

# IBS TREATMENT CENTER

## NEWSLETTER

MEMBER OF **INNATE**  
**HEALTH** GROUP<sup>®</sup>

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### Fiber: Not All It's Cracked Up to Be

Are you confused by fiber? Should you take soluble fiber, insoluble fiber, bran fiber, or some other fiber? Is there a magic fiber that will solve your problem? What about all of those fiber products on the market? Should you take one of those? Which one is best? Aren't they all the same?

People with digestive problems, including IBS, are almost always told that they need more fiber. It's an easy "out" for your doctor. It gives them something to say and you something to do. But telling you to take fiber is a lot easier said than done.

Fiber does have the potential to help you feel better, whether you have diarrhea or you have constipation. And although usually when you take fiber you are just treating your digestive symptoms and not addressing the reason you have a digestive problem, once in a while it does make a big difference.

However, fiber doesn't always help you. In fact, there is a dirty little secret about fiber that is usually ignored. Adding fiber to your diet can just as easily make you feel worse rather than better. And it's not a little worse, it's a lot worse. Many patients report that when they take fiber they feel horrible. It feels like it is literally tearing them up. The pain is worse, the gas is worse, and they immediately stop their fiber and feel better.

Not everyone can digest fiber well. This is especially true when you have an already inflamed and irritated digestive tract. In these cases fiber will only exacerbate the problem. This often surprises people, but it's an unfortunate fact that many people figure out for themselves.



Dr. Stephen Wangen, ND



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND

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

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continued

You can also be allergic to fiber. People are shocked when we tell them that we frequently see allergies to psyllium. Psyllium is the most popular fiber on the market, and many fiber supplements contain psyllium.

Fiber comes in all shapes and sizes, and all fiber is not created equal. In the October issue of this newsletter we wrote about fiber-rich foods. Food is definitely the best source of fiber, but that doesn't mean that it will be any more tolerable.

Not all fiber is created equally, and just because you have digestive symptoms doesn't necessarily mean that you should be taking more fiber. Proceed cautiously when taking fiber, and trust your instincts if you think it makes you feel worse rather than better.

If fiber isn't helping solve your problem, then be sure to come see us. Our expertise is in getting to bottom of the problem (pun intended) and helping you find the right diet for you.

[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

## DR. WANGEN SPEAKING ENGAGEMENTS



**Sunday, December 8 - 5PM**

Dr. Wangen will be speaking at Janell's Gluten Free Market  
7024 Evergreen Way, Everett, WA  
Free. Everyone is welcome.

**Tuesday, November 26, 6:30PM**

Dr. Wangen will be speaking about food allergies  
at the next North Seattle Chapter Crohn's & Colitis  
Support Group Meeting  
Greenwood Library Meeting Room  
8016 Greenwood Ave N., Seattle, WA



**CROHN'S & COLITIS  
FOUNDATION OF AMERICA**



As his schedule allows Dr. Stephen Wangen is often available to schedule talks and presentations both locally and nationally. If you are interested to have Dr. Wangen speak to your group, organization, or place of business please contact his office at: [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

## Fiber Was Making it All Worse

Cheryl was a 45-year-old woman who came to us with alternating constipation and diarrhea. Thinking back, she recalled having had an upset stomach for at least 15 years. However, things took a turn for the worse about five years ago, when she noticed that sometimes after a meal she would get urgent diarrhea. Then she might go three days before having another bowel movement. The sheer unpredictability of it all was causing her great anxiety.

Cheryl had been to her regular physician, who told her that she should try Imodium and use more fiber. The Imodium helped, but it certainly didn't solve the problem—and then it made her constipated. She wasn't sure if the fiber helped her at all. It possibly made her feel worse.

Her physician referred her to a gastroenterologist, who performed a colonoscopy. When the colonoscopy results came back fine, the gastroenterologist told Cheryl her diarrhea was probably just a symptom of IBS. The only advice he provided was to eliminate coffee and alcohol. Although Cheryl followed these recommendations, and removed coffee and alcohol from her diet, her problems persisted. On her own she also avoided gluten, which helped a little, but didn't really solve the issues.

That was a year ago. Cheryl was totally fed-up with the medical system, and her own health for that matter. Then, while doing an online search for help with IBS, she found the IBS Treatment Center. After sharing her history of digestive and elimination problems with the doctor at the IBS Treatment Center, Cheryl was amazed to learn that it is actually common for patients to feel worse after taking fiber, not better. No one had ever even suggested that was a possibility! We often remind our patients to trust their instincts and to be aware of their own physical responses to recommended treatments. If something makes you feel worse, then it may not be the right thing for you.

