

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
HEALTH GROUP

JUNE 2014

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## Celiac Disease vs. Gluten Sensitivity: Defining Celiac Disease

How many times have you read that celiac disease is the worst form of gluten intolerance? Or maybe you've heard that celiac disease is the potential end-stage of gluten intolerance? And I know that you've probably read that gluten sensitivity isn't nearly as severe as celiac disease. These statements are often repeated, and they sound fairly logical. But are they?

To get an accurate handle on what these statements mean we need to clarify the differences between celiac disease and gluten sensitivity. And in order to clarify these differences the first thing that we need to do is to revisit the definition of celiac disease.

To be diagnosed with celiac disease you need one thing, and only one thing. That one thing is called villous atrophy. To explain simply, villous atrophy is a very specific kind of damage that can occur in the small intestine.

If you don't have villous atrophy, then you don't have celiac disease. Period. There are various ways to test for celiac disease, but they are all designed to measure one thing-- villous atrophy.

A diagnosis of celiac disease is not based on how sick you feel or on how many symptoms you have. It's not even defined by the type of symptoms that you have, or on how long you've had symptoms. The only thing that identifies

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

#### SEATTLE CLINIC

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#### SANTA MONICA CLINIC

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Santa Monica, CA 90404  
Phone: (310) 319-1500

CONTACT US AT  
[info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)



VISIT US ONLINE

## Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

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<https://da192.infusionsoft.com/app/form/c4906b45eb86d81ea09af68483ba031b>

whether or not you have celiac disease is the presence of villous atrophy. That's it.

So how does this villous atrophy damage occur in the small intestine? As you may already know, it is the result of an autoimmune reaction. Autoimmune means that the immune system is attacking the body. In the case of celiac disease it is attacking the villi, the name given to microscopic finger-like extensions that line the small intestine. When this happens the result is the damage that we call villous atrophy.

And what triggers this autoimmune reaction? The answer is relatively simple. Eating gluten triggers this reaction in people who are genetically susceptible. Fortunately, we can stop this autoimmune reaction from occurring. When people with celiac disease stop eating gluten, then the autoimmune reaction stops, and the small intestine begins to heal.

The small intestine heals because the cause for the damage has been removed. Gluten is that cause, and celiac disease (villous atrophy) is the effect. Another way to say this is that villous atrophy is a symptom. Viewed in this light it is easier to see that celiac disease is really a symptom of gluten intolerance.

That is worth repeating. Celiac disease is a symptom of gluten intolerance.

This is how celiac disease is defined. Now that we've clarified exactly what celiac disease is, we can begin to take a closer look at the question introduced at the beginning of this article. What is the difference between celiac disease and gluten sensitivity? We will explore that in the next newsletter. Here's a hint: they have a lot more in common than you thought.

## CLINIC NEWS

### Welcome Dr. Catherine Coy to the IBS Treatment Center - Seattle

Dr. Catherine Coy will be joining the Seattle clinic this summer to fill in for Dr. Kelly Baker during Dr. Baker's maternity leave. Dr. Coy is returning to the IBS Treatment Center, having interned with Dr. Wangen several years ago. Dr. Coy recently completed her post-doctoral work at the University of Washington School of Medicine. She is not only a wonderful clinician, but also an accomplished medical researcher; and fluent in Spanish. Dr. Catherine Coy brings a wealth of experience to the IBS Treatment Center and we are fortunate to have her with us.



For those keeping track, at the time of this newsletter printing  
Dr. Baker had not yet had her baby.  
Stay tuned for this exciting update in next month's issue.



**Little Rock Arkansas  
June 21, 2014**

10AM - 3PM  
Tickets \$10

Metroplex (Clear Channel Building)  
10800 Colonel Glenn Rd.  
Little Rock, AR 72204

Dr. Stephen Wangen will be one of 5 featured speakers at this gluten and allergen free event.

Admission includes:

- FREE product sampling and sales from many gluten & allergen free vendors
- FREE lectures from well known members of the gluten-free community
- FREE cooking demonstrations that invite you to explore the world of gluten-free cooking
- FREE gift bag to tote around samples and purchases

**CELIAC  
DISEASE  
WORKSHOP**

**FREE EVENT**

**ALL AGES  
WELCOME**

**GUEST SPEAKER: DR. STEPHEN WANGEN, ND  
· DOOR PRIZES · FOOD SAMPLES ·**

**PHONE: 360.540.5723**

**LEARN ABOUT**  
Celiac Disease  
Gluten Intolerance  
Gluten Sensitivity  
Diagnosis  
Diet

**WHEN**

**June 26, 2014  
6:00 PM**

**WHERE**

**Bethlehem Lutheran Church  
1006 Wicker Road  
Sedro-Woolley, WA**

**SPONSORS**

Thrivent Financial  
Action Team and  
Bethlehem Lutheran  
Church

**Redmond GIG Support Group**

Welcomes Dr. Stephen Wangen to speak on the Eastside  
July 7, 2014 7PM  
Redmond Library  
15990 NE 85th St, Redmond, WA 98052

<https://www.gluten.net/local-branches/redmond/>



## Talks by Dr. Wangen

Dr. Stephen Wangen, ND will be speaking at the following events and expos this coming fall. Mark your calendar and tell your friends and family across the country about these opportunities to meet Dr. Wangen in person and to hear him speak.



### Gluten & Allergen Free Wellness Events

Virginia Beach, VA September 13, 2014

Hartford, CT October 5, 2014

Jacksonville, FL November 1, 2014

### Gluten & Allergen Free Expos

Seacaucus, NJ September 6, 2014

Springfield, MA October 25, 2014

Dallas, TX November 15, 2014



## SUPPORT GROUPS

### Support Group Information

#### SEATTLE SUPPORT GROUP MEETING Tuesday, September 2, 7PM

IBS Treatment Center, 11300 Roosevelt Way NE, Suite 100, Seattle, WA 98125

RSVP is requested: [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com) or 206-264-1111 or see our MeetUp page

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

#### SANTA MONICA SUPPORT GROUP MEETING Saturday, June 28 3PM

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 or see our MeetUp page:

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

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.

*"We provide a great place to meet and talk with others about gluten intolerance, food allergies, or just digestive symptoms. Come join us."*

*-- Dr. Amy Nelson, ND*