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Dr. Stephen Wangen

Treating Abdominal Pain

People often think that IBS has to involve diarrhea or constipation, but often it does not. For many people the only obvious symptom is abdominal pain. And the pain can vary from a mild discomfort to incredibly debilitating.

Chronic abdominal pain is one of the top 5 reasons that people go to the doctor. Unfortunately, for many it is also very poorly treated. The typical approach is to rule out ulcers, appendicitis, gallstones, uterine problems, or cancers. This may be done with blood work, scopes, scans, ultrasound or other imaging, depending on the problem.

If you have one of the aforementioned problems and it's found, then your problem should be solved. But many people with abdominal pain do not have an ulceration, appendicitis, gallstones, uterine problems or cancer. For them, all of the tests come back negative. They are told that nothing is wrong and left with the impression that it's all in their head.

Of course, something is very wrong. There is always a logical reason for a problem such as abdominal pain, and it's rarely just a mental or stress issue. But it's not something that is structural or that you can see with the kinds of tests mentioned above. Unfortunately, those are the only tests most doctors have to offer.

The good news is that there are other tests that can help you to figure out why you have abdominal pain. There is absolutely no doubt that food allergies and intolerances can cause abdominal pain, even extremely debilitating pain that causes you to go to the hospital or to take powerful pain medications.

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

**IBS Treatment Center 1229 Madison Street, Suite 1220 Seattle, WA 98104
(206) 264-1111**

www.IBSTreatmentCenter.com

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And food allergy testing is not all created equal. Food allergy testing is a very complex area, and many food allergy tests are poorly done or improperly interpreted.

People often wonder how a food that they've eaten all their life could now be an allergen or could be causing abdominal pain. But for many people this is exactly what happens. They go along with relatively few or no problems at all until one day the symptoms start to manifest themselves, seemingly coming out of nowhere. After that they never seem to be the same again.

There are many theories for why this happens, but our focus is on resolving the abdominal pain, which is a very realistic goal for most patients. Although food allergies and intolerances are a common cause of abdominal pain, other causes must also be sorted out. Frequently there are bacterial problems, yeast (Candida), or even parasites, all of which can also cause abdominal pain.

Most conventional stool tests are not capable of finding all of these problems, which is why we only use state-of-the-art DNA stool testing at the IBS Treatment Center. This can be an important test to run even if you've previously had stool tests that were negative.

If you or someone you know has abdominal pain and has been offered little more than pain medication to help treat the problem, then please schedule an appointment with us so that we can help you. We listen, and we help people solve abdominal pain and get their lives back.

SPECIAL ANNOUNCEMENT

New Future Home of the IBS Treatment Center

The IBS Treatment Center is excited to announce that it will soon have a new home!

The offices and clinic of the IBS Treatment Center will be relocating to the first floor of the newly constructed Northgate Pointe Office Building in North Seattle. The new clinic space is conveniently located off of I-5, and easy to find at the intersection of Roosevelt Way and Pinehurst Way. Free parking for patients and visitors will be available in the on-site garage. The anticipated move date is scheduled for late September. Stay tuned for more information about the new space and upcoming open house.



IBS Treatment Center Celebrity of the Month

This month we salute Chelsea Clinton who had a beautiful gluten-free cake at her recent nuptials to Marc Mezvinsky.

Created by New York bakery La Tulipe Desserts, the nine-tiered cake was reported to have stood four feet tall and made with 360 organic eggs, 50 pounds of sugar, 45 pounds of gluten-free flour, 30 pounds of butter and bittersweet chocolate, and decorated with about 1000 sugar flowers!

Congratulations Chelsea & Marc.



Special Offer -- Free Back-to-School e-Book

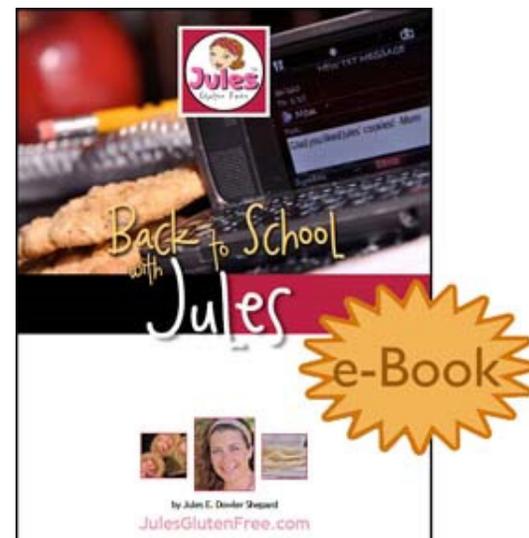
Back to school means new school supplies, new clothes, new routines, a new lunch box...and for those eating gluten free, it can mean new anxieties. Jules Gluten-Free is offering a timely e-book designed to make the transition back to school a bit easier. Start your school year with confidence, variety, and good nutrition!

