

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
HEALTH GROUP

MARCH 2014

### IN THIS ISSUE

- 1...New Day Interview
- 2...Calcium Article
- 2...Chef to Plate Campaign
- 3...Cookbook Review
- 3...Be a part of New Day
- 4-5...Upcoming Events
- 5...Support Groups

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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new  
NORTHWEST  
Day

KING5.COM



Click here to see Dr. Stephen Wangen on NewDay Northwest with Margaret Larson for Feel Good Friday.

<http://www.youtube.com/watch?v=3obSijX3ZWs&feature=youtu.be>

### Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

## Do You Need a Calcium Supplement? Maybe Not

Calcium is a very important dietary mineral. Obtaining enough through the foods you eat can be a concern for those following special diets which avoid multiple food allergens. We have patients ask us nearly every day what sort of calcium supplement to take since they can longer eat dairy products due to an allergy. The short answer is: a supplement is probably not required. You can likely get enough calcium from other, non-dairy foods, without taking a supplement to cover your daily recommended intake of this essential nutrient.

Calcium is used by the body for many processes, but bone formation and structural integrity are generally the most well-known. Deficiencies in calcium can result in various disorders such as tooth decay and osteoporosis. Getting a steady supply of dietary calcium helps to prevent these and other health issues. Different amounts of calcium are required at various stages of life for men and women. For adults between the ages of 19 and 50 the recommended calcium intake is 1,000 mg per day.

It is important to understand that calcium is present in a wide variety of foods, not just dairy products. If you can not eat dairy products or don't like certain foods, you are likely still getting the calcium you need from other, unsuspecting calcium-rich sources.

The following non-dairy foods are rich in calcium:

kale	almonds	canned sardines
arugula	sesame seeds	salmon
collard greens	oats and oatmeal	figs
beans	soybeans	oranges
kidney beans	soymilk	apricots

In order to get the calcium you need, as well as many other important nutrients, it is important to have a varied diet. As long as your diet includes a wide variety of foods, supplements should not be necessary. So enjoy your calcium, even if you can't enjoy your dairy.

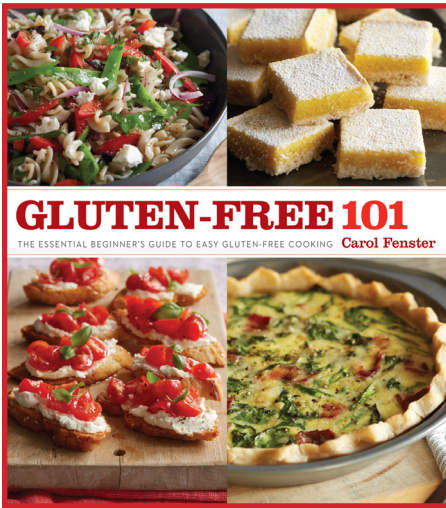
### Chef to Plate



Gluten Intolerance Group (GIG) is now in its 6th year of sponsoring Chef to Plate. This successful program is a gluten-free restaurant awareness campaign. Through the program GIG collaborates with restaurants that offer gluten free options. Participating restaurants are listed on the websites of the following organizations: GIG, Allergy Eats, Celiac Scene.

If you would like to volunteer in helping to identify and locate restaurants which may be interested in joining the campaign, or know of a restaurant interested in participating, contact: [customerservice@gluten.net](mailto:customerservice@gluten.net) and use the subject line "Chef to Plate." Or, if you would like to suggest a Seattle or Santa Monica area restaurant email us at: [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

For more information go to: <https://www.gluten.net/programs/awareness-programs/chef-to-plate/>



## Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking, by Carol Fenster

Carol Fenster is an accomplished gluten-free (GF) cook who has authored a number of successful cookbooks. We recently received a copy of her latest work, *Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking* (ISBN 978-1118539125).

This new cookbook is an update of Fenster's original bestseller, *Gluten-Free 101*, which was published in 2003. However, as the food allergy and GF landscape has changed so dramatically in the past decade, this is a welcome update!

