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Teen Accepts Food Allergy Diagnosis and Finds Something Better Than PB&J

This month's lead article is composed of excerpts from a testimonial contributed by high school senior Andrew Accornero of Jackson High School in Bothell, WA. Andrew used his diagnosis of multiple food allergies to inform his class project. The IBS Treatment Center applauds Andrew's positive attitude, and supports his actions to improve his health and well being. Learning of major food allergies can be challenging, but this young man shows that the right attitude and a little effort can make addressing a new diet fun and rewarding. Congratulations Andrew!



It all began on April 21, 2011. My long awaited results from Dr. Wangen at the IBS Treatment Center had arrived! I quickly opened the email... thoughts raced through my head. If I am allergic to nothing am I always going to feel this crappy? What if I am allergic to everything and I won't be able to eat? ... I looked down at the paper which held the results of my blood test -- I am allergic to gluten, dairy, soy, peanuts, lamb, eggs and beef. My heart dropped to the floor. ...I would no longer be able to eat peanut butter sandwiches. Thus began my search for a new diet.

The next couple of days stretched on forever. I ate chicken, chicken, and more chicken. I had chicken for practically three days straight while my mother and I searched for other meal options. On the morning of the fourth day I woke up and literally did not know who I was. I felt like I had been reborn. I could see my mind was clear, the migraines were gone, my anxiety and negative, spiraling thoughts were not there; I was a complete stranger to myself. For the next couple of days I felt like I was in a dream, I kept on waiting for my next migraine or my next stomach cramp. They never came. The days went on and I finally believed that perhaps my troubles were behind me.

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Dr. Stephen Wangen

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome
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[After a terrible reaction to drinking a Mountain Dew I started taking an antifungal medication called Nystatin that helps destroy the yeast buildup in my stomach but with the Nystatin] *I started feeling worse than before because of the yeast's die-off effect. I knew that if I continued taking it I would eventually start feeling better but I decided that I would rather stop eating candy and heavy carbohydrates than continue feeling like I did for one more day. I could no longer eat candy, sodas, pastas, or other sugary foods. Now I had lost another part of my life.*

For the next couple of weeks I began cutting out all of the bad foods and watching the amount of sugars and carbohydrates that I ate; I finally began to feel better. Along with my mom, I went to more and more health food stores to look for foods that sounded good. As time went on I developed a perfect meal plan that not only tasted good but adhered to all of my special food needs. Since then, I continue to feel better with each passing day. However, that does not mean that every single day is like that. There are days when I mess up on my diet and have too much sugary food, and I end up getting terrible stomach pains.

When I look back to the moment when I first opened that email I realize that I am no longer the same sick, depressed, unhealthy kid that I once was. I now think clearer, have a more positive outlook on life, and actually enjoy living. At first I thought that I had lost the ability to eat all of that yummy, junk food that all of humanity loves; but in reality I found the real me. This just goes to show how sometimes losing things can actually result in finding something better than what you had lost.

As part of his project Andrew developed a Two Week Meal Plan:

	Breakfast	Lunch	Snacks	Dinne
DAY 1	Tapioca bread toast w/sunbutter, banana, water	Gluten-free/Dairy-free burrito, carrot sticks, water	Potato chips, gluten-free chocolate chip cookies, tempt chocolate fudge non-dairy ice cream	Pasta Pisavera w/ch w/
DAY 2	Corn Chex w/coconut milk, blueberries	Grilled tapioca bread & ham sandwich, celery sticks, water	Tortilla chips & mango salsa, gluten-free lemon cookies	Shredded br broiled br
DAY 3	Cinnamon Chex w/coconut milk, mango	Gluten-free chicken noodle & vegetable soup, gluten-free corn muffin, water	Rice crackers & hummus, gluten-free brownies	Chicke
DAY 4	Tapiaco bread toast w/sunbutter, pears, water	Gluten-free chicken nuggets w/bbq sauce, peach-mango sauce, water	Gluten-free lemon-poppy poundcake, Tempt vanilla non-dairy ice cream	
DAY 5	Cinnamon Chex w/coconut milk, banana	Grilled tapioca bread & turkey sandwich w/bacon, celery sticks, water	Lime pistachios, sweet n chips	
DAY 6	Tapioca bread toast w/stevia & cinnamon, grapes, water	Gluten-free fish sticks w/ketchup, broccoli, water	Fruity pebbles ce	
DAY 7	Gluten-free pancakes w/soy-free/dairy-free butter, water	Gluten-free veggie noodle & vegetable soup, gluten-free crackers, water	Gluten-f	
DAY 8	Gluten-free banana bread, turkey sausage, water	Grilled quesadillas (corn tortillas, Daiya pepperjack cheese, refried beans, taco sauce, and water		
DAY 9	Fruity pebbles cereal, unsalted almonds, and water	Tapioca bread turkey sandwich w/ ketchup and water		
DAY 10	Gluten-free banana nut oatmeal	Gluten-free black bean so bread and chocolate		
DAY 11	Gluten-free Hawaiian bread, bacon, orange slices, water	Gluten and dair cheese		
DAY 12	Puffins cereal, applesauce	Lentil c		
DAY 13	Gluten-free breakfast bar with vanilla coconut milk	Tapio		
DAY 14	Gluten-free apple cinnamon oatmeal			

Andrew at home enjoying food again

Now Available in eBook!

