

NEWSLETTER

Candida and IBS

In This Issue

Articles

Candida and IBS.....1

Regular Features

Product Review: Ener-G Foods Egg Replacer.....2

Announcements

Help A Reporter.....2

Dr. Wangen’s Blog.....3

Help Us Help Others!.....3

Innate Health Foundation Wiki.....3

Events

The Washington Health Caucus.....4

Upcoming GIG/IBS Support Group Meetings.....4



The IBS Treatment Center is the nation’s leading facility for the successful resolution of Irritable Bowel Syndrome.
July 2008 Issue.
Newsletter Published Monthly.

One of the more common causes of digestive problems is Candida, or yeast. Although there are other types of yeast, Candida is the word usually used to describe a problem with yeast. Although many people think of yeast infections as a female problem, yeast is an organism that can colonize any orifice. In the mouth it is known as thrush. In the digestive tract it is often called a yeast overgrowth, or simply candida. These do not have to occur together. However, they are essentially the same problem.

What are the symptoms of Candida?

Yeast can cause a large number of symptoms, including all of those of irritable bowel syndrome – gas, bloating, constipation, diarrhea, and abdominal pain.

How do you get Candida?

Candida are a normal part of the environment. However, a problem occurs when they get out of balance with the normal good bacteria found in your digestive tract. Then they can develop into an overgrowth of yeast in the digestive tract and cause problems there as well as elsewhere in your body.

Why does this happen?

One of the most common things that cause yeast to get out of control is the use of antibiotics. There are other causes too, but antibiotics provide an excellent case study. Antibiotics kill bacteria, but they do not kill Candida or yeast. Only antifungals kill yeast. Therefore taking antibiotics kills off bacteria that are in direct competition with yeast for territory in your digestive tract. This is similar to any other battlefield. Everyone wants territory. In this scenario yeast can flourish, potentially creating an environment where there is more yeast than is desirable.

What other symptoms can Candida cause?

People with Candida or an overgrowth of yeast often describe having symptoms such as fatigue, brain fog, and headaches, to name a few. This does not necessarily mean that they have yeast throughout their body. That is highly unlikely and is an extremely dangerous condition. However, the yeast in their digestive tract can create toxins that affect the rest of the body.

How do you test for Candida?

The most accurate way to test for Candida is to culture it or find it on a stool test. At the IBS Treatment Center we now use DNA stool testing to measure genetic material from organisms in the digestive tract. This is by far the most advanced method for detecting candida or yeast and eliminates any guesswork. It also quantifies the amount of yeast present, telling us exactly what we are dealing with.

How do you treat Candida?

A serious yeast overgrowth usually requires strong antifungal medication. However, this does not always have to be pharmaceutical.

[continued on page 2]

To subscribe to this newsletter, send email to Info@IBSTreatmentCenter.com with “IBS Newsletter” as the subject. To unsubscribe, send email to the same address with “Unsubscribe to the IBS Newsletter” as the subject. The IBS Treatment Center: 1229 Madison St, Suite 1220 Seattle, WA 98104 (206)264-1111 www.IBSTreatmentCenter.com ©2008 Innate Health Services, LLC

[continuation of article on page 1]

Many natural antifungals are also very effective. Both vary in effectiveness depending on the strain of yeast present. The proper treatment is determined as part of the lab test for yeast.

Will probiotics help?

Probiotics, or good bacteria such as Lactobacillus acidophilus, may help. But they can also stir up the problem and make it worse. Usually the yeast must first be treated with an antifungal.

Does diet affect Candida?

Yeasts thrive on sugars and refined carbohydrates. Many theories exist on the relationship between foods and yeast, and there are more anti-candida diets than can be counted. However, there is no doubt that the less sugar in the diet

the better when it comes to preventing or treating a yeast problem.

Summary

When it comes to solving IBS, you should always be tested for the presence of Candida (yeast). Candida is common and cannot be counted on to go away on its own. But understanding what you are dealing with will make a huge difference in your ability to get well.

