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Dr. Stephen Wangen

## A Deeper Understanding of Probiotics

As many of you know, probiotics are products that contain bacteria. These bacteria are the “good” bacteria, and they are called probiotics to make it clear that they are designed to produce the opposite effect of antibiotics which kill bacteria. The most familiar of the good bacteria are the genera Lactobacillus and Bifidobacter.

The GI tract contains around 100 trillion bacteria. Everyone has good bacteria in their digestive tract, but not everyone has the same kinds of good bacteria, or in the same amounts. For the last few decades we have seen the rise of antibiotics, considered wonder drugs because of the lives that they saved. Unfortunately, we have also seen that too much of a good thing can be harmful.

The overuse of antibiotics has directly contributed to the development of antibiotic resistant bad bacteria, such as MRSA. We are only beginning to appreciate that there is another downside to taking antibiotics – they kill good bacteria.

In response to this we are now seeing a rise in the popularity of probiotics. Probiotics are a wonderful tool when used properly, but they are not a cure all, and they are still largely misunderstood. Some processed foods, such as yogurt and acidophilus milk, contain good bacteria. It is now becoming fashionable to put probiotics into all sorts of processed food products in an effort to come up with new and creative ways to give people these good bacteria.

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

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

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Good bacteria have been around for a lot longer than we've been around, and were available well before the invention of yogurt. Where did we used to get our good bacteria? You may be surprised to learn that many fruits and vegetables are naturally covered in good bacteria. For example, that natural wax on your organic apple (which by definition is not coated with man-made wax) is a film of Lactobacillus. Not only that, but plant foods also help to support the good bacteria in your digestive tract. These are two excellent reasons to eat more plants.

When we are born, there are no bacteria in our digestive tract. But as soon as we are born, bacteria begin to populate the gastrointestinal system. This is not only normal, but it's imperative to life. Studies have shown that without bacteria animals do not develop properly and cannot live very long.

Some of the very first good bacteria to which we are exposed come from breast milk. One fascinating aspect of this is that studies now show that these bacteria are transferred directly from the digestive tract of the mother via the lymph system. This brings up an interesting question. Could problems in the mother's digestive ecosystem carry over to her children?

It's only recently that we have begun to gain a better appreciation for what good bacteria do for us. They inhibit the ability of bad bacteria and other microbes to affect us, both directly and indirectly. They modulate many immune functions and decrease inflammation. They are critical for digesting our food and for absorbing nutrients. They synthesize numerous vitamins. And they stimulate the motility of the digestive tract. Different bacteria have different positive effects. No two are quite alike.

Taking probiotics might seem like a no brainer. It is certainly worth trying if you are suffering from digestive problems, but there are numerous probiotic products on the market and they vary widely in quality, quantity, and effectiveness. Equally important, the ecosystem of the digestive tract is a very complex area that is often affected by numerous other variables. People with digestive problems often find that probiotics are of no benefit, or only help a little. And sometimes they even make symptoms worse.

The reasons for this are too numerous to get into here. However, we specialize in the testing and treatment necessary to help you gain a better understanding of your unique bacterial environment. And we only recommend probiotics, if they are needed at all, once we have a clearer understanding of what is causing your symptoms.

*Seasons Greetings  
and best wishes  
for a happy and healthy New Year  
from everyone at the  
IBS Treatment Center*

## Converting Wheat Flour Recipe to Gluten Free

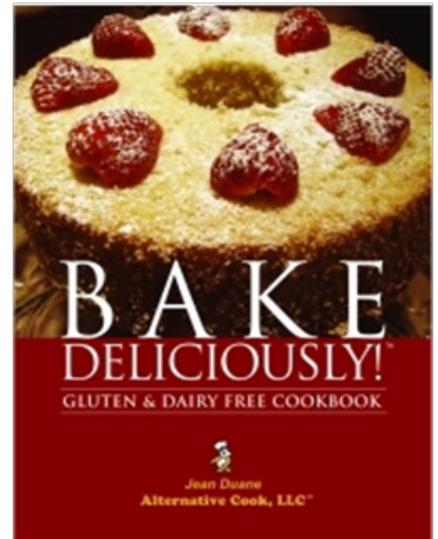
Below are some general guidelines for how to convert a traditional wheat-flour recipe to a gluten-free one. Excerpted from *Bake Deliciously! Gluten and Dairy Free Cookbook* by Jean Duane, Alternative Cook.

