

Newsletter

Behcet's Disease and Food Allergies

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The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome August 2009 Issue. Newsletter Published Monthly.

Behçet's Disease is a name given to define people who suffer from mouth ulcers (aphthous ulcers) and any two of the following problems: recurring genital sores or ulcers, eye inflammation with loss of vision, skin lesions, or swelling of the skin when pricked with a needle. The skin lesions can be acne like, folliculitis, erythema nodosum, or red pus filled bumps or a bruise. The eye inflammation is known as uveitis.

The label Behçet's Disease is technically based on the above criteria. However, these symptoms are not the only ones that often affect these people. Joint pains or arthritis affect more than half of these patients. And nearly one-fourth suffer neurological effects from a condition called meningoencephalitis (meningitis). People with meningoencephalitis may have fever, headache, stiff neck, and difficulty coordinating movement.

These patients also often suffer from ulcers throughout the digestive tract that are identical to the mouth sores and genital sores already mentioned. These ulcers may occur anywhere in the gastrointestinal tract from the mouth to the anus. This leads to abdominal pain, diarrhea, and/or bleeding.

The issue that ties all of these symptoms together is inflammation. It is considered an autoimmune condition, but the diagnosis is based solely on presence the symptoms listed above.

A Behçet Patient's Story
A 23 year old Behçet's patient came to our clinic in

2007. She had been severely suffering for several years from a multitude of symptoms that originally started as a stiff neck and back, and tremendous fatigue. After numerous tests, all of which were negative, it was assumed that she was suffering from viral meningitis. However, severe episodes occurred three times over a year and developed into a chronic headache.

She then developed joint pain and mouth sores, with severe stomach pain as well as anal sores. She also experienced dark blood in her stools.

She had seen many doctors as well as a neurologist and a rheumatologist who finally diagnosed her with Behçet's in 2003. She was originally put on prednisone for a year and a half, and was also taking methotrexate and azathiaprine to control her inflammation. Since that time she had added Enbrel and Humera for the joint pain that had developed.

In the year before coming to our clinic she developed gas, diarrhea and stomach pains that would double her over. And she had episodes of pain that felt like shards of glass in her bowel movements.

Visits to the ER and to a gastroenterologist led to many tests, but no significant problems could be found. She was told that she had IBS.

Upon visiting our clinic in 2007 she was immediately tested for IgG and IgE immune reactions to 96 different foods. Her lab results demonstrated that she had positive IgG reactions to several foods, most notably dairy, egg and gluten.

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Once she became aware that these foods were causing inflammation she was able to begin focusing on carefully avoiding them. Through dietary counseling she was made aware of the hidden sources of these foods and the alternatives and preferable options for her diet.

Within a short time she began to feel better. Her energy dramatically improved within days. All of her digestive problems, including all of the pain and diarrhea resolved within about 2 months. Her mouth ulcers also resolved in that time, as did her headaches. She implemented a new exercise routine and began living a normal life. Eight months later she continued to feel fine and had eliminated 7 of 8 medications she had been prescribed. If she ingested her allergenic foods then she would again begin to experience episodes of digestive problems. This patient was incredibly pleased with her turn-around. She even agreed to appear in a video testimonial on the IBS Treatment Center Website (http://www.ibstreatmentcenter.com/6_b.htm).

This may seem like an unusual case. However, there are relatively few people with Behçet's, and only one study on the relationship between food allergies and Behçet's has been done. This study only looked at two foods, but it did find a positive association between antibody reactions to Behçet's and dairy products. Unfortunately, the study went no further than this and did not remove the food from the diets of those studied.¹

The improvement in this patient should not be completely surprising. An immune reaction to foods will result in inflammation and medical studies have found that food reactions are associated with literally hundreds of different signs and symptoms. The most notable examples of these studies are found in relationship to gluten intolerance.

It is not unusual for patients with mouth ulcers, joint pains, digestive problems, headaches, and/or skin reactions to be suffering from food allergies. In fact, there are many studies on the relationship between food allergies and these exact problems. Studies also link uveitis to food allergies. Selected studies can be found on the www.CenterforFoodAllergies.com website and on the research page of the Innate Health Foundation at http://www.InnateHealthFoundation.org/5_c.htm.

Unfortunately, studies such as these gain relatively little attention and most doctors are not aware of them. Do we need more studies? Certainly, we always need more studies. But you don't have to wait around for more studies in order to get tested for immune reactions to foods. The evidence we have now is substantial. You have very little to lose and a tremendous amount to gain.

1. Triolo G, et al. Humoral and cell mediated immune response to cow's milk proteins in Behçet's disease. *Annals of the Rheumatic Diseases*. 2002;61:459-462.

REGULAR FEATURES

Product Review

CedarLane Natural Foods, Inc.



