

# Newsletter



## National GIG Conference in Seattle a Hit!

The Gluten Intolerance Group held it's national conference in the Seatac Marriott on last week (June 4-6). The educational programs, youth activities, and exhibitions were an incredible resource to the medical professionals and those with gluten intolerance attending.

Medical professionals were invited to a series of seminars that helped them get better understanding of celiac disease diagnosis and the importance of eliminating gluten from the diet. Other forms of gluten intolerance were acknowledged and the IBS Treatment Center was proud to provide leadership in this area. Dr. Wangen's book, "Heathier Without Wheat" was a big hit with doctors and nutritionists from all over and even got a "Book Spotlight" article in the GIG Magazine Spring Issue.

Youth with gluten intolerance were given excellent opportunities at special Saturday sessions that emphasized fun, good food, and belonging with one's peers. The IBS Treatment Center's own Thomas Mercer was recruited to be an adult "coach" to the blue team - a team of youth in the live cooking competition. The teams were provided with a variety of ingredients and cooking tools and make 3 or more gluten free dishes. All 4 teams came up with tasty foods and the blue team came in second place. The scoring was very close indicating that all teams had tasty, well presented, and imaginative

foods. The team also received coaching from Mike Smith, owner of Bavarian Mills (in Vancouver, WA) – a great resource for tasty gluten-free breads with excellent nutritional profiles. The live contest was viewed by a huge crowd of conference attendees and judged live. Too bad there wasn't enough food for everyone to have a try. Next year the youth challenge will be barbeque!

The exhibitor's halls at the conference were a cornucopia of great resources for those avoiding gluten and other allergen foods. The Innate Health Foundation Wiki website (<http://www.innatehealthfoundation.org/wiki>) has many of them listed already, but will be adding new information as time allows. There are many, many options for those who want to cook, don't want to cook, or just want better information about how to manage their diet and overall health. If you have gluten intolerance, or even if you have other food allergies/intolerances, we recommend that you drop by the GIG conference when it comes to your area for the exhibitors hall. If you are a medical professional – attend the conference and learn about celiac disease!

Next year's conference will be in Minneapolis, dates to be determined. See the GIG website ([www.gluten.net](http://www.gluten.net)) for details.

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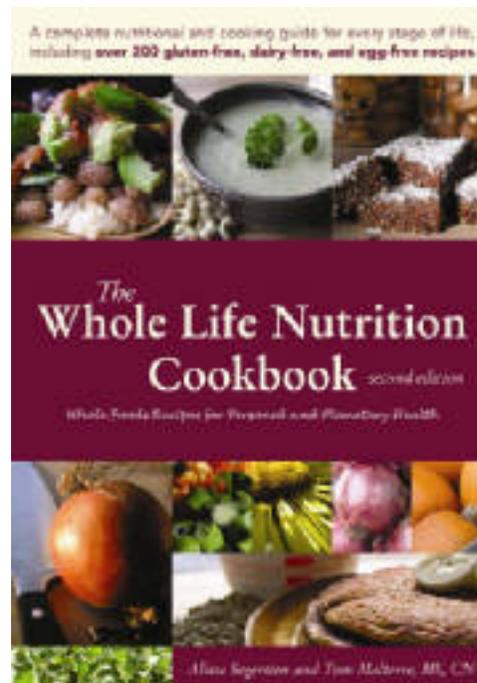
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## *Tom Malterre and Whole Life Nutrition*

We would like to recognize our great guest speaker from the June Support Group meeting. Tom A Malterre, MS, CN, MS Nutrition, Certified Nutritionist, is the Co-Author of the Whole Life Nutrition Cookbook <http://www.wholelifenutrition.net> and author of the recipe blog, <http://www.glutenfreewholefoods.blogspot.com>.

Located in Bellingham, WA, Whole Life Nutrition offers nutritional counseling, nutrition classes, cooking, health food store tours, as well as support groups to supply the necessary life skills needed to make lasting, positive life changing success. Their website and blogspot provide the latest information on gluten sensitivity and celiac disease along with tasty gluten-free recipes.

The Whole Life Nutrition Cookbook includes over 200 gluten-free, dairy free, and egg-free recipes. This cookbook also provides a complete nutritional and cooking guide for every stage of life, as well as a full instructional guide on using and getting the most success from using it. Chapter 8 even provides you with a 7 day whole foods breakfast, lunch and dinner menu, as well as a food allergy substitution chart so now you can still eat the things you wish you could but with a healthy alternative.



### Black Bean, Rice, and Yam Wraps

If you are new to eating whole foods or would just like a really easy meal to prepare then this one is for you. It is simple, flavorful, and can be made ahead of time for a quick meal on the go.

- 1 ½ cups short grain brown rice
- ½ cup sweet brown rice
- 4 cups water
- pinch sea salt
- 1 large yam, cut into large chunks
- 3 cups cooked black beans, or 2 cans
- 1 large avocado, mashed
- salsa
- mixed greens
- brown rice tortillas



THIS RECIPE  
AND MANY MORE  
CAN BE FOUND ON  
THE WEBSITE  
<http://www.wholelife-nutrition.net>

Preheat the oven to 425 degrees F.

