

# IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)

**September 14, 2006**

Special

[Free Celiac Disease Testing!](#)

Main Article

[Age and Healing the Digestive Tract](#)

Extra

[Radio Sponsorship  
Celiacs Be Heard!](#)

Events Calendar

[GF Beerfest Delayed](#)  
[IBS Support Group](#)  
[Gluten Intolerant Group](#)



## Free Celiac Disease Testing!

For a very limited time our patients are eligible for free celiac testing at the IBS Treatment Center. Our lab is running a short study on their celiac testing panel and as a part of this study we are offering complementary blood testing for celiac disease. This is a savings of over \$150. If you are interested, please hurry. This offer will only be available for the next week or two, until we run out of test kits. The offer is open to new and returning patients as part of their regularly scheduled office visit.



## Healing the Digestive Tract:

### The Older You Are, the Slower the Recovery

At the IBS Treatment Center we pride ourselves in our desire to find the cause of your problem. However, sometimes finding the cause does not mean instantaneous recovery.

Healing takes time. In fact, in the digestive tract it can take several months or even years to fully recovery from long term damage. This has been especially clear in the case of celiac disease, which is a type of gluten intolerance. (If you would like to learn more about gluten intolerance, please do a search on our website for the word "gluten.")

Until now there have not been any studies on how age effects healing time in the case of food allergies/intolerances. A recent study<sup>1</sup> in the July 2006 issue of Endoscopy focused on the recovery time of patients with celiac disease (a type of gluten/wheat intolerance). The study found that most patients under the age of 30 showed significant improvement from damage to the small intestine after 1 year. But the older the patient, the slower the recovery time. Many patients, even after 2 years, did not show significant recovery from damage to the small intestine.

In one respect it isn't surprising that the older you are the longer it takes to heal. This is true for the digestive tract as it is for many other types of injuries. But it is helpful to know that even if you are doing

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the right things the healing process can take a long time.

This has been evident in my clinic as well. Even after eliminating the problem food(s) from their diet, older patients typically recover more slowly.

However, if you have eliminated gluten from your diet and are not satisfied with your progress it may be more than just age. There are many other causes of digestive problems, including other food allergies. Most people who cannot eat gluten also suffer from one or more other food allergies/intolerances. And if these have not been properly diagnosed and removed from your diet, then you may never experience the improvement that you are capable of experiencing.

For more information please contact the IBS Treatment Center at 206-264-1111 or [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com).

<sup>1</sup>Tursi, et al. Endoscopic and histological findings in the duodenum of adults with celiac disease before and after changing to a gluten-free diet: a 2-year prospective study. *Endoscopy*. July 2006; 38(7): 702-707.

### **IBS Treatment Center Sponsors**

#### **WARM 106.9 'Health and Wellness Minute'**

The IBS Treatment Center is always working to find ways to help people with digestive issues. Recently, Seattle area radio station WARM 106.9 FM began running a segment designed to provide information on health and wellness to their listeners. The IBS Treatment Center agreed to sponsor the mini-show, called the 'Health and Wellness Minute' and to provide information to be used on-air. WARM 106.9 has been running these messages during their evening program, often during the nationally syndicated 'Love Songs with Delilah' show. The messages we provided have included information on digestive issues and colon cancer screening. Let us know if you have heard the 'Health and Wellness Minute' on WARM 106.9!

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### **Celiacs Be Heard!**

Please add your request to **make May national Celiac Awareness Month**. Pass this message on to as many people as possible! Go to the following website of the American Celiac Task Force and they will help you contact your government representative regarding this issue:  
<http://capwiz.com/celiac/issues/alert/?alertid=5938561>

### **Please share your thoughts and opinions with the Gluten Intolerance Group!**

When you have a gluten allergy, it can feel like you spend every grocery trip scrutinizing and questioning labels. Have something to say about it? Follow the link below to a **survey on gluten-free labeling**. Part of the results will be presented at the International Celiac Disease Symposium.

<https://www.surveymonkey.com/s.asp?u=870222518259>



### **Calendar:**

#### **Update: Gluten Free Beerfest!**

First, thanks to all of you who sent word of your interest in the Seattle GF Beerfest! Unfortunately, plans for the tentative date (October 28, 2006) did not come together in time. But not to worry! The Gluten Intolerance Group will try again in the spring! More announcements and requests for interest are coming soon!

#### **September: IBS Support Group**

IBS can leave a person feeling lonely and misunderstood, but the truth is that 50 million Americans are dealing with it! Better than knowing you're not alone is

learning that it is possible to be rid of IBS!  
Visit our group for support and get some answers!

Most meetings will be attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*. The group will meet on the **first Tuesday of every month at the IBS Treatment Center**. [Click here for details.](#)



### **September: GIG (Gluten Intolerance Group) Support Group**

Come to the Central Seattle chapter of GIG and get the latest information while making friends who truly know what life is like without gluten! Bring your best tips and maybe even a recipe to share!

Meetings are held on the **2nd Wednesday of each month at the IBS Treatment Center** (co-located with the Center for Food Allergies) and most will be attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and Center for Food Allergies.  
[Click here for details.](#)

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