

IBS TREATMENT CENTER

NEWSLETTER

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FOOD ALLERGIES CAN CAUSE...

Food allergies can cause a lot more problems than you or your doctor probably realize. After having worked with thousands of patients with food allergies, we know this to be true. Although there is plenty of published research on the symptoms of food allergies, there is also a lot of misunderstanding due to conflicting definitions of allergies; some testing methods that are scientifically invalid; and the length of time between exposure to a food and the reaction. To see some of the research on these issues check out the [Food Allergy and Intolerance Foundation Research Page](#). The following are a few of the more common conditions that we regularly see cured by avoiding a food allergen.

Headaches, including Migraines – Headaches are about inflammation. And food allergies are also about inflammation. It is not at all unusual for our patients to report that their headaches have disappeared once they know how to stop triggering them with their diet.

Ear Infections – If your child suffers from more than just the very infrequent ear infection, then they probably have a food allergy. Kids should not get ear infections. Proper testing can reveal whether a child has a food allergy that is contributing to their susceptibility to ear infections.

Sinusitis – As with kids and ear infections, adults often get chronic sinus infections. Don't think that it must be caused by bacteria or an environmental allergy. We regularly see chronic sinus problems that are caused by food allergies come to an end when the patient is properly diagnosed and treated.

Eczema and Hives – Whether in infants, kids, or adults, eczema and hives are often triggered by food allergies. Even if an allergist has told you that you don't have a food allergy, you could still have one. Standard tests, including skin prick testing and RAST testing cannot measure allergies mediated by certain types of antibodies.

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

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Acne – Yes, acne really does have a lot to do with your diet. If you suffer from acne then you need to consider food allergies as a cause.

Heartburn – Heartburn isn't just about spicy food. And it isn't about overproducing stomach acid. Heartburn is about inflammation. Many of our patients tell us that their heartburn has resolved after having worked with us. You could be the next.

Reflux in infants – Infants reflux and throw up food because their little bodies are rejecting something, and they are rejecting it for a good reason. We can help you understand that reason and find the diet appropriate for your infant that will help your little one thrive.

Colic – Babies cry incessantly and fail to sleep because they are uncomfortable. And of course, they are uncomfortable for a reason. Let us help you figure out why. The results will speak volumes, and you'll both sleep much better.

Joint Pain – Joint pain, whether or not it is arthritis, is often caused by food allergies. Over and over patients have told us how much better their joints are once they start avoiding their allergenic foods.

Fatigue – If your immune system is spending a lot of time fighting your food, then that is a big drain on your energy. It is not at all surprising when our patients tell us they have much more energy after learning of a food allergy and then avoiding that food. Fatigue can even be the primary symptom of a food allergy.

Anxiety/Depression – Food allergies can really drag you down, and they can make you feel less grounded. We often have patients tell us that their (or their kids) mood is better after food allergy treatment and that they don't feel as anxious.

Muscle aches/Fibromyalgia – Muscle aches and pains are all about inflammation. There must be a cause, so why not look for it? Food allergies are often that cause.

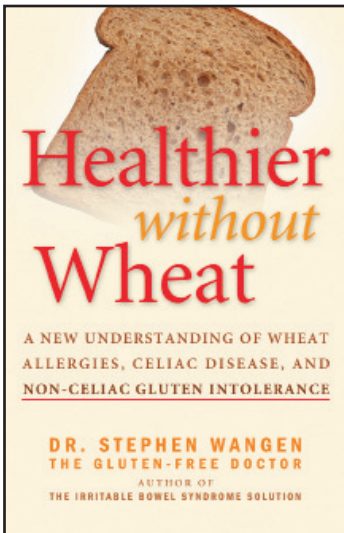
Autoimmune diseases – Many autoimmune diseases are strongly correlated with food allergies, and often significantly improve once the foods are removed from the diet. Celiac disease is only one example.

IBS/Gas/Bloating/Constipation/Diarrhea – We spend a lot of time treating people with digestive problems. If you have one, then there is an excellent chance that a food allergy is the cause.

Frequent colds or flus – Do you seem to pick up every infection that comes along? Are you sicker than most other people around you? This is a frequent complaint of people with food allergies. If your immune system is attacking your food, then it's not as strong at attacking infections.

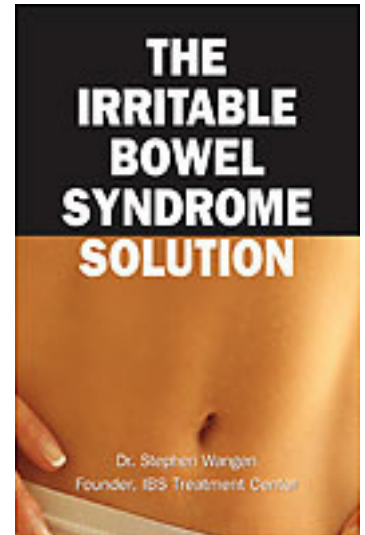
If you suffer from any of these symptoms, or something that seems unrelated to food, consider the possibility that food allergies are part of the problem. Food allergies cause inflammation, and are distracting your immune system from doing what it should be doing. Don't take our word for it, read the testimonials on our website, and come see us and find out for yourself.

www.IBSTreatmentCenter.org



Books by Dr. Stephen Wangen

Available by calling
(206) 264-1111 or (888) 546-6283
or on our [website](#)



Both books are available in hard copy or e-book version



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FOOD ALLERGY AND INTOLERANCE FOUNDATION

Foundation Supports Others Through Your Generous Donations

In 2005 the founders of the IBS Treatment Center began a public charity called the **Food Allergy and Intolerance Foundation** to support the food allergy and intolerance affected community in a wide variety of ways. Anyone who has been helped by the IBS Treatment Center, or who has been touched by a patient successfully treated at our clinic, is invited to make a donation to the FAIF. Donations to the FAIF can be made through the [website](#) via PayPal, or by sending a check to the address below.



As part of its on-going programming, FAIF also offers informational classes on food allergies to restaurant wait staff in an effort to help them best serve restaurant customers with food related issues. To schedule a class for your restaurant or group of servers, please contact us at contact@FoodAllergyInfo.org

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