

# IBS Treatment Center Newsletter

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



## Digestive Problems Can Run in the Family

Many patients describe having digestive problems similar to other members of their family. A patient recently expressed that her sister, mom, and even grandma all had digestive problems. So she assumed that her problem was genetic.

Fortunately, she didn't assume that there was no hope for helping her. That is why she came to our clinic. But many people do not understand that just because a problem runs in the family, does not necessarily mean they have to suffer from it.

What do we mean by that? In most cases these symptoms are caused by something external to the body. By this we mean caused by something in the environment, such as food, bacteria, or yeast.

In many cases the cause is a genetic problem, especially if a food allergy is the trigger. What we often do not realize is that the trigger can be avoided. We do not have to expose ourselves to the same foods as our relatives, but most of us do.

Most people consume very few base foods: wheat, dairy, eggs, potatoes, sugar cane, and a few other things. But we combine them in many different ways with many different flavorings and spices. Therefore family members generally eat the same kinds of foods, even when they do not live together.

If a food allergy is triggering a symptom, which it often is, then it should not be too surprising when other members of the family suffer from the same problem.

Fortunately, problems of this nature can usually be sorted out. Food allergies that cause digestive problems can be detected with the proper kind of blood testing. And with the proper education you can learn how to truly avoid that food and find suitable alternatives, which is often easier said than done.

Having other family members tested can then help them sort out their digestive problems. These test results usually prove to be very interesting. Family members usually see a great deal of overlap in their results due to the strong genetic component of food allergies.

They can then also have improved health, with the added benefit being that you will likely have something in common when it comes to the foods you use to prepare dinner.

### PRICING UPDATE!!

#### Family Discount

**Update:** We know that families often eat the same food and live a similar lifestyle. The IBS Treatment Center offers a discount for individuals living in the same home with another patient of the IBS Treatment Center. We have recently revised our policy.

The policy now provides a 10% discount on visit charges for patients who either schedule an appointment at the same time as another member of their household, or after another member of their household has been seen. So if you were waiting to bring in the spouse or kids, wait no more.

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# Success at the IBS Treatment Center

“After years of illness, I was diagnosed in late 2004 with Celiac Disease (along with Thyroid disease, B-12 deficiency, and peripheral neuropathy) by a gastroenterologist. After treating all of those diseases, I felt much better (don’t get me wrong I felt a hundred times better), but I was still not “normal”. My doctor basically implied that I should be thankful for how much better I was (which I was I was finally able to function as a human being) and that the rest of my symptoms were just stress.

I met Dr. Wangen at a Celiac Support Group meeting where he talked about food allergies. I went to see him and got a food allergy panel and found out that I had several high level food allergies. After taking it all out of my diet, I am finally feeling like I thought I should. My acne even cleared up!

Even more than the treatment, I was glad that I saw Dr. Wangen simply because he was the first doctor to really listen to me and treat me like I was telling the truth. In getting my Celiac Disease diagnosis, I felt like I was constantly having to convince my doctors that I was really sick. It wasn’t until they finally found evidence of all of my problems that they realized that I was telling the truth! My gastroenterologist actually apologized to me after he got all my results back because he hadn’t taken me seriously. Dr. Wangen, on the other hand, was very supportive and seemed to really care if I got better. When I had an appointment, he was not trying to rush me in and out, and was willing to listen to my symptoms and look for a cause rather than handing me a prescription to get me out.

I have been so impressed that I have recommended him to several of my friends, who have all had good things to say. One of my friends called me after leaving his office and she was crying because someone actually believed her. Before seeing him, she had been told by her doctor that her symptoms were “all in her head” and had actually been referred to a psychiatrist! Now she knows that she had food allergies and her symptoms have improved tremendously.

I would recommend Dr. Wangen to anyone who feels sick and doesn’t know why. He is a great listener and will really work to find the problem!”

## October/ November Events Calendar

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### •GIG and IBS Support Group

Tuesday, November 6, 2007

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you’ve been through and share what you’ve learned too!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of TheIBS Solution.

### •2007 6th Annual Community Awareness Event

Saturday, November 3, 2007

From 11 AM to 3 PM

At Ferndale Senior Center, Cherry St., Ferndale, WA

Hosted by Bellingham Gluten Intolerance Group of Whatcom County, Washington  
FREE ADMISSION

### •Celiac Clinic - Auburn, WA

This group education program is designed especially for persons newly diagnosed with celiac disease, gluten intolerances, or those needing a refresher course. Spous-

es are welcome. Parents/guardians should attend for/with children under 14. Course is not appropriate for young children.

2007 Clinic Dates:  
Sept 15; Oct 13; Nov 10; Dec 1

Location: GIG Office, Auburn, WA

To register call: 253-833-6655,  
Mon - Fri 8:00 to 4:00 pm

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