

IBS Treatment Center Newsletter

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

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My IBS Symptoms were just awful! I activated with the US Air Force Reserve for operation Iraqi Freedom. On my deployments, my symptoms became severe. I experienced gas, bloating, fatigue and diarrhea. The symptoms interfered with my daily duties and exercise. I was in a lot of discomfort and gained quite a bit of weight. I read about gluten intolerance and began to eliminate it from my diet. I knew that I had some dairy intolerance, but did not know the extent. After going to the IBS Treatment Center, I learned the true extent of my dairy intolerance and other foods that I could not tolerate. I feel so much better - my symptoms are gone and my energy level is up. I have learned which foods I can tolerate.

*Thanks IBS Treatment Center!
Anonymous*

Common Misconceptions about IBS

Our team had a wonderful opportunity over the St. Patrick's Day weekend to meet lots of people interested in knowing more about IBS at the King5 Healthy Living Expo. What is clear from those chats, and from talking with our patients, is that there are many misconceptions about IBS. Hopefully we can help clear some of those up.

The biggest misconception is that IBS (Irritable Bowel Syndrome) defines a specific medical condition. IBS is, by definition, just a group of symptoms affecting the digestive tract that haven't been explained. Unlike cancer, a stroke, or the flu, IBS is more of a starting point than a diagnosis, because it doesn't provide any new information. Once a person has the symptoms it is necessary to do additional testing to identify the cause of those symptoms - what you might call an actual diagnosis. Once you have an actual diagnosis, then you can treat whatever it is that causes the symptoms and usually stop them.

A second common misconception is that IBS is only caused by one thing. Nothing could be further from the truth. The digestive tract is very complicated, but can only display a limited range of symptoms. There are many things that can cause constipation, diarrhea, abdominal pain, gas, bloating, etc. Any individual might have one or more of the causes at any one time. There is a wide range of causes of IBS and many

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patients have more than one cause, sometimes several causes, at the same time. For example, many patients have an allergy to a food, which causes them to have IBS symptoms. But not all IBS patients have food allergies. Many patients have bacterial or microbial issues, for example, not enough of the needed digestive bacteria are living in their digestive tract. But not all IBS patients have bacterial issues. Some patients have food allergies, bacterial/microbial issues, and other factors. To correctly diagnose the cause of IBS symptoms it is necessary to test for a range of potential causes. If you don't treat all of the conditions you have, your IBS probably won't be resolved.

The third misconception is that there is a single treatment for IBS. This misunderstanding goes along with the previous misconception- that there is only one cause. The reason that there isn't a single treatment for IBS is that there isn't a single cause. If all IBS were caused by dairy allergies, treatment would be simple – don't eat dairy products. But because there are many, sometimes overlapping causes, there will never be a single simple treatment for IBS symptoms.

Lastly, but perhaps the most common misconception is that IBS is caused by stress. If this were true the world would be full of IBS patients. We see patients all the time that have been told by their doctor that stress is the problem, but once we identify the cause and treat it, the symptoms are resolved. What is even more interesting is that many patients report that while they had IBS symptoms they also had a heightened sense of anxiety, but that it went away when they treated their condition. That is not to say that stress can't make IBS worse. Stress can affect the immune system and that can impact IBS symptoms. But stress is usually not the underlying cause of the symptoms.

I hope this helps clear up some of the misunderstanding about IBS. If you have symptoms and would like to stop having them, give us a call to get started.

King5 Healthy Living Expo: A Huge Success!

Thanks to all who visited our booth at the expo March 17th and 18th! We were met with a strong response from a huge number of IBS sufferers. There are more of you than you might think! We are glad to have been able to reach so many of you in person with the news that it is possible to live without IBS! Thanks again and we hope to work with you soon at the center.

If you lost that brochure or business card, here is the number to call for an appointment: (206)264-1111 or toll free: 1(888)546-6283



Calendar:

April 3rd

Special Guest to appear at the GIG and IBS Support Group!

The GIG/IBS Support Group is pleased to welcome Kimbra Martin, founder of growing local company KMPD. She will come with information and samples of her upcoming Gluten Free product line. Don't miss a taste of her GF bread and brownies, said to be unsurpassed in flavor, texture and quality!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of The Irritable Bowel Syndrome Solution. [Click here for details.](#)

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**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, call 253-833-6655 or

email info@gluten.net



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