*Gluten-Free 101* presents the "basics" behind going gluten-free, and would be well-suited to non-cooks who may need help transitioning to preparing their own food due to a newly-acquired GF lifestyle. It also could be useful for more advanced GF cooks, as it contains some nice charts as well as a framework for GF flour mix substitutions and thickeners (especially for soups and sauces).

We found the section on making GF bread quite extensive, probably even beyond what most new GF'ers will need. Fenster also includes a section on which cycles to use with various brands of bread-making machines—extremely valuable for those contemplating baking their own bread.

Another important component of Fenster's updated version is her inclusion of many dairy alternatives within her recipes, as so many of our patients follow a gluten-free and dairy-free lifestyle.

As compared to some of the other informational cookbooks we've seen on the marketplace, this volume in particular contains a nice spectrum of well-known American standards (including chicken fingers and fish sticks) that seem very kid-friendly and relatively easy to prepare at home.

Finally, for those of you who are wondering which GF brands offer the best results, Carol includes a section on suggestions for the GF ingredients she used to create her different recipes. All in all, we found *Gluten-Free 101* to be an informative, easy read, catering primarily toward the newer GF lifestyle adopter with fairly straightforward American-style food preferences.

## UPCOMING EVENT



Dr. Wangen will be taping a second appearance on **New Day Northwest** on Wednesday, March 26th. Anyone interested is welcome to come and be a part of the studio audience.

**Wednesday March 26, 9:30-11:30AM**  
**KING 5 Television, 333 Dexter Ave. N., Seattle**

For information and tickets [click here](#)



## Dr. Wangen to Speak at Janell's in Kirkland

Janell's Gluten Free Market (of Everett) is pleased to announce its new location on the Eastside in Kirkland, WA. The public is invited to a free talk by Dr. Stephen Wangen on March 23. Dr. Wangen will be discussing food allergies and sensitivities, and how your gut health influences your overall body health. There will be plenty of time for Q & A with the doctor as well. Guests will be entered in a drawing for a GF gift basket.

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

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



## 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**

Gluten Practitioner, Natural Gourmet Chef & Lifestyle Coach

**DR. STEPHEN WANGEN**

Co-founder and Medical Director of the IBS Treatment Center

**ANNE ROLAND LEE**

Director of Nutritional Services, Schar USA

**DR. AKIBA GREEN**

Lake Norman Health and Wellness

**PAM JORDAN**

Blogger: I'm a Celiac

**BETH MINCHER**

Elemental Wellness and Beth Mincher Health Coaching

# Happy Woman Happy World

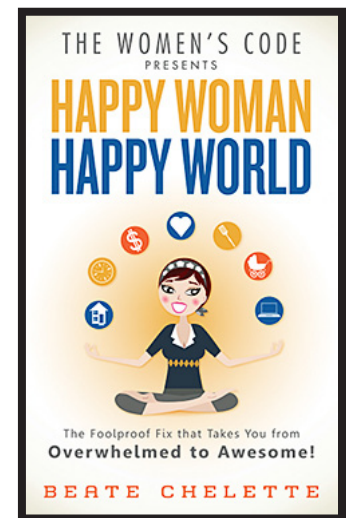
## Reading & Discussion

With Author *Beate Chelette*

**At: thinkspace SEATTLE**  
**936 N 34th St Seattle WA 98103**  
**Thursday, March 27, 2014 6:30PM**

Beate will read key excerpts from *Happy Woman Happy World* chosen to introduce *The Women's Code* and its principles to spark a conversation.

Beate Chelette is a nationally known gender decoder, respected career coach, successful entrepreneur, author of *Happy Women Happy World*, and founder of *The Women's Code*. At her lowest point, Beate was \$135,000 in debt, a single mother, and forced to leave her home. Only 18 months later, she sold her company to Bill Gates Seattle based Corbis for millions of dollars. Chelette, imparts her proprietary strategies that can take any woman from being "overwhelmed to awesome." She deduces that women can have it all, just not at the same time.



Kindly click [here](#) to RSVP - event is free

### 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, April 1, 7PM

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

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

#### SANTA MONICA SUPPORT GROUP MEETING Saturday, April 5, 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 or see our MeetUp page