

IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com

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Thanks a Million!

Through Dr. Wangen's meticulous intake questions I realized that I have had some form of IBS since I was in college! I had never made that connection before. A few years ago my symptoms had gotten so bad that I finally started searching for answers. A couple of doctors, and several IBS books later, I felt hopeless. The doctors found nothing wrong and told me to reduce stress. The books said to cut out every food that could possibly be a trigger, and the complexity of these plans made me give up hope that I could ever manage the IBS effectively. Food was the enemy and I knew where every bathroom in town was located.

Learning the results of the bloodwork at my follow up meeting with Dr. Wangen was a revelation! I didn't have to cut out all of the foods I loved; I just needed to remove a couple of foods from my diet, and read labels carefully to keep out the hidden sources of my allergens. Now I'm back in control and eating has become enjoyable again. I am now virtually symptom free for the first time in at least 15 years.

Thank you thank you thank you!!!

- Gail H.

We Want to Hear from You!

Tell us what you are learning and/or how you have overcome IBS. Even share your best recipes or shopping tips! Whether personal or purely informative, we want your input. You may see it in a future issue of our newsletter! Send stories to:

Info@IBSTreatmentCenter.com

Parasites: More Common Than You Think

How do you get parasites?

You can only get parasites if you travel to a third world country, right? Or if you like to spend time in the outdoors and you drink water straight from a stream or a lake, then you can get parasites, right?

Of course, it's a lot more likely that you'll pick up parasites if you do those things. But it is a common misconception that you have to do those things to get parasites.

I've seen patients who don't travel, haven't left the state much less the country, and they have parasites. Oh, and they don't drink untreated water either.

So where did they pick up parasites?

Parasites are great hitchhikers. If you don't go to them, they might come to you. Most parasites, like bacteria, are microscopic. You can't see them with the naked eye, so you aren't going to see them if they are around.

Parasites require a host for survival, either humans or another animal. Therefore they cannot live long outside of their host.

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In order to get around this problem, many parasites produce cysts, which are basically eggs. Each microscopic parasite can produce these tiny eggs by the thousands or even hundreds of thousands. These eggs are shed in the feces of the animal and can live for long periods of time outside the host.

Fortunately our penchant for hygiene and cleanliness has made it less likely that we'll get parasites. But we now live in a very interconnected world, and we all come into contact with products that are imported from around the globe.

Parasite cysts can travel on fruit, vegetables and other produce, as well as in meat and things like pottery. These are often imported from outside the country.

Even produce from the U.S. can become contaminated if a food handler happens to be infected and doesn't follow proper protocols for keeping clean. And parasite cysts can also travel in meats that are produced in this country. The U.S. Department of Agriculture states, "parasites are more and more frequently being identified as causes of foodborne illness in the United States."

What symptoms do parasites cause?

Parasites can cause any of the symptoms seen in IBS, including diarrhea, constipation, gas, bloating, and abdominal pain.

How do you know if you have parasites?

Parasite testing is done with a stool test. The stool sample is evaluated under the microscope for eggs/cysts and for the actual parasite. Stool testing for parasites usually requires that a sample be collected on three consecutive days. This increases the likelihood that the eggs will be seen, since parasites don't necessarily shed eggs every day.

Although it is not uncommon for physicians to test for parasites, some parasites can mistakenly be diagnosed as normal. These include *Blastocystis hominis* and

Dientameaba fragilis. Many labs and physicians will ignore these parasites and will not report their presence or treat them.

However, there are many research papers that indicate that these parasites can create the same kinds of symptoms that other parasites do. So it's important to not overlook them.

Remember, it's possible for anyone to have parasites. Get tested by someone you trust to be sure that you don't have any. And always wash your hands and your food, and cook meat thoroughly to avoid getting parasites.



I Want Your Feedback for My Next Book

I have begun writing my next book, "Understanding Celiac Disease and Other Forms of Gluten Intolerance: How To Tell if Wheat is Making You Sick."

This book will be about the various forms of gluten intolerance and the various ways of testing for this common problem. I'd like your feedback on what you would like to see in this book. For example:

- What kinds of questions would you like answered?
- What issues or concepts have been important to your understanding of gluten intolerance?
- What still confuses you?
- What did your doctor forget or neglect to tell you?
- What have you learned that you would like to share with others?

Would you like to share the entire story of your adventure suffering from gluten intolerance, getting diagnosed (whether by a doctor or

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yourself) and finally starting to feel better? If so, please send it. It can be anonymous (I'll change the name) or we can use your first name. Please send your suggestions and stories to info@ibstreatmentcenter.com. I will send a free autographed copy to those whose stories I use.

This book will focus on understanding and diagnosing all forms of gluten intolerance, including celiac disease, non-celiac gluten intolerance, gluten allergies, and wheat allergies. I don't plan on addressing the topics of living with gluten intolerance and eating gluten-free because there are already many fine books on these issues.

If all goes well, the book should be out sometime next summer. I'll be sure to let you know.

Thank you for your help. I greatly appreciate it.
Dr. Stephen Wangen

More in the Media:

Dr. Wangen will soon be heard on WCTO radio: Allentown, PA; Sunday, October 29th. He was recently on CNN radio and KOMO radio and look for a spread about the IBS Treatment Center in the Las Vegas Review next month!



Calendar:

Gluten Free Pie Crust Demonstration!

Hosted by the Bellingham Gluten Intolerance Group

Date: Saturday, November 4, 2006

Time: 11 AM to 3 PM, Presentation by Kaili McIntyre at 12 PM

Location: Ferndale Senior Center, on Cherry St. by Pioneer Park, Ferndale, WA

Admission: Free! Everyone welcome!

Contacts: Kelle A. Rankin-Sunter: 332-7435 or Caroline Yorkston: 676-1372

This year's speaker is Kaili McIntyre of Da Vinci's Cafe, in Seattle, WA. She will be demonstrating making a Gluten Free pie crust. Kaili, a trained baker, was shocked when she was diagnosed with Celiac

Disease. She has since become a well-known expert in the field of Gluten Free baking and established one of the first "dedicated" gluten free baking/dining facilities in the United States.

In addition to the featured speaker:

- Gluten-Free refreshments and manufacturer's samples/coupons
- Gluten Free Book & Bake Sale
- Silent Auction
- Tom Maltere of Whole Life Nutrition to answer questions
- Resource/Information Table and Donors Drawing

November: IBS Support Group

Studies show that 50 million Americans are living with IBS! You're not alone and although it can feel hopeless, it *is* possible to be rid of it! Visit our group for support and get some answers!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*. The group meets on the **first Tuesday of every month at the IBS Treatment Center.**

[Click here for details.](#)

November: GIG (Gluten Intolerance Group) Support Group

Come to the Central Seattle chapter of GIG and hear what's new in the GF world while enjoying the company of others living the GF lifestyle.

Meetings are held on the **2nd Wednesday of each month at the IBS Treatment Center** (co-located with the Center for Food Allergies) and most will be attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and Center for Food Allergies.

[Click here for details.](#)

November: Gluten Free Gala

November 18th from 9am-6pm at Manna Mills. Come see our booth and great gluten free products! (21705 66th Ave W, Mountlake Terrace.)

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