

# IBS TREATMENT CENTER

## NEWSLETTER

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

OCTOBER 2013

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### Announcing the Opening of the IBS Treatment Center-Santa Monica

The IBS Treatment Center, headquartered in Seattle, Washington, is excited to announce the opening of an office in Santa Monica, California. Our new clinic, located one block off Santa Monica Boulevard (next to the UCLA Medical Center), affords easy access for Californians and travelers alike.

The Santa Monica clinic will provide the southern California region with the same outstanding treatment for irritable bowel syndrome (IBS) and related digestive disorders that patients in the Pacific Northwest have had access to for nearly a decade. We are currently accepting new patients; please contact us at 310-319-1500 to schedule an appointment.

IBS sufferers are found around the world in every country. Since opening in 2005, the IBS Treatment Center in Seattle has successfully treated patients from every continent and 49 of the 50 states in the U.S. We've been working tirelessly to get the word out that there is hope for sufferers of these frustrating yet relatively common digestive problems. We are committed to providing the very best care possible for the thousands of people not yet receiving adequate care for IBS.

Dr. Amy Nelson will be heading up our Santa Monica clinic, where patients will receive the same outstanding care they have come to expect in Seattle. She has received extensive training with the Medical Director and co-founder of the IBS Treatment Center, Dr. Stephen Wangen. Our doctors communicate on a regular basis and consistently discuss individual cases as well as advances in patient care.



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

11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125  
Phone: (206) 264-1111

1260 - 15th Street, Suite 1101 Santa Monica, California 90404  
Phone: (310)319-1500

TO VISIT US ONLINE, CLICK [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

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Dr. Nelson, a graduate of National College of Naturopathic Medicine in Portland, Oregon, is a true believer in the importance of healing the digestive tract. She is well aware of the effect that it can have on a person's entire life, having seen its impact first hand in her own family. We are confident that our patients in Santa Monica are in very good hands and know that you will enjoy working with Dr. Nelson.

For more information, please visit our website at [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com).

## **NEW CLINIC LOCATION** **IBS Treatment Center-Santa Monica**

To schedule an appointment, call 310-319-1500

**IBS Treatment Center-Santa Monica**  
Santa Monica Medical Plaza  
1260 – 15th Street, Suite 1101  
(at 15th Street and Arizona Ave.)

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

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### **Featured Staff of the IBS Treatment Center-Santa Monica**



The IBS Treatment Center is pleased to welcome **Dr. Amy Nelson, ND** to our professional staff. Dr. Nelson a graduate of the National College of Natural Medicine in Portland, OR is licensed to practice in California and lives in the greater LA area. In addition to her expertise in digestive issues, Dr. Nelson has a particular passion for understanding illness from a mental/emotional perspective. She has specific skill in understanding the emotional and potentially addictive components of food and eating habits. Dr. Nelson also has a special interest in patients who are lactating and helping new moms to learn more about their food sensitivities and how to feel most supported and healthy while nursing. As a new mother herself, Dr. Nelson has already seen first-hand how food intolerances contribute to infant colic and the overall health of mother and baby.

**Kit Hunt** is very excited to join the team of the IBS Treatment Center. As both a Medical Assistant and certified phlebotomy technician she will be an important member of our staff. Kit brings with her over ten years experience working in the medical field in family practice medicine, nursing care, and administration. In her spare time, Kit is an accomplished painter and artist. She has an A.A.S in both Medical Assisting and Clinical Lab, and is finishing up a B.A.S in Chemical Dependency, Addictions, and Substance Abuse Counseling. Her goal is to complete her Masters degree in Clinical Nursing at UCLA.



Welcome both Dr. Nelson and Kit Hunt. We are happy to have you as part of our successful medical clinic!

## After 15 Years of IBS, Suffering No More

Courtney, a 43-year-old woman, arrived at the IBS Treatment Center with complaints of chronic and urgent diarrhea. She had been experiencing these symptoms for the past 15 years, ever since she had suffered a severe illness and been treated with several courses of amoxicillin, a common antibiotic.

She had visited several gastroenterologists, and undergone two colonoscopies and an endoscopy in an attempt to understand her problem. Nothing of significance was found during these procedures.

Additional symptoms included abdominal pain, gas and bloating, and severe heartburn. She had also been scratch tested by a food allergist, who determined that she was allergic to almonds, which she thereafter avoided. She came to our clinic with previous diagnoses of stomach ulcers, a hiatal hernia, and IBS, but no relief from her relentless symptoms.

