

# April Newsletter

## *Acne and Digestive Problems*

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#### **What do acne and the digestive tract have in common? As it turns out, a great deal.**

You might be surprised to learn that many patients who've visited the IBS Treatment Center have experienced or continue to experience acne. There are several things that these people have in common, but one stands out. Many have undergone long term treatment with antibiotics.

Antibiotics are not new to the treatment of acne, and they continue to be prescribed to control this pesky problem. However, their use in the treatment of acne stands out as one of the prime examples of the overuse of antibiotics. Acne patients often take antibiotics nonstop for months at time, and it's not unusual for antibiotics to be prescribed continuously for several years to treat acne.

Of course, this has many consequences. The biggest problem with this approach is that while it treats the acne, it kills good bacteria in the digestive tract. Killing the bacteria in the digestive tract may not cause a noticeable problem at first, but over time it almost inevitably leads to poor digestive.

The main reason for this is that while antibiotics kill bacteria, they do not kill yeast. And everyone is exposed to yeast. However, yeast are usually kept in check by the good bacteria.

But the fewer good bacteria that you have in your digestive tract, the less competition there is for the yeast, so they begin to take over more territory.

If you create an opportunity for yeast to flourish, then they most certainly will do just that. And what happens then? Bacteria play an important in the digestion and fermentation of your food. Yeast don't break down food as well or in the same way. Therefore one of the primary consequences of this is often the production of a lot of gas. Gas can then cause bloating and abdominal pain. An overabundance of yeast can also lead to diarrhea or constipation.

The longer you take antibiotics, the greater the chance that you will develop a yeast overgrowth in the digestive tract. However, a digestive problem may not manifest itself right away. It may take months or even years as the yeast continue to develop. In fact, digestive problem may not occur until many years after you've discontinued antibiotics.

Taking probiotics can be helpful, but they cannot guarantee the prevention of a yeast overgrowth, nor can they necessarily treat a yeast overgrowth. Ultimately treatment will require antifungals and a strict diet, since yeast thrive on all of our favorite sweet foods, regardless of whether or not they are processed or natural.

The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome. April 2010 Issue. Newsletter Published Monthly.

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Treatment is often easier said than done, and can take several months. However, most people experience dramatic improvement in their digestion once they fully understand the problem and properly treat it.

Equally interesting, using antibiotics to treat acne is only treating the symptom of acne,

not the cause. Acne is often caused by food allergies. More detailed information, can be found on our co-located clinic website page for acne: [CenterforFoodAllergies.com/acne.htm](http://CenterforFoodAllergies.com/acne.htm). So whether you are experiencing acne, or the consequences of treating it, there are many reasons to be optimistic about solving your problem.

*'Yes, I did use drugs when I was your age, but they were all acne medications.'*

## RECIPE

### Raisin Drop Cookies

#### Ingredients:

- 1 cup raisins
- 1/2 cup water
- 1/2 tsp. baking soda
- 1 cup granulated cane sugar
- 1/2 cup shortening (I use Earth Balance® Shortening Sticks)
- 1 whole large egg + 1 large egg white
- 1/2 tsp. gluten-free vanilla extract
- 2 cups Jules Gluten Free™ All Purpose Flour
- 1 tsp. gluten-free baking powder
- 1 tsp. cinnamon
- 1/8 tsp. nutmeg

#### Directions:

In a small saucepan, bring the raisins and water to a boil for one minute, then set aside to cool. When cooled slightly, stir in baking soda. Preheat oven to 350° F (static) or 325° F (convection).

Using an electric mixer, cream the sugar and shortening until light and fluffy. Add the eggs and vanilla extract and beat well. Add the flour, baking powder, cinnamon and nutmeg and beat until thoroughly integrated. Drain the raisins and stir into the dough.

Drop by teaspoonful onto a parchment-lined baking sheet, leaving 1-2 inches between cookies. Bake in preheated oven for 10-12 minutes, or until lightly browned. Refrigerate any unused dough to bake later.

Yield: 3 dozen cookies.

