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Dr. Stephen Wangen

Announcing Full Spectrum Probiotic

Supplemental probiotics can potentially help people with IBS in profound and wonderfully healthy ways. But not all probiotics on the market today are created equal. In truth, there are huge differences between the most commonly known and well recognizable probiotics out there. (For more information about probiotics, [click here](#).)

The IBS Treatment Center is excited to finally be able to offer what we believe is the finest, highest-quality probiotic product available. Not only does our new probiotic, **The IBS Treatment Center™ Full Spectrum Probiotic** contain 50% more species of good bacteria than any of the other well known products, it is also guaranteed to be 100% free of dairy, gluten, and soy which meets the needs of so many of our patients. And, because it is available in both capsule and powder form, it can be taken at virtually any dosage.

Slightly modified versions are also available for infants and children. These are the **IBS Treatment Center™ Infant Biotic**, and the **IBS Treatment Center™ Children's Chewable Probiotic**. Both are also at the top of their class.

Research clearly shows that numerous species of good bacteria (probiotics), rather than just one or two different kinds, can have a multitude of positive effects on the digestive tract as well as on overall health. Although some physicians may recommend a certain, single bacteria probiotic, it is misleading to patients to suggest that one or two bacteria may be superior to others.

The following table compares our product with some of the most popular probiotics available. Take a moment to study this table. We think you will agree with us that these are the finest probiotic products you can buy.

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125

**Clinic Entrance Address: 11301 Pinehurst Way NE Seattle, Washington 98125
(206) 264-1111**

www.IBSTreatmentCenter.com

To subscribe to this newsletter send email to info@IBSTreatmentCenter.com with "IBS Newsletter" as the subject.

To unsubscribe, send email to the same address with "Unsubscribe to the Newsletter" as the subject.

The IBS Treatment Center Full Spectrum Probiotic, Infant Biotic, and Children’s Chewable Probiotic are all available for purchase in our clinic, over the phone, or through our website. We are very pleased to make these products available to patients as well as the general public.

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Product	ALIGN	VSL#3	CULTURELLE	PEARLS	DIGESTIVE ADVANTAGE	IBS TREATMENT CENTER™ FULL SPECTRUM PROBIOTIC
Number of species of probiotics	1	8	1	2	1	12
Contains Dairy	Yes	Yes	Yes ^A	Yes	Yes	No
Contains Gluten	No	Yes ^B	No	No	No	No
Contains Soy	No	Yes	No	Yes	Yes	No
Enteric ^C Coated	No	No	No	Yes	No	Yes
Total Bacteria per capsule	1 billion		10 billion	1 billion	1 billion	25 billion
Total Bacteria powder form		450 billion per packet				100 billion per 1/4 tsp

ALIGN contains: Bifidobacterium infantis (Bifantis®)

VSL#3 contains: Bifidobacterium breve, B.longum, B. infantis, Lactobacillus acidophilus, L. plantarum, L. arcasei, L. delbrueckii subsp. Bulgaricus, Streptococcus thermophilus

CULTURELLE contains: Lactobacillus GG

PEARLS contains: Lactobacillus acidophilus, Bifidobacterium longum

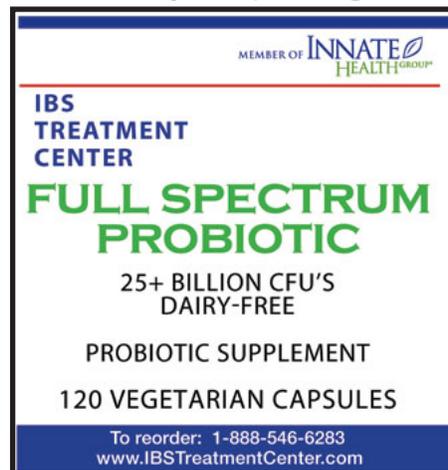
DIGESTIVE ADVANTAGE Contains: Bacillus Coagulans GBI-30, 6086

FULL SPECTRUM PROBIOTIC contains: Lactobacillus rhamnosus, Bifidobacterium bifidum, L. acidophilus, L. casei, L. plantarum, L. salivarius, B. longum, Streptococcus thermophilus, L. bulgaricus, L. paracasei, B. lactis, B. breve

^A Brand does offer a dairy free option

^B Contains maltose from barley

^C Barrier which prevents release prior to reaching the small intestine



IBS and Central Seattle GIG Support Group

The Food Allergy and Intolerance Foundation (formerly the Innate Health Foundation) sponsors a monthly support group for individuals with IBS, food allergies, and/or gluten intolerance. These support group meetings are open to the public and usually held on the first Tuesday of the month from 6:30-8:00PM at the IBS Treatment Center clinic space. The meetings are fun, educational, and often include delicious allergen free treats. Dr. Wangen attends most meetings and is available to answer questions.

