

IBS Treatment Center Newsletter

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

Visit the New Food Allergy and Intolerance Wiki!

The Innate Health Foundation is pleased to announce the launch of the IHFWiki for the Food Allergy and Intolerance communities. It is available at: <http://www.innatehealthfoundation.org/wiki/>. This is very exciting news for those of you with food allergies and intolerances. The IHFWiki will soon be the leading online resource for finding restaurants, food products, and even sharing recipes, all related to working with food allergies and intolerances. If you don't know what a wiki is, hang in there and we'll explain it to you:



A wiki is a website that anyone can edit, add to, correct, and improve, just by clicking on the 'edit' links. Sounds pretty simple, huh? It is a great way for you and others to share what you know, in an organized way. It beats asking questions on forums where you may or may not even get an answer, or going to websites maintained only by the operator that may be out of date.

This is a significant step up from our earlier webpage list of restaurants and food producers that serve the food allergy and intolerance community. That list was simply a static page of information. If we hadn't heard of it, it wasn't there. The wiki allows you, the reader, to comment on and edit every aspect of the information so you and the rest of the community can keep things up-to-date. And the restaurants, food producers, and others can provide/update their own information so you hear from the horse's mouth.

If you find a new restaurant, then you can immediately share it with everyone. If you learned something new about their service, then you can add or change the information, as appropriate.

You can share the tips, hints, and etc. that you have learned and get valuable info from others.

Find a restaurant the made it easy to enjoy a meal and avoid your problem ingredients? You can add them directly to the IHFWiki in less than 5 minutes.

You will need to create an account to log in and make changes. But creating your account only takes a few seconds. Just click on the Log In/Create Account link and enter in the required info. Your privacy is guaranteed (see the privacy policy, linked on every IHFWiki page).

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If you've never used a wiki before it may seem a bit intimidating at first. But once you learn to navigate the site and discover how much there is to learn from and share with others, we think you'll be amazed at the ability of wikis to tap into the combined knowledge of everyone out there participating in it.

One of primary features is the ability to customize the information based on your needs. The Restaurants are organized into geographic regions and are also listed alphabetically. If your region is not yet represented, dive right in and make a page (use the existing pages as a model). You can also use the Search box to find what you want. For example, if you want dairy- and gluten- free restaurant options, type in Restaurant, dairy-free, gluten-free. If you want to specify Seattle, then add that too.

There are also sections on the wiki for food products and for recipes. We welcome you to add your favorite products and recipes. The more people who do this, the better the site will be and the more everyone will benefit. If you are a restaurant owner, food producer, or cook, this is a perfect opportunity for you to promote your restaurant, product, or recipe. Log in and create a page about it!

For another example of a wiki, visit the best-known and original wiki, Wikipedia. Wikipedia.org is an online encyclopedia that is the result of thousands of knowledgeable people sharing their expertise.

Now you can share your expertise and hard-earned knowledge on the best resources for the food allergy/intolerance community on the new IHFWiki. If you have suggestions or comments send them to <mailto:contact@innatehealthfoundation.org>.

If there is something that you would like to see changed or improved on the wiki, you can do it as well! Just log on and you'll have access to the entire site other than a few protected pages. So don't just sit there reading about it, go check it out at <http://www.innatehealthfoundation.org/wiki/>

IHFWiki

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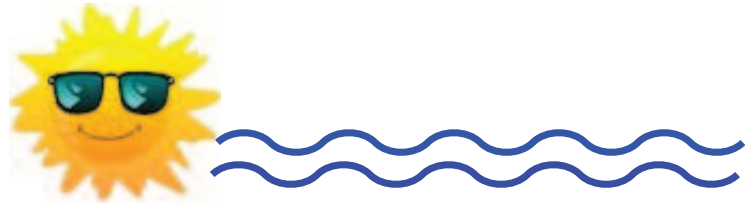
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Sign-Up now for:

Kids Summer Camps



Children with gluten intolerance or celiac disease are professionally supported by the volunteers and staff of the Gluten Intolerance Group. GIG dietitians work with parent volunteers to handle food prep to assure nutritious gluten-free meals and snacks. GIG kitchen staff can accommodate most other food sensitivities with the GF diet.

It is important that all children attending GIG Kids Camp register with GIG as well. GIG requests that the forms be completed so that they can meet your child's needs.

GIG provides some scholarships for children attending camp. Contact GIG for details, 206-246-6652 or see forms available on the website. <http://www.gluten.net/events.htm#camps>

Registration for GIG Kids Summer Camp programs at Camp Kanata and Camp Sealth should be sent to GIG for processing. GIG forwards the registration to the appropriate camp. If you register for camp online, please send a copy of the registration to GIG. It is important that they know who is attending camp, in order to plan appropriate support staff.

Please complete the GIG Kids Camp Registration form and return with the appropriate registration for Kanata or Sealth.

The dates that the camp will be taking place are:

July 13 – 19, 2008

GIG Kids Camp East at Camp Kanata, NC.

Don't get left out of this fabulous experience. Camp Kanata will welcome kids with Celiac Disease who are on a gluten free diet. In partnership with the Gluten Intolerance Group (GIG), and its local affiliate, and under the direction of a registered dietician, these kids will be provided with delicious food that is all gluten free. Please note on your application that your child is on a gluten free diet, so GIG sure to process it appropriately. Campers entering grades 2-12 are welcome.

<http://www.ymcatriangle.org/kanata/index.html>

GIG Kids Camp West at Camp Sealth, WA

August 7-12; Aug 13-16; or August 7-16...Registration for Summer Camp is **open now**. Kids will have some cool choices of specialty programs to choose from (archery, crafts, cooking, canoe excursion, outback, horseback, kayak/ sail/windsurf, photography and fine arts.) Camp Sealth and GIG offer 2 sessions that are 6 and 4 days each, and a combined session of 10 days. Campers entering grade 1-12 are welcome.

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Our new favorite cracker is called Mary's Gone Crackers. Almost certainly the best gluten free cracker on the market, Mary's crackers are very flavorful, organic, and whole grain with a lot of crunch, or as they call it "a rich nutty flavor." These crackers are gluten, dairy, and egg free. The ingredients of the Original are: brown rice, quinoa, flax seeds, sesame seeds, wheat free tamari (soy), water and sea salt. These crackers are so good that they will likely be a favorite of everyone in the family, not just those avoiding their food allergens. They also come in four other flavors: Caraway, Black Pepper, Herb, and Onion. They are available at www.marysgonecrackers.com and possibly at your favorite local healthy eating store. Visit their website for locations and more information. This review was based on the personal experience of the reviewer. No relationship between the reviewer and Mary's Gone Crackers, financial or otherwise, exists. Except we really like the crackers and buy them sometimes.



February 2008

Events Calendar • GIG and IBS Support Group

February 5th 2008:

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.

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