).*

*My headaches are not entirely gone. But now I know any new headache will only last a day, maybe 2, and then it will end. I previously had headaches that didn't have endings. Knowing that any headaches now will end makes it much easier to cope.*

*When I think about the time and money spent over the years on EEG's, MRI's, CT scans, a cabinet full of prescription drugs, biofeedback, and more I want to scream! My neurologist at that time told me that there was nothing more he could do for me, he didn't need to see me again.*

*All this to tell you how much I appreciate you! Previously, I couldn't imagine the migraines would ever end, and yet they have! I appreciate everything you have helped me with. THANK YOU!!*

*Sincerely,  
Darcie*