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# ANNOUNCEMENTS

## *Central Seattle GIG Support Group*

**Next Meeting: Tuesday, May 4 from 6:30 to 8 PM.**

The Central Seattle GIG Support Group meets monthly at the IBS Treatment Center and is open to the public. The Group welcomes anyone with gluten or non-gluten food allergies or intolerances. Meetings are always fun and informational and usually include a presentation, time for open group discussion, and “ask the doctor” with Dr. Wangen. The April meeting welcomed many new guests and the presentation by Tom Malterre was very interesting.

The May meeting will include a presentation by **Sharon Gray, MS, LAc**. Sharon will be teaching a simple and delicious way of preparing gluten-free whole grains that only taste like you spent hours in the kitchen! Sharon has been using and teaching her “one-pot” cooking method for nearly 15 years, and never tires from the endless variations. There will be plenty of time for questions and samples! You can learn more about Sharon and her unique practice at [TheArtOfNourishment.com](http://TheArtOfNourishment.com).



## *Research Study on Gluten Free Claims on Food Labels*

Celiac Disease Foundation is assisting the FDA in seeking Participants for a Research Study on Gluten Free Claims on Food Labels and is requesting public assistance.

The U.S. Food and Drug Administration (FDA) is seeking adults diagnosed with celiac disease or gluten-intolerance, or caregivers to such individuals, to participate in a research study on their grocery shopping habits. Participants will be asked to take an Internet survey, which will take approximately 10 minutes to complete.

The survey is available at [www.synovate.net/for gluten](http://www.synovate.net/for gluten).

Please contact Katherine Kosa at [kkosa@rti.org](mailto:kkosa@rti.org) or 1-800-334-8571, extension 23901, if you have any questions about the study. To request a paper copy of the survey, please call 1-877-4GLUTN1.

## *Gluten Free Travel Experiences This Fall*

**Baltimore Harbor Gluten Free Mini Getaway, September 21-23, 2010**

Visit this history filled American City! Food will include a Gluten-free Maryland Crab Feast

**Fall Foliage Gluten Free Getaway Cruise, New England & Canadian Shore Line, September 23-October 2, 2010.** Departure and return from Baltimore.

For more information about these and other special gluten free travel opportunities, visit Bob and Ruth's website: [www.bobandruths.com](http://www.bobandruths.com)

# SPECIAL NOTICE

## *Lawsuit May Get You Reimbursed Money*

### NOTICE OF PROPOSED SETTLEMENT OF CLASS ACTION AND FINAL SETTLEMENT HEARING:

If you are, or have been, a subscriber of any **United Health Group** health insurance plan, including any in the list below, and received services from the IBS Treatment Center or any other “Out Of Network” provider between March 15, 1994 and November 18th, 2009, you may be entitled to additional reimbursement!! Check out the information at <http://www.berdonclaims.com/cases/details.asp?p=Docs&CaseID=261>

Plans: Oxford Health Plans, Inc.  
Sierra Health Services, Inc.  
PacificCare Health Systems, Inc.  
Mid-Atlantic Medical Services, Inc.  
Golden Rule Insurance Company  
HealthWise  
HealthPartners of Arizona, Inc.  
PHP, Inc.  
MetraHealth  
GenCare Health Systems, Inc.  
Student Resources (formerly the student division of MEGA Life and Health Insurance Co.)  
MAMSI  
Fidelity Insurance Company  
Touchpoint Health Plan Inc.  
Neighborhood Health Partnership, Inc.  
Definity Health Corp.  
John Deere Health Care, Inc.  
IBA Health & Life Assurance Co and IBA Self-Funded Group, Inc.  
Arnett Health Plans, Inc.  
HCT  
United Medical Resources, Inc. (UMR)Fiserv, Inc.



## PRODUCT REVIEWS

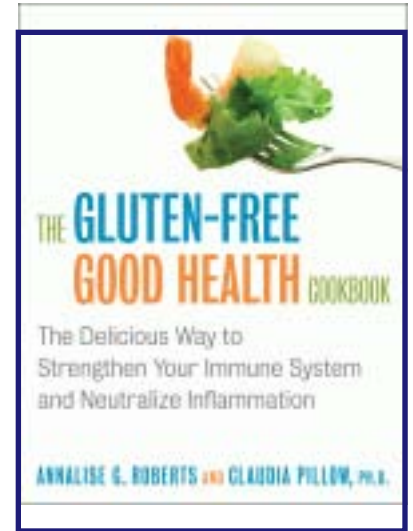
### *The Gluten-Free Good Health Cookbook*

by Analise G. Roberts and Claudia Pillow, PhD

You may be familiar with the books *Gluten-Free Baking Classics* and *Gluten-Free Baking Classics for the Bread Machine*, both by Annalise Roberts. Now Annalise and her sister, Claudia Pillow, have written a gluten-free cookbook based on medical research, science, and their love of food.

