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Dr. Stephen Wangen

## Never the Same Since

Does the story of your digestive problem start with the line: “I never really had any problems until... I caught the flu one year.” or “...I got food poisoning.” or “...I had a major illness.” or “...I had surgery.” or “...I went to Mexico.” or “...I was in a car accident.” or “...there was a tragic death in my family.” or “...I went through a very stressful divorce.”? And then does your story continue with the phrase “...and I’ve never been the same since.”?

This theme of digestive problems seeming to begin after an illness or important event is common among patients at the IBS Treatment Center. Digestive problems often start to manifest themselves more significantly after a sickness, international travel or stressful experience. Or, they simply seem to start altogether after such an event. Why does this happen?

Any type of physical or emotional stress, even if it seemed inconsequential at the time, can affect one’s overall health. And what impacts one part of your body truly does impact the entire system. Stress of any type takes energy to deal with and is a drain on your resources. When you do not recover normally from the flu, food poisoning, etc, it is generally a sign that there is a lot more to your problem than the issue that seemed to trigger it.

People often go along for years or even decades adapting to food allergies, bacterial imbalances, or yeast overgrowths without suffering too many consequences. The problem may not be severe enough for them to take much notice, or they don’t even perceive that there is a problem. Eventually these issues catch up to them.

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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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Humans can put up with a lot and they are experts at adapting. That is why we have survived so well for so long as a species. But the body can only cope with so much. When we don't bounce back from an illness or mental stressor, then it means that there are other problems that may have also been impacting and weakening the digestive system - often long before the event that we associate with the start of the issue.

Discovering and dealing with these hidden issues is the key to finding a long-term resolution to your problem, and doing so often results in improving more than just your digestion. Even though you didn't realize it, these other issues may have been affecting your energy, your clarity of thought, the health of your skin, your musculoskeletal system, and just about any system of the body. The side effects of treating the cause of your digestive problem are almost always positive and can be far reaching.

Regardless of whether the onset of your digestive problems is linked to a specific event or stressor, or it is something you have been suffering with your entire life, tracking down and dealing with the underlying issues requires the same type of detective process. Solving these types of problems is our specialty at the IBS Treatment Center. No matter how many different physicians and health care providers you have seen in the past, if you aren't well yet, we want to help you make the break through to good health.



## ALLERGEN FREE PIZZAS

### Pizza Pies in Seattle

**Garlic Jim's Famous Gourmet Pizza** chain recently began selling a line of frozen gluten-free pizzas at many grocery stores throughout the greater Puget Sound area. The new frozen gluten-free pizzas are designed to complement the gluten-free pizzas currently available in Garlic Jim's pizza stores. The 12 inch frozen pizzas are now available at all Metropolitan Markets, Central Markets, and Town & Country Markets in Washington State.

**Turnpike Pizza** is now offering 10.5 inch gluten free pizzas at its Greenlake location for dine in or take out. Turnpike also offers Daiya vegan cheese on request.

**Razzis Pizzeria** (formally Romios Pizza) on Greenwood Avenue has an impressive line of gluten and vegan free pizza crusts as well as many other gluten free menu items. Vegan cheese topping is also available.





it's a  
**BIG DEAL**

Did you know... The Food and Drug Administration (FDA) was tasked 7 years ago with developing and implementing federally established and monitored regulations for gluten-free food labeling as part of the Food Allergen Labeling and Consumer Protection Act (FALCPA)?

Unfortunately, there are still no requirements for “contains gluten” or “gluten-free” labeling. This is a **BIG DEAL** to millions of Americans who depend on knowing if the food they eat is gluten-free. In an effort to draw much needed attention to the importance of gluten free labeling as a national standard, the first ever **Gluten-Free Food Labeling Summit** has been organized. The Summit will be May 4th, in Washington, D.C. The World’s Tallest Gluten-Free Cake will be unveiled during a V.I.P. reception for federal lawmakers, members of the media, and gluten-free food manufacturers!

Projected to tower more than 12 feet tall, this gluten-free, dairy-free cake will symbolize the Big Deal that federal gluten-free food labeling standards mean to the estimated 3 million Americans living with celiac disease, and the more than 18 million Americans with gluten-intolerance.

Please do what you can to support this important cause:

- Visit the website [www.1in133.org](http://www.1in133.org) and learn more
- Have your voice heard by [signing the on-line petition](#)
- **Make a donation of \$11.33 for every person you know who eats gluten free**
- **Send a letter to the FDA, through the [www.1in133.org](http://www.1in133.org) web site**
- **Post this to your Facebook wall, Tweet about it, spread the word**

Donations will be used to defray the significant costs of staging such a massive undertaking in our nation’s capital. Funds not used for this event will support American Celiac Disease Alliance (ACDA).