The Garden Vegetable Enchiladas made by Cedarlane Natural Foods, Inc. are a great addition to the freezer of a busy person on a gluten-free diet. This entree is not only tasty and satisfying it is organic. It is low in fat and calories. Those that prefer a mildly spiced flavor will be satisfied with the enchilada sauce which is tomato based with a light green chili flavor. This frozen entree can be found in numerous grocery stores or purchased online at <http://cedarlanefoods.com>

ANNOUNCEMENTS

LEARN YOUR A-B-CELIAC

Celiac disease is a tough one. You can have a number of symptoms, or have none. You can be in one of the high risk groups...or not. One thing is sure, left unchecked it can make you miserable in a number of health threatening ways. Bob Barrett interviewed Dr. Wangen for his Northeast Public Radio Show "The Health Show".

Listen to this story with RealAudio:

<http://healthshow.org/audio/1115/1115a.smil>

<http://www.healthshow.org>

WEBSITE OFFERS SPECIAL DEAL ON ZOJIRUSHI GLUTEN-FREE FRIENDLY BREAD MACHINES

The website www.cutleryandmore.com recently developed a special offer combining a generous discount on the Zojirushi Home Bakery Supreme Bread Machine and the new Mini Home Bakery Bread Machine with a free copy of the new baking book *Gluten-Free Baking Classics for the Bread Machine* (Agate Surrey, 2009).



The Zojirushi Home Bakery Supreme Bread Machine has been a favorite choice for many people looking to create quality gluten-free baked products. www.Glutenfree.com declares it's "the best bread machine we've found for gluten-free bread baking." Now, www.cutleryandmore.com is offering the versatile 2-lb capacity Home Bakery Supreme Bread Machine and the new Mini Home Bakery Bread Machine at a savings of up to 25% off the list price. In addition, the website is including in its offer a free copy of *Gluten-Free Baking Classics for the Bread Machine*. *Gluten-Free Baking Classics for the Bread Machine* by Annalise Roberts is an essential, easy-to-use bread baking cookbook for those with celiac disease, food allergies, or anyone who wants to avoid gluten and still have great tasting bread. Created as a follow-up to Roberts' immensely popular *Gluten-Free Baking Classics*, this book offers a range of gluten-free recipes to use with the Zojirushi bread machine to create fresh, delicious, affordable home-baked breads the whole family can enjoy.

In her book, Roberts, who was diagnosed with celiac disease herself six years ago, strives to provide gluten-free recipes that emulate the highest quality baked goods while still utilizing the convenience of the Zojirushi bread machine. "I had grown up baking and was really determined to make gluten-free baked goods that mimicked high-quality baked goods containing wheat in terms of taste... When you make them yourself, they will be fresher, cost less, and have less fat and sugar than ones you buy at the store."

Both the Zojirushi Home Bakery Supreme Bread Machine and the Mini Home Bakery Bread Machine are now available together with *Gluten-Free Baking Classics for the Bread Machine* for \$214.95 and \$189.95 respectively at www.cutleryandmore.com. The book can also be found individually at www.agatepublishing.com.

Innate Health Foundation Needs Your Help

The Innate Health Foundation needs your help. One of our most important programs is financial support direct to patients. This Patient Grant Program (online at http://www.innatehealthfoundation.org/2_a.htm) helps those who have IBS and other conditions get the testing and treatment they need. Often these patients have food allergies/intolerances that they have not been able to get properly identified. Unfortunately, because of the demand, we have expended our grant funds and we currently are soliciting donations to enable us to help our qualified and needy applicants who have turned to us seeking a diagnostic workup and treatment.

We are appealing to your generosity. Will you please take the time, right now, to fill out the donation form below, send your donation today, and enable us to continue to improve the life of sufferers from IBS and related conditions through this important program? Your support is essential to funding patients waiting now for our help.

Your donation to our 501(c)(3) public charity is tax deductible (always check with your tax professional).

Please read the status report at <http://innatehealthfoundation.org/StatusReportAug09.pdf> for more information about the program, and about the patients awaiting your help.

Thank you for your kind and generous support.



INNATE HEALTH FOUNDATION

Your tax-deductible donation is very much appreciated!

I would like to donate the following amount: (Please Circle one) \$20 \$50 \$600 \$_____

(typical
Grant Amount)

DONOR INFORMATION: (For Acknowledgement Purposes)

Donor's Name: _____

Dr. Wangen was Live on National TV August 14th and 16th!



WGN Midday News: Dr. Wangen was on the nationally televised “WGN Midday News” from WGN Chicago at 12:25pm Central Time August 14th, 2009. Dr. Wangen spoke about non-celiac gluten intolerance.

In case you missed it please visit:

<http://www.wgntv.com/news/middaynews/middayfix/wgntv-hblock-081409,0,5335113.story>



ABC 7 News Sunday Morning: Dr. Wangen was on TV: “ABC 7 News Sunday Morning” WLS-TV Chicago at 6:47 AM Central Time on August 16th, 2009. Dr. Wangen discussed wheat/gluten allergies.

