

IBS Treatment Center Newsletter

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

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I've been doing quite well by skipping all of my allergic foods. All very manageable. I now require no extra fiber either. So you can count me as a great success, thanks. I'm delighted with the outcome.

Brian Milnes



Probiotics: Bacteria We Need (part 2 of 3)

The use of probiotics (acidophilus and bifidobacterium) in the treatment of medical conditions has increased dramatically in the past few years. In our last newsletter we discussed how the mix of microorganisms in our digestive tract is essential for good digestion. Now I want to address how to know when you should use probiotics.

The results of stool testing can reveal infection, imbalance, and/or a deficit of microorganisms (bacteria). When a problem is discovered a treatment can be designed that will address any of these situations. That treatment most often involves probiotics. Probiotics are the strains of bacteria that would normally be present in a healthy human digestive tract. They are needed for proper digestion. Treatment with probiotics is done for three main reasons:

1. Having the right kind of bacteria in the digestive tract helps you properly digest your food and can reduce the amount of gas that you produce.
2. Having healthy colonies of good bacteria helps to prevent overgrowth of the digestive tract by other bacteria and yeast, which can cause diarrhea, constipation, gas, bloating and abdominal pain.
3. Good bacteria produce some vitamins that are essential to health.

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It is important to note that the only way to know if you have a condition that can be treated with probiotics is to test to see if you have a condition that probiotics can improve. Many people take probiotics without noticing any improvements. Or they take them, but feel like they have to continuously take them in order to experience their benefits. Probiotics will be helpful when they are needed, but will not be if they are not needed, or if you have bacterial or yeast overgrowth that needs to be treated first.

Testing is important. By measuring and evaluating the ecosystem in the digestive tract the doctor can determine if you need probiotics. The situation is fairly complex and requires that the doctor be familiar with the appropriate kinds of testing, the types of results, and the ways the particular labs conduct their analyses and provide their reports. Stool testing is the most effective way to determine the situation in the ecosystem of the digestive tract. It is necessary to get a sample from this ecosystem (commonly called a stool sample) and then culture the microorganisms to determine what they are and in what relative numbers.

When the testing shows that probiotics are likely to help, the doctor will choose a specific probiotic product to match the circumstances. The testing will also indicate whether or not it will be necessary to add other dietary supplements, such as natural anti-fungals, anti-parasitics, or antibiotics to kill off harmful microorganisms and thus increase the effectiveness of the probiotics colonizing the digestive tract. By doing so, the ecosystem of the intestines can be more quickly and effectively restored to a healthy state.

Next Time:
Why Probiotics are Not all the Same!



I Want Your Feedback for My Next Book

I have begun writing my next book, "Understanding Celiac Disease and Other Forms of Gluten Intolerance: How To Tell if Wheat is Making You Sick."

This book will be about the various forms of gluten intolerance and the various ways of testing for this common problem. I'd like your feedback on what you would like to see in this book. For example:

-What kinds of questions would you like answered?

-What issues or concepts have been important to your understanding of gluten intolerance?

-What still confuses you?

-What did your doctor forget or neglect to tell you?

-What have you learned that you would like to share with others?

Would you like to share the entire story of your adventure suffering from gluten intolerance, getting diagnosed (whether by a doctor or yourself) and finally starting to feel better? If so, please send it. It can be anonymous (I'll change the name) or we can use your first name. Please send your suggestions and stories to info@ibstreatmentcenter.com. I will send a free autographed copy to those whose stories I use.

This book will focus on understanding and diagnosing all forms of gluten intolerance, including celiac disease, non-celiac gluten intolerance, gluten allergies, and wheat allergies. I don't plan on addressing the topics of living with gluten intolerance and eating gluten-free because there are already many fine books on these issues.

If all goes well, the book should be out sometime next summer. I'll be sure to let you know.

Thank you for your help. I greatly appreciate it.
Dr. Stephen Wangen

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Calendar:

Gluten Intolerance Group Hosts an Open House at their New Location

Saturday, January 20, 2007 (1 to 4 pm)

Meet the staff and Board members.
Refreshments served

Driving Directions:

North or South I-5: take Highway 18 east to the SE 304 St exit (Green River Community College, International Raceway). Turn left and follow 304 to 124th Ave SE (it turns into 132 Ave SE and 132 Way SE. At 124th Ave SE turn left. The office is next to the fire station. Additional parking available on the side of the office in the grass.

February 6th: GIG and IBS Support Group

Our chapter of the Gluten Intolerance Group is meeting on a new night! Along with the IBS Support Group, GIG will meet on the **first Tuesday of each month at the IBS Treatment Center.** [Click here for details.](#)

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*.

Seattle's Gluten-Free Food Festival with International GF Beers

March 17, 2007 from 3 pm to 7 pm
Bell Harbor International Conference Center
located at Pier 66, Seattle

Event tickets: \$30/Adult; \$20 for kids 12 and under

Enjoy a Gourmet Gluten-Free Menu that includes new twists on old favorites: pizza, Ruben wraps featuring La Tortilla GF Teff tortillas, etc...

A drink bar will feature international GF beers and local microbrewers. A special drink bar for kids will offer juice and sodas.

Event includes raffles, GF dessert auction, exhibits, lots of friends and more. Local regular microbrew beers will also be available.

Proceeds from this event are used for patient education and support programs of the Gluten Intolerance Group of North America®.

GIG needs your HELP!

Our committee needs your help to make this the biggest and best food festival in Seattle for those on a gluten-free diet. If we are successful, we will make this event grow bigger and bigger each year.

Help from home:

- ✓ Donate special gluten-free desserts for the Dessert Auction
- ✓ Collect other auction items. Let's see if we can have a special auction just for kids.
- ✓ Send us the names and contact information of the GF-friendly restaurants and places to shop in your area

Help on the committee:

- ✓ Most business of the committee can be done by phone or email...we need help coordinating the event activities

Help at the event:

- ✓ Sell raffle tickets
- ✓ Help with the auction, games and other activities
- ✓ Be a host/hostess

GIG really needs your help. If you can offer any assistance, please contact Nancy or Cynthia at the GIG office: 253-833-6655 or email: gig@gluten.net

King 5 Healthy Living Expo

at Qwest Field Event Center, Seattle, WA
Mar 17 - 18, 2007 (10am-5pm)

Come visit the IBS Treatment Center's Booth. The Expo promises lots of information on all kinds of health topics!



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