

IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com

‘Tis the Season: The Gift of Health

For Others:



In the season of gift giving and family togetherness we are often reminded of how important it is to have good health. If you have a loved one who needs care for IBS, related digestive problems, or food allergy-related conditions, the gift of treatment at the IBS Treatment Center makes perfect sense. You can order a gift certificate in any denomination by phone and have it delivered to you by mail at no extra cost. Certificates are printed on special certificate paper and must bear the name of the intended recipient. However, they are transferrable. Contact information for the recipient must be supplied so that verification of transfers can be conducted. Gift Certificates expire after 1 year.

For Yourself:

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Flexible Spending Accounts:

Don't let your pay get put back in the company general fund! If you have a Flexible Spending Account (FSA), money that you had deducted from your payroll but haven't claimed by the end of the plan year is lost. Worse yet, you may also owe taxes on the unspent money. Make sure that you know your balance and spend any money you have before your plan year ends (typically at the end of the calendar year). You can use FSA funds to pay for medical appointments, co-pays, medical testing, and other medical services. Many plans also pay for medications and even first aid supplies. Check with your plan administrator for details and make sure that you don't lose your money. If you are not already in your employer's FSA and are considering medical expenses for next year, remember that under most plans you can use FSA funds to get reimbursed for any expenses you have at the IBS Treatment Center that your insurance doesn't reimburse you for. And if you are in enrollment for your plan, remember to set aside enough money to cover your anticipated expenses for next year!

Health Insurance:

Most IBS Treatment Center patients are reimbursed for at least some of their costs, after co-pays, deductibles, etc. If you are considering getting some medical care, remember that insurance company deductibles reset every year. If you have already exceeded your deductible, or are close to it, making your medical appointments before the end of your plan year can save you a lot of money. Check with your insurance company or plan administrator for details.

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Tips for Healthy Holidays



The holiday season is traditionally a time for family, friends, and co-workers to get together to enjoy food and drink. For people with IBS and/or food allergies, this can present challenges. Even if you don't have IBS, holiday eat-

ing poses some risks.

The temptation of holiday food can be quite alluring. Family, friends, and co-workers offer candies, baked goods, and special dishes. Holiday cheer is often available in liquid form. Protecting your digestive health starts with protecting your body from abuse. Remember to drink in moderation and to balance your food intake. Sweets and rich foods have a place in your diet, but should be balanced by fruits and vegetables, as well as healthy proteins. Filling up with these will help reduce the other temptations. The most obvious way to keep your digestion working well is to enjoy holiday foods in moderation.

If you have challenges with specific foods, the holidays can be minefield of potential problems. There are a variety of excellent products and options for making traditional holiday foods without your allergen foods. But when you are invited to eat with others, it can be hard to know which items offered contain your allergens. Politely asking about ingredients is one way to address the problem. Another is bringing dishes you prepare yourself. For more options, take a look at our newsletter from Early December 2006.

(<http://www.ibstreatmentcenter.com/Newsletters/EarlyDec2006.pdf>)

There are some basic health hazards that everyone should be aware of during the holidays. Microbes that can cause digestive problems are all around us. Studies of surfaces in offices homes and businesses have shown that we often contact microorganisms on surfaces that we touch such as doorknobs, elevator buttons, keyboards, and on phones. Take some time to wipe down these surfaces (careful to not get electrical components wet). Remember that if you have to sneeze or cough, cover your mouth with something other than your hand. The inside of your elbow works pretty well, when tissues aren't available. Of course, wash your hands often and well soap and hot water for 20-30 seconds.

Finally remember that food left out can become a source of disease transmission. Don't eat from dishes that have been left out uncovered and without temperature control (heating for hot foods, cooling for cold foods). If you are providing foods in a common area, such as your home or work breakroom, keep foods covered and refrigerated or warming anytime they are not actively being consumed. Encourage guests to not reuse dishes without washing them and to wash their hands before eating.

Have a safe and healthy holiday!!

