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MEET OUR PHYSICIANS

Letter from Nancy Collins

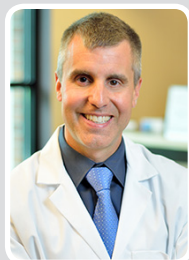
First of all, I want to thank you from the deepest bottom of my heart for helping me through one of my life's worst challenges. Your knowledge and expertise has helped me and, I am sure many other patients, be able to live a normal life. I thought I would have to live the rest of my life in anxiety, fear, and embarrassment with my IBS. But you changed all that! I am so ecstatic that I found your clinic. I don't know who was responsible for having the foresight to investigate the cause of IBS and to find the cure instead of telling patients you have to live with the problem, but I am sincerely thankful for them.

Sincerely,
Nancy Collins, Nevada

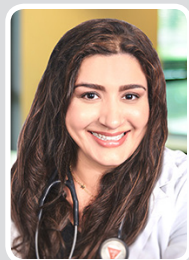
How We Treat IBS

How do we treat IBS? A thousand different ways. That's not an exaggeration—it's the key to our success. But why are there so many different treatments?

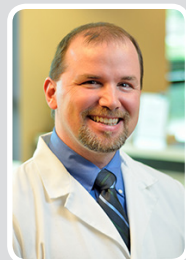
IBS is a very broad label that covers many different symptoms. Most websites and doctors tell you there is no cure for IBS. They offer a one-size-fits-all treatment that aims only to minimize your symptoms.



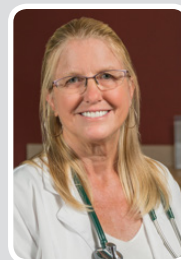
DR. STEPHEN WANGEN



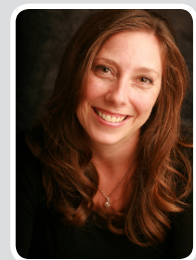
DR. SANAZ FORGHANI



DR. KEN PENTLAND



KAREN D'HUYVETTER, RD



BECKY RAJCICH, RD

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How We Treat IBS *cont.*

What makes the IBS Treatment Center so successful at helping patients is we recognize that although there are many treatments that might cure your IBS, the key is identifying which ONE is the CURE that will work for you.

Our company's founder, a doctor who is now cured of IBS, developed a unique process and assembled a team of IBS doctors dedicated to curing IBS. Our proven system has been perfected on thousands of patient since we opened over 10 years ago.

OUR PROCESS

We can usually help patients discover the cause of their IBS within one month.

It all starts with our highly-detailed IBS Patient Profile. We collect information about you and your concerns using a questionnaire that is provided to you when you schedule your first visit. This allows you to fill out the form before you arrive, taking your time to document as many details as possible. The questions are extensive, but be rest assured our doctors read every word you write. The outcome is an accurate and complete Patient Profile that helps us best help you.

What to Expect – Initial Visit

Your consultations will be very different than what you've experienced at other clinics. We value your time, and our time with you. We do not double book, and you don't see a nurse or medical assistant before having time with the doctor.

For your first visit and at your first follow-up consultation we set aside 35 minutes that you will spend entirely with one of our IBS specialist doctors. You will have ample time to ask the doctor questions and voice your concerns, and you can expect to get real answers. You can schedule a longer consult if desired, which is helpful if you are from out of town or have a particularly complex case, or just like to talk!

Your doctor will want to know everything you can tell us about your symptoms, including: detailed descriptions of the symptoms you have, when they started, how often and when they occur, how they've changed or haven't changed over time, what makes them better or worse, everything you've done to try to treat them, what treatments helped, if any treatment made your symptoms worse, and anything else you feel is important for us to know.

We will ask you questions, such as: How many doctors have you seen for your IBS? What did they do? What tests have you had done? What were the results? What are you eating now and what kinds of diets have you tried? Are you avoiding any foods? What kinds of medications and supplements are you taking now or have taken to treat your symptoms in the past?

Usually we need to collect more data before we can make meaningful treatment recommendations. This phase may involve testing that you haven't had before or acquiring more of your medical records. And you can be confident that we won't take shortcuts just to satisfy any third party.