Dr. Wangen and other representatives of the IBS Treatment Center and Center for Food Allergies are available for radio and TV interviews. Below you will find a list of interviews. Some are available as podcasts or video downloads.

Read Dr. Wangen’s Blog!

Dr. Wangen’s blog is available at <http://www.IBSTreatmentCenter.blogspot.com>.

EVENTS

Support Group Meeting September 1st!

After a summer hiatus, the Support group meeting is back. Special Guest: David Ingalls, co-Founder of Zingbars!

The meeting will be held the IBS Treatment Center (1229 Madison, Suite 1220, Seattle) from 6:30 to 7:45 PM on Tuesday September 1st. Sponsored by the Innate Health Foundation.

Free Conference Call for the Support Group Meeting Tuesday September 1st, 6:30PM

This support group meeting may be heard by phone conference call. Long Distance charges may apply. To hear the presentation live, please call the teleconference access number (712) 432-0850 and use Participant Access Code: 504861# to join the call. Please mute your side of the call to avoid interfering with the presentation by pressing *6. If the presenter asks for questions from the phone audience, you may un-mute your phone by pressing *6 again.

More info about our support group at http://www.ibstreatmentcenter.com/7_c.htm

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

Dr. Wangen's Scheduled Presentations

Seattle, WA Saturday, August 22nd, 2009

Our representative, Barbara Kindness, will be representing the IBS Treatment Center and presenting Dr. Wangen's book "Healthier Without Wheat" at the Whole Foods Gluten Free Event from noon to 4PM in the Seattle Roosevelt store.

Seattle, WA Wednesday, August 26th, 2009

Dr. Wangen will be on TV: "Q13 FOX News This Morning" 8:45 AM Pacific Time on KCPQ Channel 13 to discuss non-celiac gluten intolerance.

Federal Way, WA Thursday, August 27th, 2009

Marlene's Market and Deli will host a talk by Dr. Wangen at the Federal Way Store at 7PM. More info on will be posted soon on Marlene's website at <http://www.marlenesmarket-deli.com/newevents.html>.

Des Moines, Iowa Friday, September 11, 2009

Dr. Wangen will be on TV: "WHO-TV 13 News at Noon" at 12:45pm Central Time. He will talk about non-celiac gluten intolerance.

Fort Dodge, Iowa Saturday, Sept 12th, 2009

Dr. Wangen will be a featured speaker at the Iowa Annual Celiac Sprue Conference in Fort Dodge, IA. Details to come.

Seattle, WA Saturday, September 26th, 2009

Dr. Wangen will be presenting at the Roosevelt Whole Foods store starting at 1PM.

Denver, CO October 1st, 2009 at 7:00 PM

The Denver CSA branch is sponsoring Dr. Wangen to speak. Details on the Denver CSA website.

Seattle Saturday, October 17th, 2009

Dr. Wangen will be speaking about his book "Healthier Without Wheat" at the East West Bookshop on Roosevelt in Seattle from Noon to 1:30 PM as part of the local author's day event.

East Coast Tour

Richmond, VA Thursday, November 5th, 2009 at 6:30 PM

Dr. Wangen and Dr. Ford (of New Zealand) will be making presentations as part of a dinner event at The West End GIG Group www.gigofrichmond.org in Richmond, VA. The event will be held at Trinity U. Methodist Church, 903 Forest Ave, Richmond, VA 23229. Contact Madelyn Smith, Branch Manager, for more information at Phone: (804) 968-4111; Email: twegig@comcast.net

Gettysburg, PA Friday, November 6th, 2009 at 7 PM

Dr. Wangen will be speaking to the Gettysburg Gluten-Free Group in Gettysburg, PA. The meeting will be at the Gettysburg Hospital Community Room. The hospital is located at 147 Gettys Street, but the Community Room is in a wing off of So. Washington Street and has it's own entrance and parking lot there. For more info contact Cheryl Hutchinson, RN, Chair of the Gettysburg Gluten-Free Group, Carroll Valley, PA 17320-8537; phone 717-642-6053; Email hutchjc@earthlink.net

Harrisburg, PA Saturday, November 7th, 2009 at 1 PM

Dr. Wangen is speaking to GIG of Harrisburg, PA www.harrisburgceliacs.org/

Pascoag, RI Sunday, November 8th, 2009 from 1 to 4 PM

Dr. Wangen will be presenting at the American Celiac Support Group meeting in Pascoag, RI.

New York, NY Monday, November 9th, 2009

Dr. Wangen will be teaching a class at the Natural Gourmet Institute <http://www.naturalgourmetschool.com> in the borough of Manhattan, New York City, New York.