Christmas Sugar Cookies (Gluten-Free)

By Scott Adams
celiac.com

3 cups gluten-free flour mix
2 eggs
1 teaspoon soda
1 cup sugar
1 teaspoon cream of tartar
1 teaspoon almond (or flavoring of your choice)
1 cup gluten-free margarine

Sift flour, soda & cream of tartar - cut in margarine or butter (I find that margarine is easier when rolling out the cookies). Beat eggs, add sugar & almond - mix well. Pour egg mixture into flour mixture and mix well by hand.

Chill at least 15 min (several days is also ok). Roll out to desired thickness on floured surface and cut into shapes. Decorate with colored sugar, or if you prefer, after baked & cooled frost and then sprinkle with colored sugar, etc.

2 cups powdered sugar mixed with some melted butter & lemon juice frosts one batch. Bake at 350F for 9 minutes.

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Product Reviews: Where we highlight some of our favorite hypoallergenic products.

This month our featured product is **Organic Food Bars**.

As you may know, it is nearly impossible to find an energy type bar that does not contain dairy, egg, gluten and soy. **Organic Food Bars** has several different bars that meet these criteria. Their website (www.organicfoodbar.com) is a bit overly creative, making it difficult to get an overview of exactly how many different bars they do have, and how many are free of at least these four things, but it is quite a few.

Some of the bar types are Omega-3-Flax, Original (honey), Chocolate Chip (has soy) Cranberry, Blueberry, and Vegan.

The biggest problem with the few hypoallergenic bars on the market is that they contain precious little protein. **Organic Food Bars** has solved that problem and given us an acceptable 14g of protein in most of their bars. They also have a bar simply called Protein that uses rice protein and contains 22g of it.

Best of all, you have many options and you should be able to find one that you like, if not several. They are available at many stores, including Whole Foods, Wild Oats, Trader Joe's, Fred Meyer, Kroger, and King Soopers.

Although they may sound a little too healthy and could probably use a catchier name, try them out. You may be very pleasantly surprised.

Dr. Wangen's Blog is New and Improved!

As you know, Dr. Wangen blogs on issues related to IBS, Food Allergies, and general health issues. His direct style and dry humor have been praised as great for cutting to the heart of issues.

We updated the engine to use the latest technology. Dr. Wangen's blog is now presented with improved formatting and better archival search. It also now has an RSS feed so you can keep up with the latest blogs. If you have comments or question, please send them to info@ibstreatmentcenter.com

Go to <http://www.IBSTreatmentCenter.com/blog/> to read the blog, or to get your RSS feed. And if you blog, don't forget to link to Dr. Wangen's blog to your blogroll.

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Events Calender

•IBS Treatment Center Holiday Schedule

The IBS Treatment Center will be closed from December 24th through January 1st, reopening on January 2nd. Please schedule appointments that you need to make before the end of the year as soon as possible to avoid missing FSA and insurance deductible deadlines.

• GIG and IBS Support Group Tonight December 4th, 2007

and

Tuesday, February 5, 2008

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you've been through and share what you've learned too!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of The Irritable Bowel Syndrome Solution.

•Upcoming Support Group Meeting Guest - Gluten-Free Girl

The famous blogger and author Shauna James Ahern (better known as Gluten-Free Girl) will be joining us for the February 5th IBS and GIG Support Group Meeting.

Currently on a book tour with her husband, the chef, Ms. Ahern's blog has become very popular, even outside the gluten-free community.

Plan now to attend the support group meeting February 5th and meet Gluten-Free Girl! Details will be posted as the date approaches on the Forum page of the IBS Treatment Center website at

http://www.IBSTreatmentCenter.com/7_c.htm.

•Thanks to Ener-G Foods!

Kathy Hoffman from Ener-G foods attended our November 6th IBS and GIG support group meeting. She brought samples of several of the gluten-free, dairy-free items they produce. Ener-G Foods has also supported the Innate Health Foundation (www.InnateHealthFoundation.org) with donations for fund-raisers. They have a long history of innovation in specialty foods for those with dietary restrictions. Check out their website at <http://www.ener-g.com/>.

Information about support group meetings is available at http://www.IBSTreatmentCenter.com/7_c.htm

Happy Holidays from the IBS Treatment Center!!!!



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