

IBS TREATMENT CENTER

NEWSLETTER

MEMBER OF **INNATE**
HEALTH GROUP

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

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IBSTreatmentCenter.com



Food Allergies As Triggers for Ear Infections and Other Upper Respiratory Problems

Here at the IBS Treatment Center, we are experts at diagnosing food allergies and sensitivities associated with digestive symptoms. But did you know that these same food allergies can also be the cause of symptoms that occur in your ears, nose, and throat?

What does 'upper respiratory' include?

The phrase 'upper respiratory' refers to the parts of your breathing system that reside in your head and neck (as opposed to the parts that are in your chest, like your lungs). Ear symptoms, such as plugged ears, ringing in the ears, and—most commonly—recurrent ear infections, are complaints suffered by many patients. Nose symptoms can include chronic sinusitis, recurrent sinus infections, stuffy nose, and the development of nasal polyps; these symptoms, when caused by food allergies, frequently do not resolve with surgery or other treatments.

Other upper respiratory symptoms include tonsillitis, chronic swollen lymph nodes, seasonal allergies, and frequent throat clearing. All of these symptoms can have strong associations with food allergies and can often be successfully treated with appropriate elimination of allergenic foods from the diet.

How do food allergies cause upper respiratory symptoms?

Food allergies cause inflammation. And where is the first place that food

Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Stephen Wangen, ND

touches your body? In your mouth. Since the back of your mouth is directly connected to your ears and your upper respiratory tract, consuming allergenic foods can cause inflammation in the Eustachian tubes (which are located at the back of your throat, and help to drain the ears into the throat) and nasal passages. This type of inflammation is similar to the digestive distress experienced by many patients when they ingest foods to which they are allergic or sensitive. Reducing this inflammation through strict allergen avoidance can help to eliminate or greatly reduce the severity of associated upper respiratory symptoms.

Which food allergy is most commonly associated with upper respiratory symptoms?

An allergy to cow's milk is frequently associated with upper respiratory symptoms (as well as digestive symptoms). However, food allergies to virtually any and all foods can trigger these frustrating symptoms. An upper respiratory reaction can also be extremely delayed, sometimes lasting days and even weeks, making it challenging to see a connection between diet and symptoms. For these reasons, we advocate appropriate food allergy testing, as opposed to guessing and checking indefinitely by removing foods from the diet for varying lengths of time (commonly called an elimination diet).

The big question is: how do you accurately test for food allergies?

Food allergy testing is very complicated, and most doctors have not been trained to understand or utilize it. Even traditional allergists rarely connect food allergies to ear infections or upper respiratory infections. We use the best labs from across the country to identify specific allergic responses to a wide variety of foods, including cow's milk, eggs, gluten, soy, corn, cane sugar, and many others. This testing can identify reactions that may trigger digestive symptoms as well as upper respiratory and other systemic inflammatory symptoms throughout the body. Using this information we have been able to help thousands of our patients of all ages, from infants to seniors, live happier, symptom-free lives!

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.



NEW VIDEO

Dr. Wangen has a new video to share with patients and friends. To view, click [here](#).



Seattle Support Group to Meet for Dinner at Cafe Piccolo

Please join Dr. Stephen Wangen for support group and social meeting at:

Cafe Piccolo on Tuesday, June 3 at 7PM

Cafe Piccolo is a family owned and operated restaurant located in the heart of the Maple Leaf neighborhood of Seattle. Cafe Piccolo serves Italian comfort food prepared with the freshest and best ingredients. Gluten free pasta and bread is always available and almost every menu item can be made gluten free.



Cafe Piccolo

9400 Roosevelt Way NE, Maple Leaf
Seattle

Support Group Information

SEATTLE SUPPORT GROUP MEETING Tuesday, June 3, 7PM

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

RSVP is requested: info@IBSTreatmentCenter.com or 206-264-1111 or see our MeetUp page

SANTA MONICA SUPPORT GROUP MEETING Saturday, June 7, 3PM

IBS Treatment Center, 1260 - 15th St. Suite 1101, Santa Monica, CA 90404

RSVP is requested: sm@IBSTreatmentCenter.com or 310-319-1500 or see our MeetUp page

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

What IS Xanthan Gum?

Xanthan gum and guar gum are both commonly used in gluten free baking to provide some of the textural properties which normally would be delivered by gluten. Xanthan gum is a thickening agent which will give baked goods some “stickiness” and add to its elasticity. Xanthan gum is the result of bacterial fermentation of carbohydrates from various sources, while guar gum comes from the guar bean seed (originally of Asian origin). For bakers who do not want to use xanthan gum, alternative ingredients that offer some of the some characteristics are chia seed and psyllium husk.

Xanthan gum derives its name from the strain of bacteria used during the fermentation process, *Xanthomonas campestris*. *X. campestris* is the same bacterium responsible for causing black rot to form on broccoli, cauliflower, and other leafy vegetables. The bacteria forms a slimy substance that acts as a natural stabilizer or thickener.

[Credit to ‘Celebrate Gluten-Free’ Spring 2014, published by Gluten Intolerance Group, and Wikipedia the Free Encyclopedia]

THANK YOU TO OUR PATIENTS

Referrals are the Highest Compliment

Did you know? Patient referrals are one of the most common ways new patients learn about the IBS Treatment Center. When you refer someone to the IBS Treatment Center you are not only doing *them* a favor but you are giving *us* the highest compliment possible.

We are grateful for the many referrals we receive.

THANK YOU!

When you refer someone to us, be sure to let them know to list you on their intake form under the section: How did you hear about the IBS Treatment Center. When they do you will receive a small thank you gift in appreciation of the referral. Gift is 25% off your next supplement purchase.

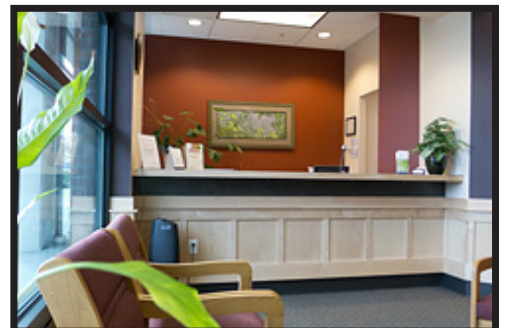
Together we can help your friends, family, and co-workers find relief from symptoms of IBS.

CALL FOR STORIES

We'd like to hear from you

Would you like to share your own story with others? Real-life accounts of experiences with food allergies, intolerances, and sensitivities are always welcome.

Send to: info@IBSTreatmentCenter.com
Subject line: **Story to Share**



Lobby of the IBS Treatment Center - Seattle