Next Meeting: Tuesday, September 6th from 6:30 to 8 PM.

Note: The clinic and garage entrances are both located at 11301 Pinehurst Way NE Seattle, WA 98125. Look for the IBS Treatment Center signs. For more information, please call 206-264-1111.

APPLE Core program for youth

Saturday, September 10, 2011 at Bastyr University Campus

The Bastyr University (Seattle) Department of Nutritional and Exercise Science is offering their APPLE Core (Active Pediatric and Parental Lifestyle Education) program on Saturday, September 10. This free program is designed to teach overweight and obese children, and their families, healthy lifestyle behaviors. APPLE Core program facilitators are seeking referrals from medical and nutritional professional of children and their families who meet the specified criteria for participation in this one day program. To receive the informational, one-page flyer and/or for questions, contact Jeanne Garthwaite at jgarthwaite@bastyr.edu or 425.602.3260.

Attune Foods offers gluten free

Attune Foods announces a new and improved web store. Attune Foods includes five different food brands offering healthy cereals, snacks and bars. For those needing gluten free, Erewhon brand features six different gluten free cold cereals, and Attune brand has available four different gluten free probiotic chocolate bars. Attune Foods are available at a number of large, national grocery store chains. As they say

What matters most is what's inside





The Gluten & Allergen Free Expo in Dallas, TX

Vendor Fair , Cooking Classes, Professional Training
October 1-2, 2011

Tickets for the cooking classes are available until September 15.

Attendees to the cooking classes enjoy free admission to the vendor fair (\$20. value) which is open both days from 10 AM to 4 PM.

Saturday cooking classes

Bread and Beyond & Blissful Baked Goods
(Register for both classes or just one)

Sunday cooking classes

Happy Holidays & Healthy Living (Register for both classes or just one)

Educational classes for professionals

Gluten Free 101 for Dietitians and Nutritionists. Saturday 9 AM - 12 PM

Advanced Course in Food Allergies, Intolerances, and Sensitivities. Saturday 8:30 AM - 5:30 PM

Come be a part of the fun! Learn from the nation's top chefs, nutritionists, and cookbook authors and sample delicious allergen free foods.



For more information and to purchase tickets

www.gfafexpo.com

ANNOUNCEMENT

Call for gluten free interviewee

Shelly Najjar, Health and Wellness reporter at MyGreenLake.com, a hyperlocal news website is currently working on an article about gluten free diets. Shelly is looking to interview one (1) more person who follows a gluten free diet (for medical reasons) for an upcoming article. The ideal candidate must live in the Green Lake neighborhood and be willing to share some information about themselves, their diagnosis, and living /shopping gluten free. When published, the article will be available to anyone online. If you meet the criteria and would like to participate, please email Shelly at shelly.najjar@email.wsu.edu, or call her at 206-920-6822 .

Dr. Stephen Wangen is pleased to announce the following one day professional educational course in Seattle:

Advanced Course in Food Allergies, Intolerances, and Sensitivities

Defining and Evaluating Test Methods & Analysis of Current Research

Saturday, November 19, 2011
Graham Visitors Center at the Arboretum, Seattle, WA
www.InnateHealthClasses.com



New iPhone App: So Simple Gluten Free Recipes

Our friend Jen Cafferty of Gluten Free Classes announces a new application for iPhone users called **So Simple Gluten Free Recipes**. This app will make shopping and meal preparation so much easier. Featured on the app are many easy and delicious gluten free recipes, most are dairy free as well. The recipes will appeal to anyone looking for tasty yet easy-to-prepare meals and treats.

From breakfast to entrees, snacks to holiday fare, this app will allow you to look up a recipe at the grocery store, purchase your ingredients and go home to cook and bake your meal.

[Click for more details about 'So Simple Gluten Free Recipes' app.](#)

