

**NEWSLETTER**

**Healthier Without Wheat: A New Book**

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Dr. Wangen is pleased to announce that his new book, *Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance*, is now at the printer and can be pre-ordered at <http://www.HealthierWithoutWheat.com>.

*Healthier Without Wheat* is the product of over 13 years of investigation into, and clinical experience working with, gluten intolerance. Dr. Wangen was inspired to write this book after seeing hundreds of patients who suffered from gluten intolerance, most of whom did not have celiac disease.

In *Healthier Without Wheat*, Dr. Wangen placed celiac disease into the larger context of gluten intolerance. He has applied a very logical and scientific approach to understanding how the body reacts to gluten and how to diagnose gluten intolerance, whether or not celiac disease is present.

Celiac disease is garnering more and more attention, and deservedly so. It is a very important topic that still goes undiagnosed in a majority of people more than 2 million US citizens who suffer from it. It will require a great deal more education and awareness before doctors adequately recognize the importance of celiac disease.

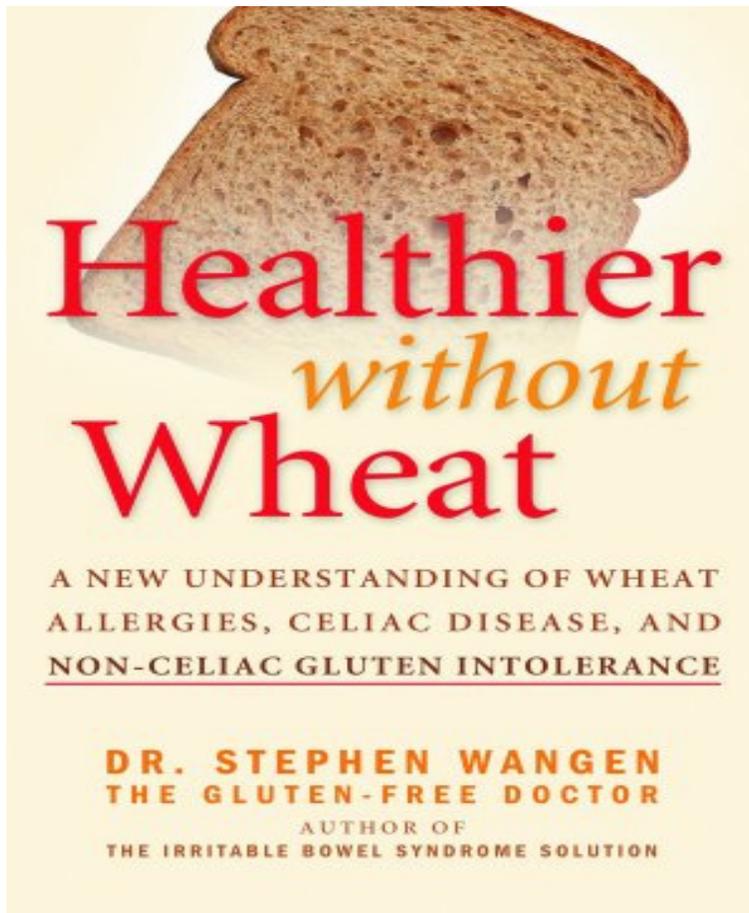
And yet, celiac disease is just the tip of the iceberg of gluten intolerance. Millions more fail to get assistance from their health care provider in discovering that their health problem is triggered by gluten. Many of them figure out, without the support, understanding, or confirmation from their physician, that they feel much better when they avoid gluten.

*Healthier Without Wheat* provides validation and confirmation for all forms of gluten intolerance. The topics of gluten and celiac disease are clearly defined, and numerous issues important to anyone with gluten intolerance are covered. These include chapters on: the history of wheat, the inclusion of wheat into the human diet, celiac disease, non-celiac gluten intolerance, conventional wheat allergies, testing for wheat allergies and gluten intolerance, and nutritional deficiencies commonly seen in gluten intolerant individuals.