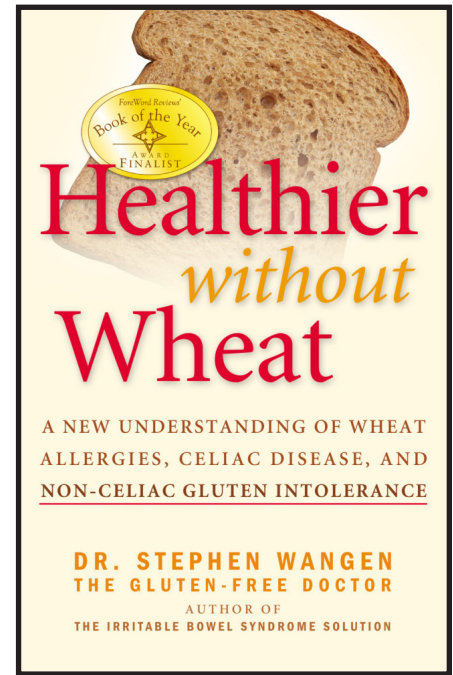
If you have not yet read Dr. Wangen's book **Healthier without Wheat** because you have been waiting for the ebook, your wait is over!

Due to overwhelming demand for an ebook version, we are pleased to finally announce that **Healthier Without Wheat** is now available in eBook format and compatible with all readers.

The ebook version is only \$9.99 and available anywhere ebooks are sold. To get your copy downloaded NOW (in PDF, EPUB or MOBI), go to:

<https://www.ebookit.com/books/0000001379/Healthier-Without-Wheat.html>

Already the response to the ebook version of **Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance** has been extremely positive. Some of the included graphics have been updated for the ebook release and the content has been beautifully formatted for the best display possible on the many various eBook readers.



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eBook Healthier Without Wheat by Dr. Stephen Wangen

or

Paperback Book

EVENT

GIG Is Planning Now for June Event in Seattle

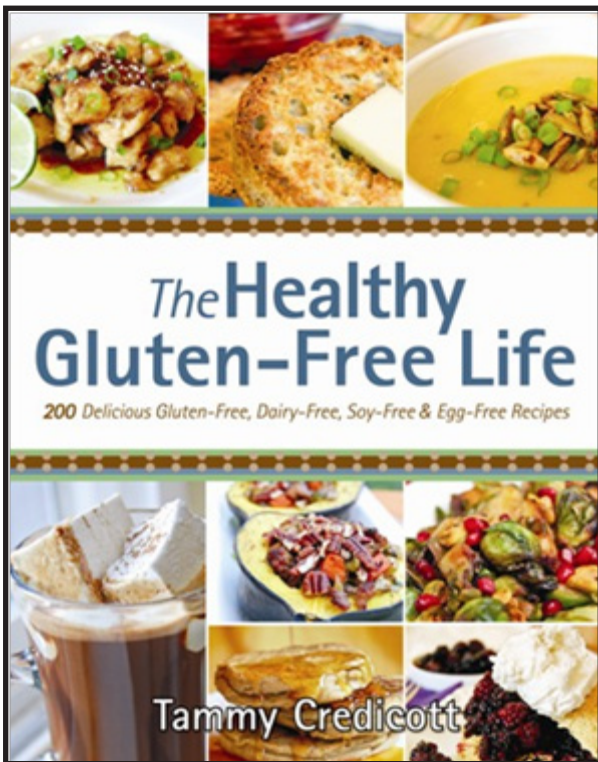
GIG (Gluten Intolerance Group of North America), America's best resource for gluten intolerance information, support, recipes, and events, is bringing their annual event to Seattle this year:

Gluten Intolerant Health and Wellness Experience

Doubletree Hotel at SeaTac Airport

June 16, 2012

Health screenings, exhibits, and interactive areas with exercise demonstrations, cooking demonstrations, and fun activities.



New Cookbook From The Celiac Maniac Bakery

The Healthy Gluten Free Life, the new cookbook by Tammy Credicott, is now available on Amazon.com and BarnesandNoble.com in paper back and e-book.

This 400+ page cookbook is filled with over 200 mouth-watering recipes, each with a captivating color photo. Every recipe is gluten-free, egg-free, dairy-free, soy-free, white rice flour free and bean flour free!

Find out more about the book and about book signing events in Bend, OR at the website:

www.thehealthyglutenfreelife.com/

And, if you are near the IBS Treatment Center in Seattle, you are welcome to stop in and take a look at our copy of this beautiful new cookbook. It is on our browsing library bookshelf.

The beautiful color photos on every page really makes **The Healthy Gluten-Free Life** cookbook stand out among others. Unique to this cookbook in particular is the full color photo recipe index at the back which is organized by: Breakfasts, Entrees, Sides, Sauces/Dressings, Desserts/Snacks, and Beverages. Also helpful is the Resource Index which lists stores and company websites where shoppers can find gluten free ingredients. Preceding the recipes are over 20 pages of tips and information for the allergen free cook. And it is all written in an easy to read, friendly voice.

Author, Tammy Credicott



WEBSITE

www.TheAllergyMenu.com

Do you have a stack of cook books but only a few recipes that suit your particular food allergies? Are you frustrated with having to consult half a dozen food tables to determine the Salicylate, Amine or Glutamate levels of your recipes? Save time, money, and frustration by connecting yourself to TheAllergyMenu.com. This website is a sophisticated recipe tool designed specifically for people with multiple food allergies, food intolerances, and specially modified diets such as GAPS, GF/CF, Fructose Malabsorption, and Paleo.

Sign up with The Allergy Menu to receive exclusive access to:

- Over 500 great recipes, categorised by allergy, diet, and recipe type
- An advanced recipe search tool removing multiple ingredients
- Helpful conveniences such as easily change quantities, bookmark, and print recipes
- A 'Menu Planner' to organize your weekly shopping, cooking, and budgeting
- A comprehensive knowledgebase of articles written by experts in the field
- An understanding community supported by a Multi-Disciplinary Health Advisory Team.