

IBS TREATMENT CENTER

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

MEMBER OF **INNATE**
HEALTH GROUP

OCTOBER 2014

IN THIS ISSUE

- 1-2 The Bowels of Hell
- 2...Connect with US
- 3...Events & Dr. Wangen Speaking Engagements

The IBS Treatment Center

SEATTLE CLINIC

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

LOS ANGELES CLINIC

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

CONTACT US AT
info@IBSTreatmentCenter.com

VISIT US ONLINE
IBSTreatmentCenter.com

SCARY MOMENTS WITH IBS: The Bowels of Hell

Tammy has a problem – bowels from hell. She can't control what her body does. It behaves unpredictably. It doesn't happen every day. Sometimes nothing will be wrong for several days or even weeks, but then without warning she is suddenly moved by urges beyond her control. She can't run, she can't hide, and she certainly can't explain why it happens. It just does.

For Tammy this is incredibly scary. It can happen at work, it can happen while she's trapped in the car, or it can happen while she's out with friends. And when it does happen, there is no warning. Suddenly she is torn by an urge to move. She panics, she sweats. She does everything possible to control herself. But she knows that her time is short. And she must act fast or the situation will only get worse. Tammy searches desperately for the nearest place to find relief from her demons. If she finds someplace in time, then she will be spared further embarrassment, at least for awhile. If she doesn't, then she'll have an even bigger problem.

When her demons strike, Tammy is hopefully successful in reaching a bathroom in time. But the anxiety and shame don't go away. Tammy keeps asking herself,

"Why is this happening to me?"

Tammy has been searching for the magic potion for her problem. She went to a doctor, then another doctor. And then another. They all say the same thing,

Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Stephen Wangen, ND



Dr. Heath McAllister, ND

“Everything seems to be fine.” She has also seen a gastroenterologist, and he did lots of tests, but again she was told, “Everything is normal.”

But Tammy knows that her body is not acting “normal.” At least she’s pretty sure that it’s not normal to completely lose control of her body at unpredictable times. Her doctors seem like very nice people who know an awful lot, but she has this nagging suspicion that they don’t really know enough to help her.

The most that her doctor could say was that she must have anxiety. That made some sense, because Tammy does think that she has anxiety. At least she must have anxiety. Why else would she have this problem?

But she is starting to have her doubts about the anxiety theory. She has noticed that even at times when she’s having fun or has nothing much to worry about, she still gets these attacks. And that’s when it is even more scary, because there doesn’t seem to be any correlation.

The more she thinks about it, the more she wonders if it is her unpredictable, and obviously irritable, bowels that are causing her anxiety and not the other way around. And why not? Anyone who has been possessed by IBS knows what it’s like to be anxious. It’s a horrible feeling, even scary.

Has this happened to you or someone you know? Then you can relate. And you know that this is a very real scenario, not just something from a scary movie. It happens to millions of people all over the country every day. And the scary thing is that few of them are getting help.

Tammy’s scary story has a happy ending though. Tammy no longer has anxiety, because she no longer has IBS. Tammy figured out that there really was a cause to her problems. She exorcised her demons when she found the right specialist - a doctor who really knew how to help people with IBS. And now her demons are gone forever. Tammy is now in complete control of her body, and feels empowered to go out whenever and wherever she wants.

That scary feeling is gone, and she can move forward in her life with confidence. She is enjoying all of the little ghosts and goblins at Halloween, and doesn’t have to worry about whether or not the boogie man is going to get her.

CONNECT WITH US

Connect with the IBS Treatment Center

read more articles | watch videos | learn about our doctors | find out about our clinics



Facebook: <https://www.facebook.com/drstephenwangen>

Twitter: <https://twitter.com/DrStephenWangen>

You Tube: <https://www.youtube.com/user/innatehealth>

Blog: <http://ibstreatmentcenter.com/community/blog>

Website: <http://ibstreatmentcenter.com/>



October 25-26, 2014

MassMutual Center
1277 Main Street, Springfield, MA

The Gluten & Allergen Free Expo Series are the largest and fastest growing special diet consumer events in the US. Whether you are looking for specialty products that taste great or trying to learn how to cook and bake to meet your dietary needs, the Expo is the place to be!

The GFAF Expos started in 2007, the events are professionally managed and have expanded from one to seven cities throughout the United States. In addition to meeting the needs of the Celiac community, the Expo welcomes those with gluten sensitivities, auto-immune/inflammatory diseases and autism.

What do you get with your Expo Ticket?

- Entry into the 150+ booth vendor fair
- Valuable coupons at the vendor booths
- Samples from the vendors
- Discounted products available for purchase
- Informative classes related to the gluten and allergen-free lifestyle
- Free reusable bag to carry your goodies
- Meet your favorite vendors, authors and bloggers

**Dr. Wangen will be speaking at the Springfield, MA Expo
Saturday, October 25 | 11:30 AM**

For information and to purchases tickets:

<http://gfafexpo.com/>

Dr. Wangen to Speak in Redmond, WA

Dr. Stephen Wangen will be the guest presenter to the Gluten Intolerance Group of Redmond. Guests welcome.

November 10, 2014 7PM

Redmond Public Library, 15990 NE 85th Street, Redmond

For more information about this GIG branch go to
<https://www.gluten.net/local-branches/redmond/>



**GLUTEN
INTOLERANCE
GROUP**
of Redmond