

# 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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## ***Sweet Success!***

*We have been sending surveys and calling patients to follow up on their IBS after their initial treatment and are happy to report good news. The vast majority (over 90%) report at least moderate improvement in their IBS symptoms with many seeing dramatic improvements or complete remission. We expect many of these patients to continue to improve as they continue treatment. As always, we are committed to helping all patients find the source of their IBS and address it.*

## **Testing for IBS Causes**

The IBS symptoms of diarrhea, constipation, gas, bloating, and abdominal pain or discomfort can range from mild to severe. Many people with these symptoms start by simply taking an over-the-counter medication to help with the symptoms. But if these symptoms happen frequently, especially over time, just treating the symptoms is not a very effective solution.

The IBS Treatment Center website has lots of information about some of the causes of IBS symptoms. There are detailed pages on food allergies, parasites, gluten intolerance, and bacterial issues. These and a number of other conditions can all play a role in IBS. The challenge is to understand which of these play a role for you. Without actually measuring the condition of your body and its function it is practically impossible to successfully determine the solution to your IBS. The key is testing.

People sometimes experience correlations between their IBS symptoms and eating particular foods, or with other events. These correlations can sometimes seem very strong. But quite often we find through testing that it was just coincidence. Food allergies in particular are difficult to figure out without testing because we eat so many complex foods and have so many other factors influencing our intestinal health.

By doing definitive testing we can usually learn what is really going on with your body and then develop a plan to bring you back to your innate health.



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## **Food Allergies:**

### **Can I eat just a little?**

People with food allergies are often disappointed when they learn that they have them because it means not eating foods that they like. While there are good substitutes for many allergenic foods and it is becoming easier and easier to find well-labeled products in the grocery store and even restaurants, it can be challenging to completely avoid your allergenic foods. Social situations, especially family meals, or meals at friends homes can be very challenging.

The natural question is then “What if I eat just a little”? The answer is complicated. This is really two different questions: “Can I eat just a little and not suffer IBS symptoms?”, and, “Can I eat just a little and not do any damage to my body?” Depending on the strength of your allergy and other factors influencing your immune system at the time you may not be able to eat any of your allergenic foods without suffering from digestive problems. In other instances or you may be able to eat a full portion without noticing significant negative effects. The immune system is very complex and influenced by a wide variety of factors.

Unfortunately, you can’t even necessarily rely on your symptoms to tell you whether or not you are being negatively affected by your food allergy. In the case of celiac disease, a gluten intolerance, all gluten must be avoided, regardless of the symptoms. Some celiacs experience significant illness if they ingest even the slightest amount of gluten. Others have no noticeable symptoms at all.

Unfortunately, there isn’t enough research about most food allergies to understand the variety of ways that they affect us. What we do know is that

when you eat something to which you are allergic you are stimulating an immune response to that food. This immune response has potential long-term negative effects, regardless of your experience when you eat the food. But we don’t know how significant those effects really are.

So can you eat just a little? In general, if you don’t have celiac disease, the answer is that you can try and see how it goes. Most of our patients report that the better they are about avoiding their allergen foods, the less they experience IBS symptoms. But some can sometimes sneak a little in without much negative effect. Our best advice: Avoid your allergenic foods as much as you possibly can, but feel free to experiment a little, especially if you are very healthy and have been successfully avoiding your allergen foods for weeks or months. Your body will usually tell you whether or not you can get away with it. But be careful. If you don’t have any negative effects it is possible to get overconfident and slide into a pattern of eating your allergenic foods too often. Sooner or later you will again suffer the consequences.



### **The Latest Research**

You may be curious about research published in the medical journals about IBS. We collect and post important articles when we can on our website at [www.IBSTreatmentCenter.com/3\\_a\\_1.htm](http://www.IBSTreatmentCenter.com/3_a_1.htm) (note: there is a \_ between where it looks like there is just a space between ‘3’ and ‘a’ and between ‘a’ and ‘1.htm’)

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## **Dr. Wangen, Radio Star!**

Dr. Wangen shared his expertise with radio listeners in Mason City, Iowa this week! Invited by station KGLO, Dr. Wangen was well received by listeners. Keep an eye-out as Dr. Wangen and the IBS

Treatment Center make more community appearances!

*\*Would you like to hear Dr. Wangen on your favorite radio station or see him on your favorite news/talk show? Let us know! Better yet, give the station a call and drop our name! Media tips can be sent to [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com)*

## **Events Calendar:**

### **August: IBS Support Group**

The IBS Treatment Center is now offering a monthly meeting for people looking for new information, ideas and support in dealing with Irritable Bowel Syndrome. Most meetings will be attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*. Come join us and regain some hope! The group will meet on the **first Tuesday of every month**. Meetings are held **at the IBS Treatment Center**.

[Click here for details.](#)

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

Dealing with a Gluten allergy or intolerance can often feel like an uphill battle, but you are not alone! New information, ideas and special products are coming out all the time. Come to the Central Seattle chapter of GIG and stay on top of it all while enjoying the company of people who, like you, know what it's like to just want a piece of real bread or a beer! Meetings will be held on the **2nd Wednesday of each month**, starting in August, **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.](#)