Between now and August 31st, you can get this 17 page Back-to-School guide FREE. This is a limited time offer, go to <http://www.julesglutenfree.com/ProductDetails.asp?ProductCode=BOOK-B2S> and enter **coupon code b2sibs** (case sensitive) to get your FREE copy.

Here's a sampling of what this helpful book contains:

- * How and when to talk to teachers and school administrators
- * How to handle birthdays (your child's and others?)
- * School responsibilities for accommodating special diets
- * Creative lunchbox ideas for mains, desserts, and snacks
- * The Top Ten college tips
- * And some never-fail, always-fool-em, easy gluten-free recipes

Here's to a great school year for everyone!



First Annual Cider Summit NW

Saturday, September 11, 2010, 11:00 AM-7:00 PM

South Lake Union Discovery Center Park (Eastlake & Denny)

The Northwest Cider Association, SBS Imports, and the Seattle Beer Collective are pleased to announce the First Annual Cider Summit NW Saturday, September 11, 2010 at South Lake Union Discovery Center Park from 11a.m.-7p.m. The event will feature the area's largest gathering ever of artisanal ciders and cider producers.

Cider Summit NW offers guests an opportunity to sample some 40 elegantly crafted ciders from producers in Washington, Oregon, British Columbia, England, and France. Each featured cider is made from 100% pressed apples (or pears) and is crafted without concentrates or other additives. Tickets for the Cider Summit are \$20 in advance and \$25 (cash only) at the door and are available online via Brown Paper tickets and at the area's leading bottle shops. Admission includes a tasting glass and 10 drink tickets. From 11 a.m.-12 noon arriving guests will receive 2 additional "happy hour" tickets. Additional drink tickets will be available for sale onsite at \$2 per ticket. Samplings will be available in 3 and 6 ounce portions. The event is 21 and over only. For more information including a list of participating ciders please visit their website

www.cidersummitnw.com

Crunchmaster Survey

Crunchmaster is dedicated to providing nutritious and delicious choices for people on gluten free diets. Please take their brief survey and share your thoughts and ideas for future products. Upon completion of the survey, you will be entered in a drawing for a \$500 donation made by Crunchmaster to the charity of your choice. Plus, every respondent will receive a coupon for a FREE bag of tasty, certified gluten free Crunchmaster crackers. To take the survey, visit: <http://www.surveymonkey.com/s/crunchmaster-community-questionnaire>. All responses will be completely anonymous.



When choosing a charity for the drawing, please think of the Innate Health Foundation (www.InnateHealthFoundation.org) which supports all people affected by food allergies, food intolerances, and irritable bowel syndrome (IBS).



Speakers at the Northwest Gluten Free Conference, November 5-6

Organizers of the Northwest Gluten Free Conference, which will be held in Corvallis, Oregon, November 5th and 6th, announce the following speakers will be presenting:

Steve Plogsted, PharmD
Rachel Carlyle, *Gluten Free Mama*
Dr. Stephen Wangen, ND
Wendy Cohan, RN
Denise Cedar, RD
Noel Thomas, ND
Dr. Leigh Ann Chapman
Jules of Jules Gluten Free
Dr. Kenneth Fine
Nadine Grzeskowiak, *Gluten free RN*
Drs. Vikki and Richard Petersen
Cleo Libonati, RN, BSN
John Libonati

To find out more about the Conference; information on scheduled speakers; tentative agenda; and to register, go to <http://oregonstate.edu/conferences/event/glutenfree2010/index.html>

The Northwest Gluten Free Conference will take place at Oregon State University in beautiful Corvallis, Oregon. The Conference will provide an educational environment for individuals, families, health care professionals, private business owners, chefs, and food suppliers to collaborate, and learn more about celiac disease and gluten. Additionally, the conference will showcase the naturally gluten free foods available in the area.

The cost of registration, \$125 per day, includes: attendance to all sessions; breakfasts, lunches, and snacks; and, access to exhibitors and vendors throughout the two day event. Tickets for the Friday evening banquet are available at an additional cost. All meals provided will be gluten free (vegetarian, vegan, and dairy free options will be available). As much as possible the food offered throughout the Summit will be prepared with local resources.

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 or at 206-264-1111.

Seattle, WA

Tuesday, September 14, 7:00 PM

Dr. Wangen has been invited to speak again to the King County Medical Assistants at Children's Hospital.

PCC GLUTEN FREE BAKING CLASSES [Info on PCC website](#) and [PCC Cooks Calendar](#)

Teaching the classes together will be Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker"

West Seattle PCC

Wednesday, September 15, 6:30 to 9 p.m.

Greenlake PCC

Monday, September 20, 6:30 to 9 p.m.

Issaquah PCC

Monday, October 4, 6:30 to 9 p.m.

Redmond PCC

Tuesday, October 19, 6:30-9 p.m.

Edmonds PCC

Saturday, November 13, 6:30 to 9 p.m.

Ceour d'Alene, ID

Saturday, October 16

Fall Conference of the Pacific Northwest Society of Gastroenterology Nurses and Associates.

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.