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Dr. Stephen Wangen

“I Can't Possibly Have a Food Allergy”

This is a comment frequently spoken (or thought) by patients and non-patients alike. You probably assume that it would be obvious if you had a food allergy. Or you may not have had symptoms until more recently, and you've been eating the same kinds of foods all of your life. So how can you possibly have an allergy to one of those foods now?

People make many assumptions about food allergies and intolerances. One of the most common assumptions is that you'll always have symptoms, or that your symptoms will always be the same. Neither is true. Symptoms can change significantly over time, and they can come and go. Symptoms can also begin to show up at any time in life. This is just as true for celiac disease (a form of gluten intolerance) as it is for most other food allergies and intolerances.

Food allergies and intolerances may go unnoticed for years or even decades. But eventually they tend to catch up with you. Your overall health may be such that you can keep an allergy at bay for a long time. But it is a stress on your body, and your body can only handle so many factors that negatively affect you. Your immune response to the food tends to wear you down over time, finally manifesting itself as a symptom that will be readily apparent to the allergy sufferer.

Allergies and intolerances often only become apparent after a major life episode such as an illness, surgery, or an extremely stressful life event. This is a common theme in patients. They were fine until.... After that, things were never the same. The event didn't create the allergy, but it finally helped to bring it out.

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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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One of the fascinating things about allergies is the multitude of symptoms that they can produce. These range from asthma and arthritis to eczema and digestive problems to chronic fatigue and autoimmune disorders. There are literally hundreds of different symptoms that can be triggered by an allergy or intolerance to a food. Therefore it's impossible for a healthcare provider or anyone else for that matter to diagnose a food allergy or intolerance based on symptoms alone.

You won't find allergies or intolerances if you don't look for them. And most healthcare providers aren't thinking about them as the cause of common chronic health problems. Even your allergist isn't thinking this way. Allergists focus primarily on asthma, hives, anaphylaxis and environmental allergies. They are no more likely to find gluten intolerance than they are to find most food allergies and intolerances that trigger chronic health problems. So you'll have to look for an expert in this area.

Don't give up looking for the cause of your problem. You may be surprised to learn that the solution is as close to you as the food on your plate.



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MOST COMMON FOOD ALLERGENS

Milk - Wheat - Soy - Eggs - Peanuts & Tree nuts - Fish & Shellfish

COOKING CLASS

Chinese “Take-out” Made Healthy

Thursday, May 26th, 6:30-8:30

The May cooking class at Green Lake Nutrition offers a new “take” on “take-out.” The class will be led 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. This group cooking class is mainly demo-oriented with light, hands-on participation from class attendees. And, of course, lots of tasting. The following menu items will be demonstrated:

Savory Beef and Broccoli
Sweet & Sour Pineapple Chicken
Lemon-Ginger Tofu and Soba Noodles
Sweet Sesame Seed Balls



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.

Free Tobacco Cessation Services Available

You KNOW smoking is bad for you. And you know that quitting tobacco is difficult. But did you know that by calling the Washington State Tobacco Quitline (1-877-2NO-FUME) your chances of successfully quitting can double? Already over 160,000 people have called to receive tobacco cessation support services.

Washington state residents age 18 or older who call the Quitline before June 30, 2011 are eligible for free NRT (Nicotine Replacement Therapy). This free program, includes a course of NRT treatment (patches and nicotine gum) and counseling. No health insurance required.



Call the **Washington Tobacco Quitline today at 1-800-QUIT-NOW or 1-877-2NO-FUME.** Quitline coaches are waiting to help you quit smoking for good. www.quitline.com

Open Tasting Saturday, May 14 at Dolce Lou

New Seattle gluten-free bakeshop Dolce Lou will host its first open tasting Saturday, May 14th. Drop by the kitchen any time between 11:00 and 2:00 to sample gluten-free goodies. Any orders placed during the tasting will be 20% off regular listed price (offer not valid for servings of 30 or more). Dolce Lou is located at 501 – 2nd Ave W on lower Queen Anne. www.dolcelou.com



Pancake and Cake Mix Recall



Raymond-Hadley Corporation has issued a product recall and allergy alert on undeclared dairy in **Better Batter Gluten Free Pancake & Biscuit Mix** (20 oz & 2.5 lb packages), and **Better Batter Yellow & Chocolate Cake Mixes** (18.25 oz). Recent product tests have show that the above packaged mixes contain undeclared dairy, therefore posing a potential health hazard to those people with dairy allergies or severe sensitivity. Please go to <http://betterbatter.org/urgent-product-recall> to read the very sensitive letter to customers from **better batter** owner Naomi Poe, and to learn how to claim a refund or return any **better batter** products.



Check out the beautiful new GIG website at www.gluten.net and find out more about the upcoming Education Conference this summer.

The conference will offer:

- 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/

Survey Says!

Undergraduate student Kristal Krumwiede at the University of Central Missouri is conducting a research project on Celiac Disease. If you would like to take her online survey to assist in the research, click below:

<https://spreadsheets.google.com/spreadsheet/viewform?formkey=dHFMMmd1bTRLbG8wZExVTEtaTmhlN0E6MQ>

And the Oscar goes to...

We are proud to announce that Dr. Wangen was recently awarded an "Oscar" for his "Innovativeness, Compassion and Dedication to his patients." This high honor was bestowed upon the good Doctor by a very thankful patient. Oscar seems happy in his new home at the IBS Treatment Center.

Please consider visiting Dr. Wangen yourself if you feel your current health care team is less than compassionate and isn't completely dedicated to you and your health.



ANNOUNCEMENTS

Redmond Whole Foods Gluten-Free Food Fair

Sunday, May 15th, 11-2pm FREE

May is recognized by many groups as Food Allergy awareness month.

Join Whole Foods in Redmond for some great gluten-free treats and stay for a gluten-free BBQ (\$5).

Whole Foods Market
17991 Redmond Way
Redmond, Washington 98052



Jane (Outdoor Enthusiast) answers the phone

Northern Exposure

The staff of the IBS Treatment Center wishes Certified Medical Assistant Jane, safe travels and good weather as she leaves this weekend for a one month adventure to climb Mt. McKinley (or Denali as Dr. Wangen, past resident of Alaska likes to call the mountain).

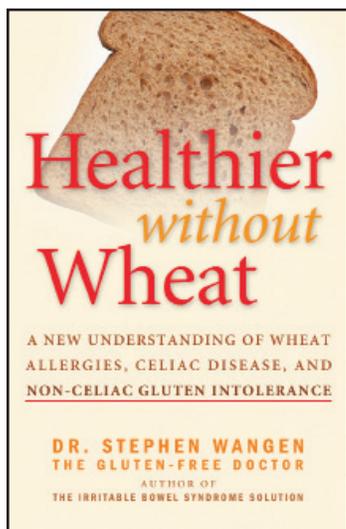
Best wishes Jane!



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And we welcome Judy to the office as she capably fills in while Jane is away.

BOOKS



Books by Dr. Stephen Wangen

Available by calling
(206) 264-1111 or (888) 546-6283 |

or at

www.IBSTreatmentCenter.com

