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Dr. Stephen Wangen

Innate Health Services, LLC, in cooperation with The IBS Treatment Center and Dr. Stephen Wangen, is proud to present the following educational course:

Advanced Course in Food Allergies, Intolerances, and Sensitivities

Defining and Evaluating Test Methods & Analysis of Current Research

Saturday, October 1, 2011
Westin Park Central, Dallas, TX

Offered in conjunction with the [Gluten and Allergen Free Expo](#), October 1 & 2

This practical professional course is a scientifically based overview of food allergies, intolerances, and sensitivities. These often interchanged and misunderstood terms will be defined in detail and the differences clarified.

A comprehensive summary of the various signs, symptoms, and medical conditions associated with food allergies, intolerances, and sensitivities will be presented. The spectrum of food allergy and intolerance testing methods will be reviewed and evaluated. Practical information will be presented for the application of food allergy testing in the clinical setting. Many case studies will be examined along with an update on related medical research.

This course is designed for physicians, nurses, chiropractors, dietitians, nutritionists, and other healthcare professionals. However, anyone interested in gaining a better understanding of food reactions is welcome. Food allergies and intolerances are relevant to all medical specialties and impact all systems of the body.

Medical professional participants are eligible for 6.5 CE credits. Approval pending for AMA PRA Category 1 credits.

To view the complete brochure and to register online, go to

www.InnateHealthClasses.com

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

Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125

**Clinic Entrance Address: 11301 Pinehurst Way NE Seattle, Washington 98125
(206) 264-1111**

www.IBSTreatmentCenter.com

To subscribe to this newsletter send email to info@IBSTreatmentCenter.com with "IBS Newsletter" as the subject.

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Advanced Course in Food Allergies, Intolerances, and Sensitivities

For those interested in this one day class, the curriculum will include:

Testing for Food Reactions: RAST, Skin, ELISA, ALCAT, SAGE, LEAP, EAV (Vega)

Laboratory Comparisons: ALCAT, Cyrex, DiagnosTech, ELISA/ACT, Enterolab, Genova, Immunolabs, Leap, Meridian Valley, Rocky Mountain Analytical, Sage, U. S. Biotek, York

Immunology of Food Reactions: IgE, IgG, IgA, sIgA, IgM,

Non-Immunological Food Reactions

Celiac Disease vs. Gluten Intolerance

Medical Research Review of Disorders: Autoimmune, Cancer, Cardiovascular, Dermatology, Gastroenterology, EENT, Mental Health, Musculoskeletal, Neurology, Respiratory, Rheumatology, Women's Health

Case Study Reviews

What causes food allergies?

Do people outgrow food allergies?

What is tolerance vs intolerance?

Does everyone have antibodies to foods?

These questions and others will be answered in this educational course

Advanced Course in Food Allergies, Intolerances, and Sensitivities

October 1, 2011

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For more information and to register

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FOOD ALLERGY AND INTOLERANCE FOUNDATION

Formerly the INNATE HEALTH FOUNDATION

The Innate Health Foundation board of directors announces it has approved an organizational name change. The Innate Health Foundation is now the **Food Allergy and Intolerance Foundation**. The website will soon be updated to reflect the new name as well as other exciting changes. Please let the board of directors know what you think about this change by sending email to: President@InnateHealthFoundation.org (it will take some time to move our website and email addresses)

BOARD MEMBERS

Sharon Gray, LAc, LMP | Susan Mattison | Cornelius Rosse, MD

Gluten Intolerance Group Needs Camp Volunteers

Volunteers are needed for the following kids summer camp sessions:

Camp Sealth, Vashon Island, Washington

Session 4: July 20 - 25, 2011

Session 5: July 26 - 29, 2011

Session 4/5: July 20 - 29, 2011

Camp Kanata, Wake Forest, North Carolina

August 7 - 13, 2011

Volunteers will work in the kitchen and be scheduled for six hour shifts. If you are interested in helping to make this summer a great one for our celiac and gluten intolerant kids, please send an email to Stacey Juhnke, GIG Camp Coordinator at gigcamp@gluten.net. Please include the days you are available.

Girl Scouts Cookies for All!

Please let the Girl Scouts of America know there is a demand for gluten free Girl Scout Cookies! Click the link below to read the letter and “sign” the petition for allergen free cookies:



By carol [CC-BY-2.5 (<http://creativecommons.org/licenses/by/2.5>)], via Wikimedia Commons

“Although no support is too much, it is requested that only those that would buy a delicious, allergen free cookie sign this petition so that the Girl Scouts and its bakers know that there is a market for this and it would be profitable. Concern for those with allergies is not enough for a company to make a business decision. The Girl Scouts and its bakers need to see that this will be a profitable venture for them in order for us to encourage them to take on this endeavor and offer their first ever allergen free cookie.”