One cup of wheat flour translates into 1/2 cup of grain flour, 1/4 cup of bean flour and 1/4 cup of starch.

1. Start with a combination of flours in these ratios:
  - 50% grain flour (brown rice or sorghum)
  - 25% protein flour (navy, fava, garbanzo, soy, gafava flour)
  - 25% starch (cornstarch, tapioca or potato starch)
 Use 1:1 for flour called for in the original recipe
2. Add 25-50% more leavening (baking powder, baking soda or yeast) to the recipe dry ingredients
3. Add 1/2 to 1 tsp. acid (vinegar, citric acid, cream of tartar or citrus juice) to the wet ingredients
4. Add 1/2 tsp. of xanthan gum to the dry ingredients,
  - or
  - Add 1/2 tsp. guar gum to the wet ingredients for every cup of flour,
  - or
  - Add 1/4 tsp. of each the xanthan gum and the guar gum.
  - (For smaller baked items, gums may be omitted)
5. Let the batter sit for a few minutes before baking to allow the liquids to be absorbed

Need more help? Or do you have a treasured or family-favorite recipe that you just can't get right using gluten and casin free ingredients? The good people at Alternative Cook will convert your recipe for you for a nominal fee, go to [www.alternativecook.com](http://www.alternativecook.com) and click on "Convert a Recipe."

Get your copy of *Bake Deliciously! Gluten and Dairy Free Cookbook* by Jean Duane, today. Enter HOLIDAY (all caps) when checking out for a \$7.95 discount!



## Herb and Garlic Bread Sticks

Looking for something everyone will enjoy at your next holiday party? Why not bring some delicious, buttery, seasoned breadsticks! Pop one of **Dad's Gluten-Free Pizza Crusts** into the oven. While the dough is baking, mix together butter, or butter alternative, and fresh herbs such as rosemary, parsley, and garlic. When the crust comes out of the oven, brush on the herb butter mixture and cut into strips for bread sticks.



For more recipe ideas from Dad's, visit their website. Special offer: \$5.99 per crust with coupon code "TRY599". Or, free shipping with coupon code "SHIPFREE" when you order 10 or more crusts. (You must apply coupon codes in shipping cart.)

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

## Healthy Holiday Treats Cooking Class

Tuesday, December 14, 6:30-8:30pm

Even treats can be healthy! Register for this treats-themed cooking class offered at Green Lake Nutrition. Class will be lead by Adriane Angarano, a graduate of Bastyr University's Nutrition and Dietetics program. Adriane encourages individuals to utilize their senses in order to connect with the look, feel, and essence of food. During the class she will touch on intuitive and mindfulness practices for cooking at home. This group cooking class is mainly demo-oriented with light, hands-on participation from class attendees. And, of course, lots of tasting.

The following delicious sounding items will be demonstrated:

*Raw Cacao Truffles*

*Maple Cinnamon Candied Nuts*

*Apple Pear Crisp with a Grain-free Topping*

*Persimmon and Pomegranate Pudding*

*Gluten-free Dairy-free Chocolate Almond Pie*



Cost is \$40 per person or \$35 if you register with a friend. Class is held at Green Lake Nutrition, 6329 - 20th Ave NE, Seattle, 98115. Class is limited to 6 participants and will fill.

Call 206-729-5111 or email [admin@greenlakenutrition.com](mailto:admin@greenlakenutrition.com) to register.

*Upcoming series at Green Lake Nutrition:  
"Women's Emotional Eating Workshop"  
begins in January, contact Green Lake Nutrition for more information*

## ANNOUNCEMENT

### Happy Holidays from CRENU Nutrition Bars

Send your favorite Celiac and/or Vegan the gift of good nutrition this holiday season. Give them a case of their favorite Crenu bars. Crenu is a nutrition bar in a little baked cake. It's nutrient packed with natural organic ingredients and is always gluten-free, dairy free, egg-free, soy-free, yeast-free and full of great flavor and texture. The perfect grab & go meal replacement.

