



Newsletter

Inability To Gain Weight

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Strange as it might seem to many Americans, a fairly regular complaint of patients is the inability to gain weight. This can be a problem at any age and ranges and can be relevant for infants, children, teenagers, men and women of all ages, and athletes who work out and are trying to put on muscle mass. In fact, it's common enough that it is well worth writing about.

The inability to gain weight, or in the case of infants and children, poor development or even a failure to thrive, often indicates a problem properly digesting and assimilating nutrients. The next logical question is, "Why isn't that person able to properly digest and assimilate nutrients?"

There are several possible reasons for this, but the most common one is that they are ingesting things that their body isn't handling well. These "things" are foods, or what most people consider foods. And in most cases these foods are usually considered healthy foods. Unfortunately, not everyone is meant to eat the same thing, and any food has the potential to be unhealthy for a particular individual.

Most of these people are suffering from food allergies. But these allergies are not the typical kind that your allergist is looking for. These are food allergies that are often leading to digestive symptoms, but at the very least they are leading to the poor absorption of nutrients.

When you have a food allergy, your immune system is attacking that food whenever you ingest it. In a person without food allergies, the immune system ignores food. But all too often we eat things that our immune system does not recognize as food, even though our entire culture, family, and educational system may have told us that it is good for us.

One primary example of a food that often does more harm than good is dairy. Almost everyone grows up believing that dairy is essential for good health. Yet this is not supported by science, and it isn't even supported by common sense. But the marketing of dairy has been so effective that it has overridden these other factors and the product has become part of our identity.

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Unfortunately, all too often people do not tolerate dairy well. One type of problem is lactose intolerance, but many people are experiencing a far more profound and deeper reaching problem: a dairy allergy. If you have a dairy allergy, then every time you ingest a dairy product your immune system conducts an attack against it, just as it would a virus. You may or may not realize it when it's happening, but it is certainly affecting how you digest that food.

This causes inflammation, and for some people leads to a great difficulty in putting on weight, although it is just one of many potential food allergies and causes of poor weight gain. Let's look at a couple of examples. It is not usual to see patients who are working out, eating lots of protein and calories, and trying to gain muscle mass or simply put on weight. However, they are frequently increasing the amount of one of the common allergens, such as dairy, egg, or wheat. When this happens they often feel worse rather than better. A particularly striking example is when people start including a protein shake into their diet. Protein shakes are usually dairy based. For many people this is the exact opposite of what they should be doing.

Another example is with infants. The first food usually introduced to infants is a dairy based formula. Infants that experience a failure to thrive or poor development may simply be reacting to the food that they are eating. In fact, even if they are just breast feeding, they can be reacting to the food that the mother is eating.

There are many more examples, but in all cases one of the best things that can be done is to be properly tested for food allergies. This is easier said than done, since most physicians are not skilled or versed in the full spectrum of potential food allergies or the wide range of symptoms that can be caused by them. For more information about this type of testing please visit: <http://www.IBSTreatmentCenter.com>

Resources For Convenient Meals For Celiac/Gluten Intolerant People

Recently the IBS Treatment Center was notified that a patient and support group member was hospitalized. She needed information on where she could order gluten-free food to be delivered at the rehabilitation center. As is typical, the rehabilitation center could not cook gluten-free food.

We want to thank Nancy at GIG and Sharon Gray at the Art of Nourishment for helping us find resources for those in a circumstance similar to the patient above.

The first lead was from Sharon Gray of the Art of Nourishment. She referred us to Kristin Meyer who can be found at website: <http://www.thymeatthetable.com> Kristin Meyer states that her meals are especially helpful for special circumstances.

The other leads were provided by Nancy at GIG. *Gluten Freeda Foods* provides a food service where individual servings of burritos and oatmeal can be purchased at <http://www.glutenfreedafoods.com> .

At <http://www.gfmeals.com> you can discover *Dinner Secret* which "was founded in January 2007 ... we recognized that people nationwide were desperately in need of frozen, ready-to-cook, entrees, sides and baked goods that are gluten-free and casein-free... We developed the brand gfMeals to serve this market..."