Celiac Disease affects more Americans than Epilepsy (2.8M), Crohns (500k), Ulcerative Colitis (500k), Multiple Sclerosis (333k), Cystic Fibrosis (30k)  
[Ref: National Institutes of Health via [celiac.com](http://celiac.com) 6/26/2007]

## Gluten Free Cakes From Around The World.

This cookbook has over 50 delicious cake recipes from different countries and cultures. Many of the recipes are grain free and dairy free as well as gluten free. The recipes featured are all traditionally gluten free (not altered or tweaked to be GF). Examples include:



Sachertorte from Vienna, Austria  
 Mazurka from Russia  
 Parozzo from Pescara, Italy  
 Mohntorte from Germany  
 Cornmeal Cake from Carcoforo, Italy  
 Lemon Almond Cake from the Mediterranean coast of Spain



The book is divided into two parts: Grain-Free Cakes (flourless cakes made with nuts, potatoes, beans, and cassava), and Cakes with Grains (rice, corn, quinoa, amaranth). Following the cake recipes is a collection of mouth watering fillings and toppings. Non-Dairy toppings include nut creams, lemon or lime glaze, and a chocolate glaze. The nut creams are not traditional, but a wonderful alternative for dairy and casein free folks, and they are egg free and vegan, too.

For a limited time Gluten Free Cakes from Around the World is only \$9.97

<http://www.gluten-free-around-the-world.com/gluten-free-cakes.html>

## ANNOUNCEMENT

### Sociology Student Studies Importance of Support Groups for Gluten Intolerant Individuals

If you would like to participate in a research project looking at the link between gluten free support group participation and higher rates of gluten-free diet compliance and lower rates of depression and anxiety, Please follow this link: [http://www.surveymonkey.com/s/Gluten\\_Intolerance\\_Support\\_Group\\_Survey](http://www.surveymonkey.com/s/Gluten_Intolerance_Support_Group_Survey)

**From the researcher:** *My name is Rob Schaller I am a senior at the University of Puget Sound in Seattle, WA. I am currently working on my undergraduate thesis on gluten intolerance and support group participation. I first became interested in this topic after I was diagnosed with celiac disease 6 years ago. Through my research I have found several studies linking support group participation with higher rates of gluten-free diet compliance and lower rates of depression and anxiety. I am interested in discovering which aspects of the support group environment contribute the most to these positive outcomes. Information gleaned from this research could be used to inform those organizations seeking to provide support services to the food allergy community, as well as to those individuals living with food intolerances. Please complete this brief survey if you are interested in helping me with this important research. Your input is invaluable to the success of this study. --Rob*

**GLUTEN & ALLERGEN FREE Expo** Presented by **LIVING WITHOUT**



Only a few weeks until the 2011 Gluten and Allergen Free Expo in Chicago, IL. This impressive public event includes two days of cooking classes and a vendor fair with over 70 gluten and allergen free vendors.

**Dates: Saturday & Sunday, April 30 and May 1, come one day or both**  
**Location: The Wyndham Hotel, 3000 Warrenville Road, Lisle, Illinois 60532**  
**Information & registration: <http://gfafexpo.com/>**

Also offered this year, for Dietitians and Nutritionists, is Gluten Free 101 Training Day. This training will be highly informative for those practitioners who have gluten free clients. Attendees will learn about clinical issues as well as take part in the Expo's cooking classes and vendor fair. This class is Friday from 1:00-4:00. Fee is \$50. (2CPE hours). For more information contact Jen Cafferty at 847-217-1317 or [jen@gfreelife.com](mailto:jen@gfreelife.com).



The Celiac Maniac, a wholesale and direct order gluten-free/vegan bakery located in Bend, OR, announces their new line of healthy gluten-free dry mixes. Founded by a celiac, for celiacs and those with food intolerances, The Celiac Maniac strives to provide the best tasting GF/vegan products while maximizing nutrition. By using whole grain, alternative flours such as Teff, Sorghum, Amaranth, Millet and others, each product is packed with nutrition, without compromising taste and texture.

All products are handmade, in small batches, in a dedicated gluten free/dairy free/egg free facility. Currently offered: Batter (onion rings) Mix, Brownie Mix, Pancake Mix, and Teff Scone Mix.

[http://www.theceliacmaniac.com/cm\\_products.html](http://www.theceliacmaniac.com/cm_products.html)