Use Holiday Coupon code "StNick" when ordering for \$4.00 off your subtotal, (good til January 1, 2011). Check the CRENU website <http://crenu.com/> for a complete list of CRENU bars and ingredients.



*"CRENU™ "good food for good people"™*

### Gluten Free Cookie Swap on Facebook

Join this virtual gluten free community event founded by Jules Gluten Free. Search for **Gluten Free Cookie Swap** on Facebook and you'll find many wonderful cookie recipes posted by gluten free "friends." This all-around great page is designed for anyone to share or discover that elusive, perfect, gluten free sweet treat. Until December 15, cast your vote for recipes you like. Prizes awarded for the most "liked" recipe.

And here is another sweet offer from Jules Gluten Free:

**Jules Gluten Free Holiday Flour Pack** only \$44.85 (save over \$25).

Flour Pack includes:

- Two 5-pound bags of Jules Gluten Free All Purpose Flour (\$40 value)
- The 2010 Holiday e-Book (\$9.95 value)
- FREE Jules Gluten Free Bread Mix (\$9.95 value)
- FREE SHIPPING & HANDLING (\$12 value)

Get free shipping on your entire order when you order this Holiday Flour Pack ALONG WITH and any other Jules Gluten Free products.

<http://www.julesglutenfree.com/>



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### For Our Friends in Chicagoland

Chicago area gluten free families are invited to the "Family Group Holiday Party" hosted by The Gluten Free Family Group, a branch of GIG of Greater Chicago. The event will be held at Magical Minds Studio in Oak Park on Sunday, December 12, from 2:00-4:00. This promises to be a fun and memorable way for the whole family to celebrate the holiday season. Everyone will be able to create holiday and winter themed craft projects. Adjacent to the party room, parents will be able to mingle and visit. Not only will everyone take home hand made creations, but each child will receive a bag of gluten free goodies!

Event fee is \$25. Per child.

To register, click this link [REGISTER NOW](#)

or contact Nancy Perlman directly at [nancyperlman@gmail.com](mailto:nancyperlman@gmail.com)

## 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.

### 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"  
Register through PCC

#### West Seattle PCC

Monday, January 10, 6:30 to 9 p.m.

#### Edmonds PCC

Friday, January 21, 6:30 to 9 p.m.

#### Issaquah PCC

Monday, January 24, 6:30 to 9 p.m.

#### Greenlake PCC

Monday, March 7, 6:30 to 9 p.m.

#### Redmond PCC

Friday April 8, 6:30 to 9 p.m.



#### Tumwater/Olympia, WA

Saturday, February 5, 2011, 1PM

Tyee Event Center, 5757 Littlerock Road SW, Tumwater WA. Book signing after the talk at G.F. Joe's Market, which is just across the parking lot. Hosted by G.F. Joe's Market. Free, open to the public.

#### Federal Way, WA

Saturday, March 5, 2011 Time TBD.

Afternoon class at Marlene's Market and Deli. Open to the public, registration and time to be announced.

#### Rochester, NY

Tuesday, March 15, 2011, 7PM

Social Hall at St. Anne Church, 1600 Mount Hope Ave, Rochester, NY 14620.

Hosted by Rochester Celiac Support Group. Free, open to the public.

#### Denver, CO

Thursday, March 17, 2011 7PM

Exact location TBD. Hosted by the Celiac Sprue Association in Denver. Free, open to the public.

#### St. Louis, MO

Saturday, March 19, 2011

Location to be announced. Hosted by Andrea's Gluten Free. Open to the public, registration required.

#### Chicago, IL

Saturday, April 30, 2011, 8:45AM

Gluten and Allergen Free Expo, held at The Wyndham Hotel, 3000 Warrenville Rd, Lisle. Hosted by Gluten Intolerant Group of Greater Chicago. Open to the public, registration required.