GoPicnic makes ready to eat meals. These meals require no refrigeration and are convenient. There are many gluten free choices at: <http://www.gopicnic.com/All-GoPicnic-Products/Gluten-Free-Meals>

Regular Features

April's Product Review

Tastes Like Real Food - Toro Mixes



Jenny Bosking, President of Tastes Like Real Food was visiting friends in Norway when she discovered Toro mixes. She loved the mixes and found them a safe choice for her celiac disease. She decided to import and sell the White Bread Mix, Waffle & Pancake Mix, Sponge Cake Mix and Whole Meal Bread Mix.

Jenny learned that the Europeans use a specially formulated wheat starch called Codex wheat starch. Although the wheat starch contains a trace amount of gluten the total gluten content of the food cannot exceed 20 ppm (.002%) and in Europe this amount is considered safe for celiacs. This wheat starch is not used in the White Bread Mix but it is used in the other Toro mixes.



At the IBS Treatment Center we made bread and sponge cake. The bread and sponge cake were delicious. But to our disappointment four of us with celiac did experience some celiac reactions from the sponge cake.

Please go to <http://www.TastesLikeRealFood.com> to learn more about the products and to decide if you want to try them. If you do try a mix made with the Codex wheat starch just try a small single portion to see if you have a reaction. Remember that gluten intolerance and celiac disease function differently in each individual.

Events

If you have read "Healthier Without Wheat" we would love you to review it at HealthierWithoutWheat.com or Borders.com or Amazon.com Thanks!

Support Group At IBS Treatment Center

The IBS Treatment Center hosts a support group, open to the public usually meets on the first Tuesday of every month from 6:30-7:45PM. Meet other people with IBS, food allergies, and/or gluten intolerance at these fun and educational events. Dr. Wangen attends most meetings. For more information, please call 206-264-1111.

The Next Meeting Is on Tuesday, May 5th from 6:30 to 7:45 PM.

Beverly Kindblade MS RD CD will be our guest speaker! In January Beve gave a talk on nutritional deficiencies, inflammation, common conditions such as diabetes and IBS and their relationship with nutritional challenges. We look forward to having Beve talk again this time on nutritional deficiencies and the best foods to meet your needs. Ms. Kindblade can be found on the web at: <http://www.seattlenutrition.com/>.

Our center is located in the Nordstrom Medical Tower at 1229 Madison St., Ste. 1220 in Seattle.

For directions to our office, go to: <http://www.ibstreatmentcenter.com/7.htm>

The April meeting featured **Julie Starkel, MS, MBA, RD** as our special guest. **Thanks Julie!** For more information go to Julie's website: <http://www.greenlakenutrition.com>

Upcoming GIG Events

Mark your calendar for these special GIG events!

GIG, the Gluten Intolerance Group of North America, is conducting a national awareness campaign for gluten-free living through the restaurants that support persons living with gluten intolerances. Since May is Celiac Awareness Month, GIG is working with participating restaurants to serve a gluten-free meal on **Sunday, May 3, 2009**. Keep posted for an update on restaurants that will be participating in the “**Chef to Plate – Celebrating Restaurants Serving Up Gluten-Free Awareness**” or contact your local GIG to find out which restaurants will be participating in your area.

June 5th and 6th 2009 is the 2009 GIG Annual Education Conference to be held at the SeaTac Marriott in Seattle, WA. Check the website <http://www.gluten.net> for details.

Announcements

Dr. Wangen’s Scheduled Presentations

Dr. Wangen and other representatives of the IBS Treatment Center give talks, present at Health Fairs, and etc. If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email (at info@ibstreatmentcenter.com) or by phone at 206-264-1111.

Upcoming Appearances

Thursday, April 23, 2009; Noon to 1:30 PM

Dr. Wangen will speak at *Bastyr University* in the Bookstore auditorium. Directions to Bastyr can be found here. <http://www.bastyr.edu/about/map.asp>

Thursday, July 30th, 2009

Dr. Wangen will speak in San Antonio, Texas at the *Alamo Celiac Gluten Intolerant Group*. Visit them at <http://www.AlamoCeliac.org>

Saturday August 1st, 2009 at 10 am

Dr. Wangen is speaking in Fort Worth to the *North Texas Gluten Intolerant Group*. Please check out their website <http://www.NorthTexasGig.com>

For a complete list of Dr. Wangen’s public appearances go to: http://www.ibstreatmentcenter.com/6_f.htm