

IBS TREATMENT CENTER

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

MEMBER OF **INNATE**
HEALTH GROUP



Another Rough Morning for Susan

"I wish that I didn't have a colon."

There is no doubt that mornings can be challenging for many of us. Sadly, some people have come to expect their morning routine will be extra difficult, just as it was yesterday, last week, and for as long as they can remember. What if you had to wake up an hour or two earlier than necessary everyday just to allow time for the unknown? Sounds incredibly annoying, doesn't it? Not to mention hard to fit into a work schedule or a weekend getaway. For Susan, this is everyday life.

Each morning, Susan gives herself at least 90 minutes extra that she devotes to a painful and often ineffective bathroom ritual. She endures it because if she doesn't, the rest of her day will be even more miserable. A typical morning for Susan goes something like this...

She gets out of bed and drinks a strong coffee then sits on the toilet. On good days, she produces a tiny bit of stool, and then... nothing. She has definitely not completed her business. She gets up, has something to eat, showers, and tries again. This time she sits on the pot for 20 minutes with still barely any results. Susan dresses, packs her lunch, and then tries again. She is still nowhere near completion.

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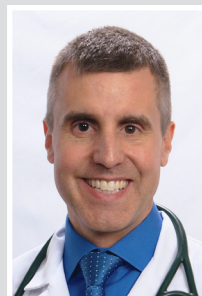
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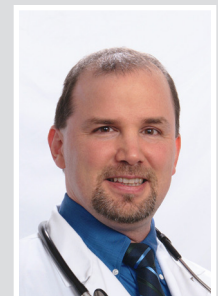
Dr. Kelly Baker



Dr. Stephen Wangen



Dr. Dorian Holmes



Dr. Ken Pentland

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And round and round she goes until she has to leave or else she'll be late for work.

This process is incredibly uncomfortable for Susan. For some reason, her body just doesn't want to cooperate.

No matter what she tries, it's always the same thing. Fiber doesn't have much effect. Changing what and when she eats doesn't make much difference. Drinking lots of water doesn't help, either. Sitting on the pot for "as long as it takes" doesn't give her any relief. The only result of all this time straining on the toilet is a painful case of hemorrhoids. They certainly don't make any of this easier. And sitting for so long makes Susan's legs go numb. But, she has no choice because she can barely function for the rest of the day if she doesn't go through this routine.

Getting up extra early for this ridiculous process is very disruptive to Susan's life. She never knows how things are going to turn out from one day to the next so she simply refuses to make plans. She's missed out on trips with friends to the ski hill and she avoids dinner dates because if her morning doesn't go well, she will be in pain all day long.

Susan has been to her doctor. In fact, she's been to many doctors. They never have much helpful advice and they just tell her it's not a big problem. Even the gastroenterologist, who did a colonoscopy, said she is basically fine. Susan doesn't feel fine.

She's starting to think this is just how her life will be and there isn't anything she can do about it. She has little choice but to believe this is her "normal." Susan feels so alone because she doesn't know anyone else who has these problems. (But really, how many people actually talk about their bowel movements? HINT: Susan is not alone!)

Susan is tough but all this worry and pain is really starting to wear her out. She even asked her doctor if colostomy surgery is an option stating, "I wish that I didn't have a colon." How much can one person be expected to put up with?

And then Susan finally got some good news! At the IBS Treatment Center, she found a doctor who really listened to her. Susan was assured that many other people suffer from the same problems and the clinic has been able to help them. There is hope for her, too. What a relief! At long last, Susan found someone who believed her and didn't just brush her off.

Susan's experience at the IBS Treatment Center was completely different from when she visited other doctors and even the gastroenterologist. Before now, all of Susan's doctors focused on ruling out problems that she didn't have, and then labeled her with a condition that only described her symptoms. Having a name for what she was going through didn't help her. Susan needed solutions!

IBS specialists start with the problem and then work to alleviate it. Instead of telling her she was fine, the IBS doctor said their goal was to find out why her body wasn't fine. Susan thought the other doctors had already done every test related to her problem, but at the IBS Treatment Center she discovered many aspects of her digestive health had not yet been evaluated.

After visiting the IBS Treatment Center, Susan's mornings began to change significantly. At first, she was able to shorten her morning routine by 30% because she didn't spend as much time on the toilet. She was soon down to half the usual time as her body really started to respond to the treatment. In just a few weeks, Susan's morning toilet time was less than 15 minutes and her digestion was functioning much more like normal.

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Susan continues to feel better each day. What she cannot believe is that it took this long to find someone who could help her. She feels much healthier overall now and her long, extremely uncomfortable morning routines are a thing of the past. She can plan her days however she pleases and she relishes in the all of the extra time she now has in the mornings. Her only regret is that she didn't know about the IBS Treatment Center a long time ago.

If you can relate to Susan, you do not need to continue suffering. Don't wait just hoping your problem will miraculously go away on its own. Get out of the bathroom and get back to your life! Contact the IBS Treatment Center and receive the individualized help you deserve.

Disclaimer: The character in this story represents a combination of true stories taken from several patients. Our clients generally experience significant improvement in their digestive health, but individual results may vary

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As seen on:



Meet Our Founder, Dr. Stephen Wangen

April 7th, Support Group Meeting at 7pm @ Seattle Office
<http://www.meetup.com/NE-Seattle-Gluten-Free-Food-Allergy-and-IBS-Support-Group>