We tested her with a far more sophisticated food allergy test and a unique DNA stool analysis. When the test results came back, we went through them together at her follow-up visit. The food allergy test showed that Courtney had marked immune reactions to coffee, baker's and brewer's yeast, and sesame. The stool test showed that she had a *Bacillus* species bacterial infection in her intestines, a *Helicobacter pylori* bacterial infection in her stomach, and low levels of beneficial bacteria in her intestinal tract.

The treatments we started her on at her lab review visit included a natural antimicrobial herb compound for the *Bacillus* bacterial overgrowth and a second compound to target her *Helicobacter pylori* infection, followed by full spectrum probiotics to repopulate the good intestinal bacteria.

When we spoke again in the month following her treatment plan, Courtney reported that she had only three total episodes of diarrhea. There was still occasional abdominal cramping, but that also continued to improve. She discussed how she was able to identify when she accidentally ate a problematic food (such as yeast), as her symptoms would flare.

Four months later, Courtney reports having had only one isolated episode of diarrhea in the previous two months, which has markedly decreased her anxiety and given her a significantly improved quality of life. After 15 years of constant diarrhea, she has been able to get back to work at the family business and is looking forward to enjoying her health!

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



## Fiber Rich Foods

After treating the causes of their irritable bowel syndrome (IBS), many of our patients settle into a new dietary routine, avoiding their food allergens, eating healthier than ever, and consequently feeling much better. We frequently receive questions regarding whether people should continue on fiber supplements to assist with regular bowel movements. We'd like to share our approach with you.

The standard recommended fiber intake is 25-35 grams per day, but most people do well with up to 50 grams per day. Once a person's IBS is treated, we have found that most people can get enough fiber by focusing on including the following foods in their diet:

**Leafy green vegetables** – Leafy vegetables (such as kale, spinach, chard, and collard greens) are rich in nutrients and fiber. Be sure to eat them with some safe form of oil or butter/butter substitute to help better absorb the nutrients.

**Starchy vegetables** – Instead of white potatoes, focus on more nutritious starchy alternatives like sweet potatoes, pumpkin, squash, rutabagas, parsnips, and turnips. These foods are loaded with fiber and relatively easy to add into soups and stews. Rutabagas even make a delicious mashed “potato!”

**Avocados** – Although mostly known for containing healthy fats, avocados also contain nearly 8 grams of fiber per fruit. These can be added to salads, eaten on top of a hamburger, or sprinkled with a little salt and eaten with a spoon.

**Some Fruits** – Pears, apples, and berries are all rich in nutrients and fiber, with raspberries packing nearly 10 grams of fiber into 1 cup of berries. When possible, it's best to eat the peel of the fruit, as the peel and the flesh (not the juice) contain most of the fiber.

**Beans and Legumes** – Although it's important for some people to avoid beans and legumes due to allergies, these can be an outstanding source of fiber. Lentils are easy to prepare (much like rice) and can be a good dinner side or soup addition without too much extra work.

If you're unfamiliar with any of these foods or unsure how to prepare them, please remember that you're in good company! We encourage our patients to experiment with preparing one or two new fiber-filled foods per week (always avoiding food allergens). Walking through the produce section of your favorite grocery store or looking for recipes online can be helpful in identifying foods that might be new and tasty. If you have questions about fiber-rich foods that may be beneficial to add into your diet, please contact our office to schedule a consult with one of our physicians.



# Gluten-Free

## *Health & Wellness Experience*

Greater Tacoma Convention & Trade Center  
**November 9th**

10:00 - 5:30



The Gluten-Free Health and Wellness Event coming to Tacoma on November 9, 2013 will showcase gluten-free vendors, educational speakers, healthcare screenings, and gluten-free food demos. To purchase advance tickets go to [www.gluten.net](http://www.gluten.net). Tickets will be available at the door.

### EDUCATIONAL TALKS

**Dr. Jean Layton**

Diverse Diagnostics,  
Classic Solution

**Dr. Stephen Wangen**

How to Promote Gut Health  
& Minimize Inflammation

**Cynthia Kupper, RD**

Healthy Gluten-Free Eating

**Dr. Kelly Baker**

Gluten-Free Kids & Teens:  
Special Issues

Presented by:



**GLUTEN  
INTOLERANCE  
GROUP**

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### COOKING DEMOS

**Flying Apron Bakery**

Sweet Potato Pie

**Shauna Ahern, “Gluten-Free Girl”**

Sandwich Bread for Stuffing

**Haley’s Corner Bakery**

Pumpkin Cranberry Bars

### EXHIBITORS

Rudi’s Gluten-Free Bakery

Udi’s

Glutino

Ener-G Foods

GF Harvest

French Meadow Bakery

CC Gluten Freed

Flying Apron Gluten-Free, Vegan  
Bakery and Cafe’

Haley’s Corner Bakery

Attune Foods