<http://www.change.org/petitions/encourage-the-girl-scouts-to-sell-an-allergen-free-cookie>



Annual GIG Education Conference only two weeks away!

Food and tasting expo where gluten free foods and recipes may be sampled
Chance to learn practical tips for living gluten free
Time to network with others living the gluten free lifestyle

New at this year's conference will be **Afternoon Tea at the Chef's Table** – a panel of research chefs from well-know brands and restaurants discussing trends and ideas in the gluten free culinary world

Also on the schedule is a **Doctors Panel** – dietitians, physicians and other medical professionals will discuss today's best practices in managing the spectrum of gluten intolerance

www.gluten.net/conference/

ABC Television looking for Health Heroes

ABC is working on a new show with a working title "Everyday Health Heroes." The website, EverydayHealth.com, and the producers behind "The Biggest Loser" are in search of people who are making a difference in the health of their community. Specifically they are looking for stories of people who have struggled through a health-related issue and learned how to take a negative and turn it into a positive, and are now doing something to better their situation and help others at the same time. The show will celebrate the inspiring stories of anyone who is living a life for positive change and motivating others for that same change. Specifically the producers would like to do an episode or two on digestive health. To apply send an email with name, age, city, state and your story including what you are doing to change and improve the lives of others to:

castingforchange@gmail.com

subject line "Everyday Health Heroes."

New Cookbook by Carol Fenster

125 GLUTEN-FREE VEGETARIAN RECIPES:

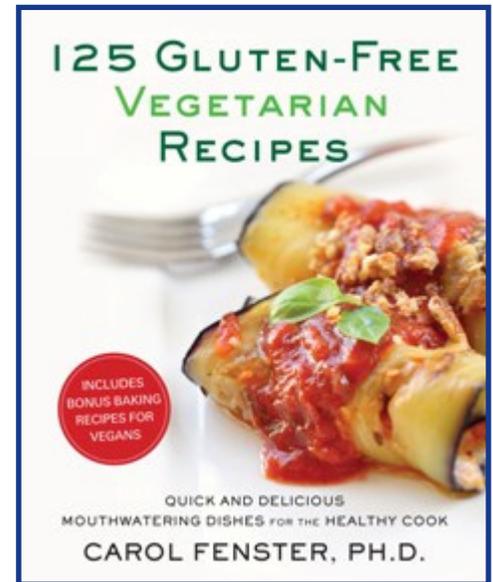
Quick and Delicious Mouthwatering Dishes for the Healthy Cook by Carol Fenster, Ph.D.

This new cookbook will be available in July

\$18/Trade Paperback

ISBN-13: 978-1583334256

From snacks and appetizers like Baked Kale Chips, to filling dinners like Chili Cornbread Casserole and Eggplant Parmesan Stacks, to decadent desserts like All-American Cherry Pie and Chocolate Brownies, 125 GLUTEN-FREE VEGETARIAN RECIPES is the perfect addition to any gluten-free kitchen. Happy cooking!



CLASSES

Preparing for the Trail

Monday, June 20th, 6:30-8:30

High Protein Quinoa Seed Crackers with Peppy Pepita Avocado-Almond Dip (Gluten free)
Sun-dried Tomato & Basic Cashew Ricotta Veggie Wraps
Apple Cinnamon & Chia Seed Granola (Nut free)
Classic Trekking Fruit & Nut Energy Bars
Nourishing Lemon Lime Electrolyte Drinks

Cost is \$44 per person or \$75 for two 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 to register.



Digestive Health for Life: Five Week Rejuvenation Program

Mondays, July 11-August 8, 6:30-8:30

“Digestive Health for Life” with Sharon Gray, MS, LAc is an experiential program designed to help you gain clarity, trust your instincts, and find your own unique path to optimal health. With the support of an intimate, facilitated group (space is limited to 6 participants) this program will be a place to practice and integrate healthy changes into your life. Over the course of 5 sessions various topics associated with digestive health will be explored: identification of potential “triggers” (both food and non-food); understanding and relieving symptoms; mindful eating; seasonal living; and more. This course is based on a combination of Western and Chinese medicine. The sessions will meet at Lake Shore Studio, Seattle. For information and to register go to <http://theartofnourishment.com/taproot-news/>