Research articles about yeast are available on the Innate Health Foundation Research page at:
http://www.innatehealthfoundation.org/5_c.htm

Help A Reporter:

A writer working on a story for Prevention magazine is looking for individuals who self-diagnosed their health condition but later learned that they were wrong. If you fit this profile, send an email with your name and a short description of the situation to info@ibstreatmentcenter.com

Regular Features

This Month's **Product Review**

Ener-G Foods Egg Replacer

Want to save some money? Even if you aren't allergic to eggs, Ener-G Foods Egg Replacer is great for all kinds of baking. And with food prices climbing, here is a great way to save money as well. Ener-G Foods Egg Replacer is a baking substitute for eggs that is gluten, wheat, casein, dairy, egg, yeast, soy, nut, and rice free. It can't be used to make scrambled eggs, but for almost any cake, pancake, bread, cookie, etc. it works great. And at \$6.29 per box (equivalent to over 100 eggs) the price is a tiny fraction of eggs. This reviewer has made breads, cinnamon rolls, cookies, pie crust, and other dishes with Ener-G Foods Egg Replacer with great success. Sometimes adding a little canola oil to make the finished product extra moist. Ener-G Foods Egg Replacer on your shelf means you won't have to worry about running out of eggs and will save you money. Available at most grocery stores in the baking section. Check it out at <http://www.ener-g.com/store/detail.aspx?section=8&cat=8&id=97>



Announcements

Help Us Help Others

If you have been a patient you have an opportunity to help others to achieve relief from their IBS and other health challenges. There are 3 easy ways to do so:

1. Send us your testimonial. Many patients have shared their stories and you can join them. We post testimonials on our website at www.IBSTreatmentCenter.com/6_b.htm Many thanks to those who have already shared their story!
2. Review Dr. Wangen and the IBS Treatment Center online. There are many sites that allow you to review businesses or specifically review doctors. Here are links to a few places where you can write a review:

<http://www.yelp.com/biz/ibs-treatment-center-seattle-2>

<http://www.ratemds.com/doctor-ratings/153076/WA/Seattle/Wangen>

If you are a nurse:

<http://www.nursesrecommendoctors.com/>

3. Donate to The Innate Health Foundation. The Innate Health Foundation is a SO(CC)(3) Non-Profit Organization that supports the IBS and food allergy/intolerance community through patient grants, research, and information.

<http://www.innatehealthfoundation.org/Donate.htm>

Reminders

Dr. Wangen's Blog:



Don't forget to update your links. Dr. Wangen's blog has been moved to blogspot for better functionality. Check it out at:

<http://www.ibstreatmentcenter.blogspot.com>.

Innate Health Foundation Wiki



Looking for a restaurant? Need an allergen-free cookie for your kids? Have a great allergen-free recipe to share? All this and more at the IHFWiki (<http://www.innatehealthfoundation.org/wiki/>)— a program of the Innate Health Foundation.

Events

[The Washington Health Caucus: Get Your Voice Heard in The Efforts To Reform Health Insurance in Washington State](#)

The Healthy WA Coalition is hosting caucuses in cities across the state. The Healthy WA Coalition is hosting caucuses in cities across the state. Upcoming Conferences:

Spokane - July 29, 2008, 6:30 - 8:30 PM

1st Presbyterian Church

318 S. Cedars Street

Spokane, WA 99201

[Click her for map of location](#)

Bellevue - August 12, 2008, 6:30 - 8:30 PM

Temple B'nai Torah

15727 NE 4th Street

Bellevue, WA 98008-

[Click her for map of location](#)

Everett - September 9, 2008, 6:30 - 8:30 PM

Everett Station

Weyerhauser Room

3201 Smith Avenue

Everett, WA 98201

[Click her for map of location](#)

Vancouver - September 23, 2008, 6:30 - 8:30 PM

Clark Public Utilities

Vancouver Service Center

Community Room

1200 Fort Vancouver Way

Vancouver, WA 98663

[Click here for map of location](#)

If you are interested in learning more about the Healthy Washington Coalition or wish to register to attend a Town Hall Caucus, please [click here](#)

All the details are online at <http://healthywacoalition.org/TownHall.html>

[Upcoming GIG/IBS Support Group Meetings](#)

Tuesday, September 2, 2008

Special Guest Rachel Carlyle-Gauthier, proprietor of Gluten Free Mama

Rachel will be bringing samples and doing some demonstrations using her gluten-free flours and/or mixes. Rachel says: "It's not what you can't have, but what you can have!" and "The Proof is in the Taste!". The flours and mixes include almond- and coconut-based options. We are looking forward to another gluten-free line of products.

Many Thank to Anna!! Our June 30th meeting was the second annual visit by Anna Sobaski, proprietor of Breads from Anna!!! Her visit was a huge hit and everyone loves her breads. She demonstrated making pie crust, flat bread, and using flax seed as an egg substitute. If you have a gluten intolerance and think that there isn't any good bread for you, Anna's breads include mixes that are gluten, corn, dairy, soy, rice, nut and yeast free. She provided samples of many of her breads and they were delicious!.