We will not recommend repeat testing unless we know for certain the previous testing you've had is inadequate. We use many different labs, and our Medical Director personally visits the labs and we test their services to verify that they provide the high quality and reproducible lab work that meets our standards.

Only your first visit must be in person, which means you can eliminate travel time and travel costs if you prefer to do these appointments via telemedicine (phone or Skype). If any later testing is required, we can usually accomplish this from a distance. If you reside outside the USA, please [click here](#) for information about other options.



How We Treat IBS *cont.*

At your first visit we may or may not start you on some basic treatment to try to alleviate your symptoms before we fill in the missing pieces about your condition. However, the true cure comes from doing the deeper work. Of course, that deeper work takes a little time, but it will save you a lot of time and money in the long run and you can be confident your quality of life will improve dramatically as a result.

What to Expect – Follow Up

By your second consult (usually about one month after the first) we typically have enough pieces to the puzzle to gain a far greater understanding about the cause of your IBS, which means we have a much better idea about how to treat it. This appointment is critical for assessing any new lab work, ensuring you have a complete understanding of the results, giving you a chance to ask questions, and for the doctor to create a meaningful treatment plan.

The next part of the process is making sure the treatment is working for you. Every time you have a follow-up consult, our first line of questioning will focus on what has changed, if anything, since your last consult. If the treatment is working, we need to gauge how well and create a plan so that you will continue to improve and heal until you no longer have IBS.

If it's not working, we want to figure out why not. Both parties have to be honest about the process in order for it to work. We do not believe in a one-shot attempt, crossing our fingers, and then saying goodbye no matter your outcome. We don't want you to pretend to feel better if you don't, and we won't pretend our treatment worked when it didn't. We are dedicated to a relentless, ongoing process to find the cause of your symptoms and we won't be satisfied until you are healthy and happy.

As part of this process, we also have a team of people here to help you get better. Our office staff are all licensed Medical Assistants and are a key part of our what we do. They are the people who not only help you in the office, but take your calls as well. We also have a specially trained Registered Dietitian who focuses on IBS, and who understands the needs of our patients and is our reside foodie. She can help anyone have a fun diet!

So how exactly do we treat IBS? It's difficult to give a blanket answer when each patient's program is so highly specialized. You truly have to come in and find out for yourself. We're not trying to be cute or shy, it's just what honestly makes us so good at our job.

Now is the Time!

The IBS Treatment Center is here and ready to help you that you take full advantage of the health insurance you have now. It is a great time to get care, especially as we near the end of the year when deductibles will reset. Regardless of what happens with insurance in the future, the IBS Treatment Center will provide you the same great care and uniquely effective solutions that we always do.

If you have IBS, there is no reason to wait to start care. The IBS Treatment Center is ready and waiting to help you. Our success with IBS patients is unmatched by any other facility so call today and get things going while the options are still clear.



Suggestions from Becky, Our Nutritionist

We have once again found ourselves in the midst of the holidays! Thinking about all those yummy foods you are going to miss out on? Well I have some fun ideas to bring the flavor back! SoDelicious makes coconut milk Nog, as well as a lower sugar, Mint Chocolate drink and a Pumpkin Spice option. These can be used as creamers, drink straight, or add a splash of merriment (vodka or rum) with ice and enjoy some holiday cheer! They are relatively sweet as one would expect and can be diluted with your preference of unsweetened dairy alternative milks. Every year we see many new options come on the market and I'm sure that you'll find others. If the ingredients in the store bought options don't work or you need to watch the sugar, lookup vegan eggnog recipes online for a spice mix. There are numerous out there and you can adjust the recipe as needed, such as replacing sugar sweeteners with Stevia. Or maybe it doesn't even need sugar, just the spices. Let me know what others you have found and love. You can even tag me on Instagram to share any wonderful food gems @foodventureswithbecky. Enjoy the holidays with all of your foodventures!

Here's one alternative:

2 cups Silk Unsweetened Cashewmilk, homemade cashew milk or other non-dairy milk of your choice.

1/2 cup full fat coconut milk.

1/3 cup raw cashews, soaked for at least 30 minutes (optional)*

4-6 Medjool dates.

1 teaspoon vanilla extract.

1 teaspoon freshly ground nutmeg.

pinch of ground cinnamon.

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