

IBS Treatment Center Newsletter

May, 2006

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com



Kaili Is Back!

Despair no more! Kaili, the magical gluten free chef and owner of the former Kaili's Kitchen has resurfaced in Seattle. Her new gluten free bakery and cafe, called Da Vinci Bakery and Cafe, opened April 12th and is located in Greenwood at 10003 Greenwood Ave. N., Seattle, WA 98133. Da Vinci offers a menu of gluten free breakfast, lunch and dinner offerings as well as her usual scrumptious baked goods. Hours are Monday through Friday 6 am - 7 pm, Saturday 7 am - 7 pm, and Sunday 7 am - 3 pm. You can also call her at 206-782-5735 to place an order. We'll see you there!

For information on other restaurants that accommodate food allergies/intolerances check out our restaurants page at www.CenterforFoodAllergies.com/5_a.htm

Defining and Understanding Irritable Bowel Syndrome

There is no more common malady among humans than the symptoms of poor digestion. Far too often these symptoms are taken for granted and accepted as normal. Normally digestion should be unremarkable, but the digestive tract is a complex area that is susceptible to a variety of insults. The most common problem of all is known as Irritable Bowel Syndrome.

What is irritable bowel syndrome?

Irritable Bowel Syndrome, commonly known as IBS (and sometimes called spastic colon), is the term used to define chronic symptoms of constipation, diarrhea, abdominal pain, gas and bloating.

In infants IBS can be exhibited as colic. In children it is often not called IBS, but is exhibited as one of the symptoms mentioned above, and may also be called encopresis, a form of constipation.

One or more of these symptoms may be present to varying degrees. Pain may be sharp, dull, achy, or even itchy. Nausea and vomiting may also be present, and heartburn or reflux are also commonly associated with IBS.

What are the effects of having IBS?

The symptoms range from mild to severe and even debilitating. It can obviously be embarrassing, and can alter a person's lifestyle to point that they have to orchestrate it around bathrooms. Amazingly, IBS is the second leading cause of worker absenteeism, trailing only the common cold in causing missed work-days.

How prevalent is IBS

It is estimated that as many as 50 million Americans suffer from IBS. That is almost 20% of the population.



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What causes irritable bowel syndrome?

Many things can cause the symptoms of IBS. The most common, and the most commonly overlooked cause, is food allergies. Other common causes include bacterial imbalances, yeast, and parasites.

Don't stress and anxiety cause IBS?

Many people mistakenly believe that stress and/or anxiety are the primary

causes of IBS. These factors can certainly contribute to IBS and may exacerbate any medical condition. However, more often than not, there is a physical cause, such as a food allergy. In fact, IBS can actually lead to stress and anxiety. Therefore, before a thorough evaluation by an IBS specialist, one should not assume that their symptoms are primarily induced by emotions.

Testing for IBS Triggers

How do you test for food allergies?

Most food allergies can only be accurately evaluated with a blood test. Skin testing does not detect most chronic food allergies that cause the symptoms of IBS. The ELISA Standard Food Allergy panel blood test is the best way to detect antibodies produced by the immune system against foods. This panel covers approximately 100 of the most common foods in the diet. It is an invaluable test that removes the guesswork from identifying food allergies.

Foods that are found to be causing an allergic reaction are then removed from the diet. An improvement in symptoms is usually seen within a month, once a patient completely removes the food from the diet.

What about bacteria, yeast, and parasites?

These are also important causes of IBS. The only way to evaluate all of these factors at once is with a Comprehensive Bacteria, Yeast and Parasite Stool Analysis. This test demonstrates the amount of good bacteria (including acidophilus) as well as harmful bacteria and yeast/candida growing in the digestive tract. Parasites are also evaluated on this test.

How successful are these treatments for IBS?

There is nothing mysterious about IBS. It is generally curable if the proper tests are run and the fundamental cause of the problem is discovered. We have treated many, many patients and have been able to help well over 90% of our patients resolve their problem.

If you or someone you know suffers from irritable bowel syndrome, abdominal pain, constipation, loose stools, gas or bloating, we urge you contact our office as soon as possible to schedule an appointment. To quote a familiar saying, "Help is only a phone call away."

To schedule an appointment at the IBS Treatment Center, call (206)264-1111. More information about IBS is available in the book *The Irritable Bowel Syndrome Solution* and at www.IBSTreatmentCenter.com.



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Innate Health Foundation Arrives

Healthcare for people with Irritable Bowel Syndrome (IBS) and food allergies has a new champion. The Innate Health Foundation is a new charitable organization dedicated to revolutionizing the treatment of IBS and food allergies. Until recently people with IBS were given only limited treatment. Food allergy sufferers continue to go undiagnosed and suffer from a variety of ailments that can be resolved easily, once diagnosed properly. Some doctors even tell their patients that there is no cure for IBS and that food allergies can't be causing their problems, despite decades of published research. Health insurance companies continue to deny coverage for safe and effective treatment. The Innate Health Group's clinics, IBS Treatment Center and Center for Food Allergies are meeting the needs of people with these conditions and now are joined in the fight by The Innate Health Foundation.

The Innate Health Group's non-profit foundation has applied to the IRS for non-profit 501(c)3 status. When the IRS approves the application, the Innate Health Foundation will begin fundraising to accomplish its goals:

1. Providing assistance grants to patients who need, but can't afford, treatment for Irritable Bowel Syndrome and/or food allergies.
2. Performing clinical research and funding research into IBS and food allergies.
3. Educating the public about IBS, food allergies, and related healthcare system and insurance issues.

The Innate Health Foundation was established in 2005 by Dr. Stephen Wangen, Chief Medical Officer of the Innate Health Group in cooperation with Thomas Mercer, Chief Operations Officer of the Innate Health Group. Both Dr. Wangen and Mr. Mercer serve as advisors to the independent Board of Directors. The Board of Directors is

- Steven Harmon, a leading architect and former IBS sufferer
- Paul Petrucci, an author, information technologist, and former IBS sufferer
- James Harmon (no relation to Steven) an educator and philanthropist with significant insurance analysis experience.



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