In the first section of *The Gluten-Free Good Health Cookbook* the authors explain how “Our food choices are upsetting the balance of our body and making us sick with chronic health conditions.” Their gluten-free good health diet includes: testing one’s pH; eating whole foods; balancing alkaline foods and acid-forming foods; going gluten-free; reducing the intake of sugar and artificial sweeteners; eliminating sodas; eating minimally processed foods; starting each day with lemon water; and learning to cook and enjoy the food you eat.

The recipes in this book are very helpful in making good choices for better health. The recipe section includes gluten-free sauce and soup bases, roux, and soups which are actually difficult to find recipes in gluten-free cookbooks. Another bonus is a small section of healthy gluten-free desserts. A recipe for caramel cheesecake pie is especially inviting.



### *Gluten Free Mini Pizza Crusts by Kinnikinnick Foods*

Although they contain eggs, sugar, and yeast and thus will be off limits to some people, these simple single pizza crusts are a good solution for gluten-free and dairy-free diets. Just add your own pizza sauce, non-dairy cheese, and toppings for a quick, tasty pizza. This reviewer enjoyed them with ham, Vegan Gourmet Cheddar Cheese Alternative (<http://www.followyourheart.com/products.php?id=24>) and a simple pizza sauce from a jar. The crust does the job and will work well with almost any toppings you choose. The crusts are square. This makes them easy to fit into normal baking trays or on a cookie sheet. We found ours at a Fred Meyer store in the “Naturals” section freezer case.



Ingredients: Sweet Rice Flour, Water, Tapioca Starch, Whole Eggs, Sunflower and/or Canola Oil, Sugar, Dextrose, Cellulose, Yeast, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Corn Meal. Quantity: 4/package

Kinnikinnick Foods Inc. ®

Gluten Free Has Never Tasted So Good ®

## *Dr. Wangen's Scheduled Presentations*

If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email at [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com) or at 206-264-1111.

### [Federal Way, WA](#)

Thursday, April 29th, 2010 at 7:00 PM

A representative of IBS Treatment Center will be speaking at Marlene's Market and Deli in Federal Way.

### [Fargo, ND -- CANCELLED --](#)

Saturday, May 1st 2010

The Celiac Education Event hosted by Red River Celiacs has been cancelled.

Contact: Stacey at [dsjuhnke@yahoo.com](mailto:dsjuhnke@yahoo.com)

### [Seattle, WA](#)

Thursday, May 6th 2010 at 7:00 PM

KCTS Channel 9. Dr. Wangen will be presenting a lecture, "Healthier Without Wheat."

### [Redmond, WA](#)

Friday, May 7th 2010 at 6:00 PM

Savory Moment "Why Gluten Free" Education Series

### [Renton, WA](#)

Tuesday, May 18th, 2010 7:00 PM

Dr. Wangen has been invited back to Valley Medical Center to speak to the South Sound GIG group for his second annual appearance there.

### [Minneapolis, MN](#)

Saturday, June 5th, at 11:00 AM

Dr. Wangen will be a featured speaker at the GIG National Conference.

### [Gig Harbor, WA](#)

Wednesday, June 23rd, 2010 7:00 PM

The South Sound Gluten Free Group is hosting Dr. Wangen for a talk on gluten intolerance and celiac disease.

### [San Diego, CA](#)

Saturday, July 24th, 2:00 PM

Dr. Wangen will be the guest speaker at the Gluten Free in SD support group meeting at Rady Children's Medical Office Building, 3030 Children's Way, San Diego, 92123. Room 113 (which is on the ground floor at the south end of the building in the back.)

### [Orange County, CA](#)

Thursday, July 29, evening

Location TBD

### [Corvallis, OR](#)

Saturday, November 6th 2010

Dr. Wangen will be a featured speaker at the Northwest Gluten Free Summit in Corvallis Oregon. Sponsored in part by GlutenFreeRN.