To cook the rice, place the short grain rice, sweet rice, water, and sea salt into a 2-quart pot, cover, and bring to a boil. Reduce heat and simmer for about 45 minutes. Remove pot from heat and let stand for at least 10 to 15 minutes.

While the rice is cooking, place the yam chunks into a small casserole dish, fill with about ½-inch of water, place the lid on the casserole dish and bake in the oven for out 40 to 45 minutes, or until yams are very tender. Remove skins from yams and slightly mash them with a fork. Tip: warm rice tortillas over hot, steaming yams to soften them.

To assemble a wrap, lay a tortilla flat onto a plate and place a small amount of rice in the middle of it, add some cooked black beans, some mashed yam, mashed avocado, salsa, and some mixed greens. Fold the ends in and roll.

## ANNOUNCEMENTS

*First Magazine seeks wife for IBS article on the effects on marriage/Intimacy*



Lisa Maxbauer, Contributing Writer for First Magazine, formerly First for Women, is seeking to profile a woman in an upcoming article on IBS and the affects its caused on her marriage/intimacy. This is a print only magazine and will not appear online.

The story will surround how IBS symptoms affected her life and her marriage/sex life, until she found help. If you are a wife who feels confident sharing her story, name, age, city and photo in the magazine, in an effort to help other women please contact Lisa at [lisamaxb@yahoo.com](mailto:lisamaxb@yahoo.com) or 917.518.4345. (The name and city can be changed for privacy.)

## EVENTS

### Gluten Free Cooking EXPO

If you are in the Lisle Illinois area August 15-16, 2009 please come and attend this wonderful Gluten Free Cooking Expo. This event will hold 2 days of cooking classes led by professional chefs, nutritionalists and cookbook authors.

Join them for:

- \* Cooking and demos with samples
- \* Gluten and Dairy free meals
- \* Gluten Free vendor fair
- \* Special event for children

**Dr. Wangen will be here!**

**August 15 - 16, 2009**  
**The Wyndham Hotel**  
**Lisle, Illinois**

**For more information please visit:**  
**[www.glutenfreeclasses.com](http://www.glutenfreeclasses.com)**



# Dr. Wangen's Scheduled Presentations

Dr. Wangen and other representatives of the IBS Treatment Center give talks, present at Health Fairs, and etc. 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 by phone at 206-264-1111.

## **In Texas Area:**

**Thursday, July 30th, 2009**

Dr. Wangen will speak in San Antonio, Texas at the Alamo Celiac Gluten Intolerant Group ([www.AlamoCeliac.org](http://www.AlamoCeliac.org)).

**Friday, July 31st, 2009 at 5 PM**

Dr. Wangen is speaking at the Alamo Celiac GIG in Austin, TX ([www.AlamoCeliac.org](http://www.AlamoCeliac.org)). For more information contact Frances Kelley at [FKelley@austin.rr.com](mailto:FKelley@austin.rr.com)

**Saturday, August 1st, 2009 at 10 AM**

Dr. Wangen is speaking in Fort Worth to the North Texas Gluten Intolerant Group, ([www.NorthTexasGig.com](http://www.NorthTexasGig.com)).

**Sunday, August 2nd, 2009 at 2 PM**

Dr. Wangen will be speaking at Laura's Bistro, a gluten free restaurant. This event is sponsored by Lone Star Celiac ([www.dfwceliac.org](http://www.dfwceliac.org)) in Dallas, Texas. Rose Mary Simmons is the contact, 214-632-1878.

**In Chicago Area: Saturday and Sunday, August 15th and 16th, 2009**

Dr. Wangen will be presenting both days at The Gluten Free (and Mostly Dairy Free) Cooking Expo in the Chicago area. The expo is at the Wyndham Hotel, Lisle, Illinois with additional info at

<http://www.glutenfreeclasses.com> Dr. Wangen's presentations are: August 15: "Why Wheat Isn't Good For Everyone" and August 16: "Understanding Non-Celiac Gluten Intolerance".

**In Richmond, Virginia: Thursday, November 5th, 2009 at 6:30 PM**

Dr. Wangen and Dr. Ford (of New Zealand) will be making presentations as part of a dinner event at The West End GIG Group [www.gigofrichmond.org](http://www.gigofrichmond.org) in Richmond, VA. The event will be held at Trinity U. Methodist Church, 903 Forest Ave, Richmond, VA 23229. Contact Madelyn Smith, Branch Manager, for more information at Phone: (804) 968-4111; Email: [twegig@comcast.net](mailto:twegig@comcast.net).

**In Harrisburg, PA: Saturday, November 7th, 2009 at 2 PM**

Dr. Wangen is speaking to GIG of Harrisburg, PA [www.harrisburgceliacs.org/](http://www.harrisburgceliacs.org/)

**In Rhode Island: Sunday, November 8th, 2009 from 1 to 4 PM**

Dr. Wangen will be presenting at the American Celiac Support Group meeting in Pascoag, RI.

**In New York: Monday, November 9th, 2009**

Dr. Wangen will be teaching a class at the Natural Gourmet Institute <http://www.naturalgourmetschool.com> in the borough of Manhattan, New York City, New York.