

# IBS Treatment Center Newsletter

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

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## Encopresis: An Intimidating Word and a Solvable Problem

If you have never heard of Encopresis then consider yourself fortunate. Those who are familiar with it wish they had never heard of it. It is a big fancy word used to define the symptoms of constipation followed by urgent and unpredictable bowel movements or explosive diarrhea.

Needless to say, it is a very disruptive and embarrassing problem. However, if you have this problem then what you do not know is that it is almost always solvable. Encopresis is another way of saying that your bowels irritate you, so it essentially a more specific type of IBS. Like IBS, it is basically a meaningless diagnosis, it does not give you any more information about your problem then you already know.

However, there is good news, we have seen many patients who have been diagnosed with Encopresis and have found that it is usually preventable. It is caused by the same types of triggers, food allergies and bacterial imbalances, that cause most digestive problems.

In the case of Encopresis, however, there is usually more than one trigger. Therefore you end up with a combination of problems, such as both constipation and diarrhea. Of course these symptoms end up being very unpredictable.

Treating Encopresis is not magic, it is simple common sense, looking for the cause of the problem, and testing for triggers that most doctors do not consider.

If you are not familiar with how food allergies and bacterial imbalance cause digestive problems, or the testing required to diagnose and treat food allergies and bacterial imbalances, then you should visit the IBS Treatment Center website at [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com) or read "The Irritable Bowel Syndrome Solution" by Dr. Stephen Wangen, the founder of the IBS Treatment Center.

You do not need to settle for a diagnosis that does you no good when you can cure the problem. If you or someone you know has Encopresis then please call us to schedule an appointment.

## May 2007 Events Calender

### •GIG and IBS Support Group

Tuesday, May 1, 2007

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.

### •Third Annual Celiac Disease Awareness Walk

Saturday, May 19, 2007

Registration at 8am, walk begins at 9am

Food Fair from 9am to noon  
Green Lake Park Community Center  
7201 E. Green Lake Drive North,  
Seattle

- Sample Gluten free products
- Learn more about Celiac Disease and dermatitis herpetiformis

-Help raise funds for Celiac Disease education, advocacy, research and support groups!

\$25 Suggested donation includes t-shirt and food fair admission, \$10 for kids 10 years and younger, \$5 for food fair only

For more information, visit [www.gluten.net](http://www.gluten.net), call 253-833-6655 or email [info@gluten.net](mailto:info@gluten.net)

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