

# IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

June 21, 2007



## It's Not Just About IBS

As you've noticed, we specialize in and focus on irritable bowel syndrome and related digestive problems. These are extremely important, and we feel that we are the premier institution in the world for treating these problems. However, IBS is really just one possible manifestation of one of the major causes of health problems, food allergies.

Many patients come to us for non-digestive related problems. Recently we have seen patients for migraine headaches, juvenile rheumatoid arthritis, eczema, hives, and chronic sinusitis. In many cases, we are able to help people put an end to these problems.

The number of conditions that can be caused by food allergies might seem unbelievable, but the reality is that inflammation caused by food allergies can affect many different parts of the body and lead to many health problems that seem to otherwise be unexplainable. Because of the tremendous potential for solving these problems by identifying food allergies, we also operate the Center for Food Allergies. Our website, [www.CenterforFoodAllergies.com](http://www.CenterforFoodAllergies.com) will provide you more information about this clinic.

Of course, most patients come to us to

be treated for their digestive problems. However, they are often very pleasantly surprised to find out that one of the positive side-effects of solving their digestive problem is the resolution of one or more other problems listed above.

We also see patients with relatively uncommon autoimmune diseases (such as Behcet's and idiopathic thrombocytopenic purpura) and a variety of other conditions (such as seizures and mental illnesses) that supposedly have no cause. Amazingly, there is already medical research that indicates a known food allergy trigger for these problems. Yet we are one of the few places that takes this research seriously and thoroughly evaluates these issues.

If you have a health problem, regardless of its severity, we urge you to visit us. And if you have a question, just send us an email.

The potential for feeling better is even greater than you probably imagined. That the health of one part of the body is linked to the other parts of the body isn't just a fad or a philosophy. This idea of holistic medicine is real, and we see it in effect almost every day. We just thought you'd like to know.

### IN THIS ISSUE

Food Allergies

Event Calender  
GIG meeting  
Canceled

[Sugar: Beets or Cane?](#)

### July 2007 Events Calender

#### •GIG and IBS Support Group

No support group will be held for the month of July  
See you August 7th!!

### What Else May be Caused by Food Allergies

Acne	Headaches
Allergic rhinitis	Heartburn
Anxiety	Irritability
Colic	Migraines
Ear infections, chronic	Reflux
Eczema	Rheumatoid arthritis (incl. JVA)
Encopresis	Sinusitis, chronic
Fatigue	Weight Problems
Fibromyalgia	
Frequent infections	

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# Beet Sugar or Cane Sugar: How You Can Tell

Being allergic to something like cane sugar can be a difficult situation. Cane sugar and beet sugar are extremely similar – both are sucrose, and virtually chemically identical. However, beet sugar is fine for those allergic to cane sugar.

But how can you tell? Many manufacturers fail to label sugar properly as beet or cane. There are two brands that exclusively manufacture sugar made from beets, the American Crystal Sugar Company and the Western Sugar Cooperative.

Store brands (i.e. Wal-mart, Cub Foods, Flavorite, Safeway, etc.) are also often beet sugar so are safe for those allergic to cane sugar. Unfortunately these brands are rarely clearly marked as cane or beet sugar so it is important to look a little further to find out. One way to do this is to know factory identification codes, knowing where your sugar comes from can be crucial to finding out what type of sugar you are buying.

All bags of sugar are labeled with a five-digit code that identifies the packaging plant (letter), year (1 digit) and Julian date (3 digits) - a Julian date is simply the actual day of the year numbers 1 through 365. ***The most important thing to remember is the letter that indicates the location***, this will tell you where the sugar was manufactured, therefore distinguishing between cane sugar and beet sugar.

## Factory identification codes for ACS are:

- D - American Crystal Sugar Co., Drayton, ND
- E - American Crystal Sugar Co., East Grand Forks, MN
- H - American Crystal Sugar Co., Hillsboro, ND
- K - American Crystal Sugar Co., Crookston, MN
- M – American Crystal Sugar Co., Moorhead, MN
- S - American Crystal Sugar Co., Sidney, MT (Sidney Sugars Inc.)
- W – Min-Dak Farmers Cooperative, Wahpeton, ND

Example: **S7106**-Sugar is from Sidney, MT, 2007, Packaged April 16

Western Sugar Cooperative, based out of Denver, also manufactures beet sugar. **The lot codes for WSC are:**

- B - Billings, MT
- F - Scottsbluff, NE
- N – Torrington, WY

Examples: **F1W65A7** (Scottsbluff, June 14th, Shift, 7–Year)

Utilizing these valuable tools will help you to avoid cane sugar in the future, thus avoiding the painful side effects of an allergy.



## Other Alternatives to Cane Sugar

Honey  
Fruit Juice Sweet  
Corn Syrup  
Maple Syrup  
Stevia  
Maltitol  
Mannitol  
Sorbitol  
Xylitol  
Barley Malt  
FOS - Fructooligosaccharides (a natural sweet tasting fiber.)  
Available in powder form at [IBStreatmentcenter.com](http://IBStreatmentcenter.com)

## What to Avoid if Allergic to Cane Sugar

Cane Juice  
Sugar (except beet sugar)  
Brown Sugar  
Powdered Sugar  
Sucrose  
Molasses  
Treacle  
Sucralose (Splenda)

Glucose  
Fructose  
Disaccharides  
(unless derived from a source other than cane).



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