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*Healthier Without Wheat* also provides an extensive list of resources and references for those living with gluten intolerance. And it covers, like no other book, what to do next when avoiding gluten has not solved your problem.

Healthier Without Wheat is only available for pre-order at [www.HealthierWithoutWheat.com](http://www.HealthierWithoutWheat.com), where you can also learn more about this fascinating book. It will be shipped as soon as it is received from the printer. It will not be available through other major outlets until March 1st. Order now and you should receive yours before Christmas. You may also order your copy by calling our office at 1-888-546-6283. WA state residents must order by phone due to the destination sales tax rules.

If you want to get your copy signed and have Dr. Wangen add a personal message, you can! New orders for the book can add a \$10 donation to the Innate Health Foundation and Dr. Wangen will add a message of your choice and sign your book (limit 50 words - normal propriety applies).

## November Product Review

### Galaxy Foods' Rice Vegan Slices – Cheese Alternative

Galaxy Foods are committed to providing healthy food options for those who seek them or for those with food intolerances - lactose, gluten, soy or casein. Galaxy Foods provide organic cheese as well as Veggie, Rice, Veggy, Vegan or Rice Vegan alternative cheeses. The cheese alternatives are made with plant based oils to almost completely eliminate saturated fat. To obtain complete nutritional information on each cheese alternative go to <http://www.galaxyfoods.com>. On the website you will find recipes and you can download a free book "The Smart Guide to Cooking with Cheese Alternatives" at <http://www.galaxyfoods.com/consumercare/freebook.asp>

Several of us at the IBS Treatment Center purchased the American flavor Rice Vegan slices.



One person used the slices in a grilled cheese sandwich and found it satisfactory. Another person had a Rice Vegan slice melted on top of a veggie burger and said it was good although this person did not like to eat the slice out of the package and without food accompaniment. On the other hand, a child enjoyed eating the Rice Vegan slices. The Rice Vegan slices are high in calcium, soy free and casein free and are a great choice for those seeking healthy "cheese" options. Try it melted and try a recipe provided by Galaxy Foods. You can find Galaxy Food products at natural food stores or in the nutritional food section of some grocery stores.

## Announcements

### Use your Flexible Spending Account

Don't give your money to your employer! If you have a flexible spending account, don't forget to spend it. Your employer deducts from your paycheck (before taxes) every month so that you can spend the funds on medical care, medications, even first aid supplies and over the counter medicines. Check with your companies benefits coordinator or HR department to make sure you are spending your entire flexible spending account. Any funds not spent by the end of the year are turned over to the company.

Plan ahead! If you have the option of a flexible spending account, remember that you can choose how much to set aside. The savings come from not having to pay taxes on these funds. You can set aside enough to pay your insurance deductible, planned procedures, glasses, or care at the IBS Treatment Center. Don't waste your hard-earned money - if available, use your company's flexible spending accounts to avoid tax on medical expenses.

### Holiday Hours:

We will be closed on Thanksgiving and the following day, Friday. Have a Happy Thanksgiving!

In December we have a vacation-time opportunity. We will be OPEN on December 22nd and 23rd, and also OPEN on December 29th and 30th. If you need an appointment, but have trouble taking time off work, these Mondays and Tuesdays may make scheduling an appointment more convenient for you. We will be closed December 24th-28th and December 31st-January 4th. Call our office if you have any questions at 206-264-1111.

## Events

### Support Group Meeting

The Next Meeting Is on Tuesday, December 2nd

Next Meeting: Tuesday, December 2nd from 6:30 to 7:45 PM.

Location: IBS Treatment Center, 1229 Madison St. Suite 1220, Seattle, WA 98104

Phone: 206-264-1111 [View driving directions](#)

Many Thanks to Sharon Gray! The November Meeting featured a presentation by Sharon Gray, proprietor of [Theartofnourishment.com](http://Theartofnourishment.com) including a cooking demonstration and information about nutrition for those with dietary restrictions.