

IBS TREATMENT CENTER

Get out of the bathroom and get back to your life!

MEMBER OF **INNATE**
HEALTH GROUP

- JUNE 2015 -

IN THIS ISSUE

When Do You Need
a Nutritionist?

SEATTLE CLINIC

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LOS ANGELES CLINIC

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CONTACT US AT

info@IBSTreatmentCenter.com

VISIT US ONLINE

IBSTreatmentCenter.com

How Our Nutritionist Can Help You!

At the IBS Treatment Center, our commitment to your health doesn't end when you walk out the door. Our doctors often recommend new dietary plans and we understand that our clients may need extra support as they transition their eating habits. To serve you better and give you the best service possible, we have added a staff nutritionist to our team.

We are pleased to announce Becky Rajcich, RD has joined us to help our clients reach new levels of satisfaction with their health and their foods! Becky can help you build a practical plan based on your IBS doctor's recommendations so you can manage each meal of the day and start feeling better sooner. As our in-house Registered Dietitian, she has the ideal advantage of working closely with both you and your doctor.

Becky's food philosophy is that everyone has the right to eat food that supports their bodies and tastes good. She specializes in taking challenging nutritional needs and breaking them down into simple, practical plans that can be incorporated into everyday life. With Becky's help, you can achieve greater satisfaction with your food choices, regardless of your dietary requirements and goals.

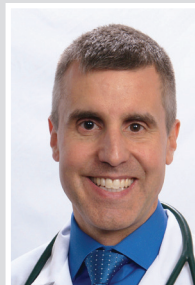
Becky is also able to seamlessly combine the requirements of your unique diet with any other objectives you wish to accomplish.

MEET OUR PHYSICIANS

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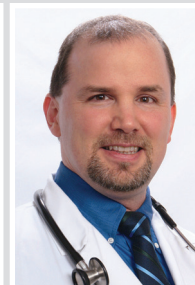
Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes

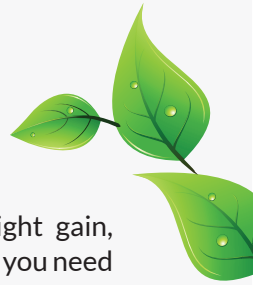


Dr. Ken Pentland



Dr. Safina Aulakh

How Our Nutritionist Can Help You! (continued)



First and foremost, she has an excellent understanding of **food allergies, intolerances, and sensitivities**. Becky will combine this information with other needs, such as diabetes, Candida, weight loss, weight gain, cardiovascular disease, and eating disorders. She can provide you the practical support and education that you need to feel more comfortable with your diet, and do meal planning with you or provide you with recipes if that is needed.

Becky is also available for specific dietary analysis to make sure that you are getting the nutrients that you need for optimal health.



See Becky For:

- Anemia
 - Autoimmune disorders
 - Candida/yeast
 - Diabetes (and prediabetes)
 - Disordered eating
 - Fatigue
 - Fertility
 - Hormone balancing diets
 - Hypoglycemia
 - Hypothyroidism
 - Low bone density
 - Osteoporosis
 - Reducing inflammation
 - Sugar addiction
 - Weight gain
 - Weight loss
- Special Nutrition Needs:**
- Infant/child nutrition
 - Prenatal/postnatal nutrition
 - Senior nutrition
 - Sports nutrition
 - Meal planning

Becky brings compassion and commitment to her work with patients and finds joy in helping them overcome nutritional challenges. Becky is based in our Seattle office but has direct access to all of our doctors in every location . She can work with patients anywhere via phone or Skype.

If you are feeling overwhelmed by your dietary restrictions, or need help with any of these health problems and nutritional needs, Becky is here for you. To schedule an appointment with Becky, please contact our office at 206-264-1111.

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As seen on:



Facebook: www.facebook.com/ibstreatmentcenter
Twitter: www.twitter.com/DrStephenWangen
YouTube: www.youtube.com/user/innatehealth
Blog: www.ibstreatmentcenter.com/community/blog
Website: www.ibstreatmentcenter.com

Meet Us and Join Others with Similar Issues.

July 7th, Support Group Meeting at 7pm @ Seattle Office. Call 206-264-1111 for more information.
<http://www.meetup.com/NE-Seattle-Gluten-Free-Food-Allergy-and-IBS-Support-Group>

June 16th, Santa Monica support group. 6:15pm @ Santa Monica office. Call 310-319-1500 for more information.
<http://www.meetup.com/Santa-Monica-Gluten-Free-Food-Allergy-IBS-Support-Group/>