After some investigation and detailed testing, we discovered that Cheryl had allergies to cane sugar as well as baker's yeast and brewer's yeast. She had mentioned craving sugar, and with the discovery of the sugar allergy the cravings were explained. Also explained was why the elimination of gluten from her diet offered some relief. Baker's yeast and gluten are often found in the same foods, and by eliminating the gluten, she was unknowingly helping herself to avoid one of her top allergens.

After we were able to work with Cheryl for a couple of months and educate her about foods and where her allergens are found in the diet, she experienced tremendous improvement. She no longer has unpredictable diarrhea, and she is able to go out without having to take Imodium ahead of time. Cheryl is very excited because she is no longer anxious, nor is she suffering from such debilitating symptoms. She is now able to live a happy and healthy life. We are delighted to have played a part in improving the quality of Cheryl's life.

**Do you want to see YOUR success story here?  
Call now to make an appointment and get started  
on your own treatment plan**

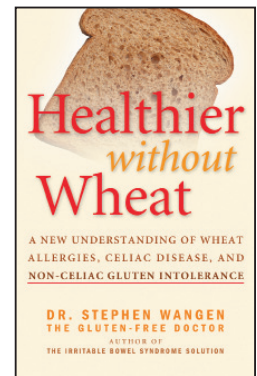
## Drawing Winners Announced

The IBS Treatment Center had a strong showing at the Gluten Intolerance Group “Gluten Free Health and Wellness Event” in Tacoma, WA on November 9th. We enjoyed meeting visitors to the expo and both Dr. Wangen and Dr. Baker spoke to attentive crowds.

A drawing was held for free copies of Dr. Wangen’s books: “The Irritable Bowel Syndrome Solution” and “Healthier Without Wheat.” The winners of the drawing are Debbie of Puyallup (the IBS book) and Juliet of Ruston, WA (Healthier Without Wheat). Congratulations Debbie and Juliet!

If you would like to order your own copy of either book,  
they are available by calling (206) 264-1111 or at  
[IBSTreatmentCenter.com](http://IBSTreatmentCenter.com)

Both books are also available in e-book version  
anywhere ebooks are sold or at  
[ebookit.com](http://ebookit.com)



## RESEARCH STUDY

### Volunteers Needed for Research Study on IBS

The IBS Treatment Center is now conducting a new research study on the experience of IBS patients from the onset of symptoms, through diagnosis and treatment, and beyond. Participants will complete single page survey forms upon admission to the study and at approximately 3-month intervals for the following year. This study is designed to enhance understanding of the experience of IBS patients in terms of their symptoms, medical care, and how both evolve over time.

To qualify, volunteer participants must be at least 18 years old, live in the United States, have been diagnosed with IBS by a licensed healthcare provider, and currently have IBS symptoms.

Interested individuals should read the study flyer at:

<http://ibstreatmentcenter.com/IBSResearchStudyFlyer.pdf>

Then download the authorization form:

<http://ibstreatmentcenter.com/Study2013OND47Authorization.pdf>

Fill in the name in both places, date and sign, and send it to the IBS Treatment Center using the directions provided. Volunteers will then be assigned a participant number and sent the first of four total surveys.

## Seeking Individuals diagnosed with IBS



Beate Chelette

**In her own words...**

*What can I tell you? I am one of the success stories. I now feel great! I had dealt with IBS for over a decade and I was miserable. Now all those digestive problems that made it impossible for me to travel or to enjoy my life to the fullest are a thing of the past.*

*The day Dr. Wangen told me that I wasn't delusional, but actually really sick, was a game changer! With his help, Dr. Wangen and I got rid of the parasites, bacteria, candida, and whatever else was 'bugging' me. He stuck with me for the time it took to heal myself 100%.*

*The cost of the treatment with Dr. Wangen was worth every cent. Now I know what the health insurance companies don't - that IBS is a diagnosis which can be treated and healed, not just managed.*

*I learned that sometimes what we think is good for us to eat is actually the worst possible food choice. Each body has a different requirement and we need to figure out what that is. I have no problem changing my diet based on my body's needs. It is what it is. Once you know what makes you sick, eliminating that food from your diet is a small price to pay for good health.*

*It is without hesitation that I endorse Dr. Wangen and his considerate staff for their amazing work. They gave me my life back, I regularly recommend the IBS Treatment Center to my friends and acquaintances. If you have any questions at all about my experience of healing from IBS, don't hesitate to contact me.*

*Beate Chelette*

Author of HappyWomanHappyWorld.com

We are always happy to hear from our patients.  
 If you have a story or testimonial you would like to share, please send it to us at  
[info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)  
 And if you have photograph for the newsletter that  
 you would be willing to share, please send that too.

We hope all our former patients are doing well and feeling healthy!