

IBS Treatment Center Newsletter

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

09.28.2006

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Brenda

Brenda, a 25-year-old woman, came to our office concerned about food allergies and digestive problems. She felt like she had a fairly good handle on her food allergies, but she still suffered from indigestion. After asking her about other aspects of her health she informed me that she felt hypoglycemic. If she didn't eat every 2-3 hours her energy would crash and she felt like she could barely function.

We ran a food allergy panel on Brenda and discovered that she was allergic to almonds and wheat (gluten). She was not aware of either food allergy. Almonds were one of her favorite snacks, and most of the other things she ate contained wheat. It turned out that her body was rejecting a large part of her diet.

After Brenda had been avoiding almonds and wheat for about a month she came back in for a follow-up visit. She reported that her indigestion was much improved, and she was surprised to discover that



she was much more alert. She stated that she felt as if she had "come out of a fog," and she was also very pleased that her energy had greatly improved.

Food and Fatigue: When Eating Makes You Tired

Does eating cause you to feel sleepy afterwards? How about after lunch? Would you like to be able to avoid this?

This is a problem that I commonly hear from my patients. If it happens to you it might seem normal. You may think that your body is just spending a lot of energy digesting your food. But this doesn't happen to everyone.

Food should give you energy, not make you tired. Eating a reasonably sized meal should not cause your body or your mind to shut down, making you feel like it is time for a siesta.

How can eating cause fatigue?

Sugar commonly causes fatigue. The energy boost from sugar only lasts for a short time, often followed by a "crash." But there are many other causes of this problem, often referred to as hypoglycemia.

One of the primary causes of fatigue is eating food to which you are allergic. In fact, this is one of the most common symptoms of a food allergy and may be your only symptom. A food allergy can be causing your fatigue whether or not you have any digestive problems, including IBS.

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If you have a food allergy, then every time you eat the offending food you are introducing something foreign into your body. This results in your immune system attacking your food, which is the equivalent of being sick. Your immune system is expending a great deal of energy trying to remove this “invader” and you suffer the consequence, in this case fatigue.

Mental fatigue

An interesting component of this is often a sense of mental fatigue. Many people complain of a mental fog or lack of clarity in their thinking. Interestingly, after they discover that they have a food allergy and remove it from their diet, this often improves. It is frequently described as “a cloud” being lifted from their head.

People with physical and/or mental fatigue often feel hypoglycemic. They may feel a need to eat frequent meals or snacks in order to keep up their energy. This is because the food that they eat is causing as many problems as it solves. They are not getting the same amount of nourishment out of the food as someone who is not allergic to it would. Therefore they have to eat more frequently.

How do you know if you have a food allergy?

When you are allergic to a food, your immune system forms antibodies against that food. These antibodies can be measured via a blood test.

If you suffer from fatigue or a lack of mental clarity, please do yourself a favor and find out if you have a food allergy. You’ll be amazed at what a difference it can make in your life.

Kosher (Pareve) Foods and Food Allergies

Aside from the FDA-required food labeling you may have noticed other marks and words on food labels. Some of these are related to kosher designations. These can be helpful indicators, but only if you understand the underlying reasons the label carries the designation.

Pareve is a designation indicating that a food contains neither milk nor meat products, by-products, or derivatives. It is critical to understand that the designation of pareve is given solely on the basis of halacha (Jewish Law). When a product is marked pareve (excepting the rare case of mislabeling – a subject for another discussion) by a reputable Kashrus agency, the religious consumer knows that the product meets all halachic criteria and may be used with any meal. But relying on this certification as a 100% certainty for medical reasons is a decision that requires careful consideration on part of the consumer, along with an understanding of the realities of food processing.

With the complexities of food processing, it is not hard to imagine that in a plant that makes both pareve and dairy items, a very small quantity of a dairy ingredient could find its way into an otherwise pareve product. The same possibility exists at the manufacturing site of any ingredients used in an end product. Something as simple as airborne dust, a cleaning process that misses part of the equipment, or the mistaken substitution of a dairy ingredient in a formulation can all lead to trace contamination of a pareve

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product. In most of these situations, the finished product is still pareve according to halacha.

While the various kashrus agencies make every effort to insure that there is no dairy (or meat) contamination in pareve products, those who are allergic to dairy (or meat) products are urged not to rely solely on the pareve status as an indication that foods are safe to consume.

From an article by Rabbi Simcha Smolensky, VP, DSJ Global Consulting.
Contact the author for additional information at simcha@globalk.org.



We want to hear from you!

Tell us what you are learning and/or how you have overcome IBS. Even share your best recipes or shopping tips! Whether personal or purely informative, we want your input! You may see it in a future issue of our newsletter!

Send stories to:

Info@IBSTreatmentCenter.com

Dr. Wangen, a Radio Regular

He's at it again! Dr. Wangen's latest radio interviews!

September 24th: A one-hour show on WMMB in Orlando, FL.

September 19th: A one-hour radio interview on CBS Charlotte, NC.

September 12th: WBSM in Boston, MA.

*Also: look for an interview with a patient of the IBS Treatment Center in **First for Women Magazine** this week.*

*Dr. Wangen is available to speak to groups, and for media interviews. Call or [email](mailto:Info@IBSTreatmentCenter.com) the IBS Treatment Center to find out more.

Gluten Free Oats! Yum!

As most gluten intolerant people can tell you, oats are milled with wheat and are therefore contaminated with gluten. The oats themselves are fine, but wheat particles are almost always mixed in with/coating them. To be safe for those with gluten sensitivities, the oats must be milled completely separate from other grains and then certified as truly gluten free.

Certified Gluten Free oats have been difficult to come by in the past, but are now available at Manna Mills Natural Foods in Mountlake Terrace (21705 66th Ave W.). Their 44-ounce bag is \$11.29. Pick some up for yourself at the Gluten Free Gala in November. (see the Events Calendar below)

Events Calendar:

October: Free Workshop

For people with diabetes and wheat/gluten allergies or celiac disease
Saturday Oct 14, 2006

10:00 – noon

Please RSVP to Pierce County Diabetes Assoc. 253-272-5134

Speakers:

Cynthia Kupper, RD, GIG Executive Director

Becky Blodgett, RN

Location:

Puyallup Eagles #2308

202 – 5th St NW

Puyallup



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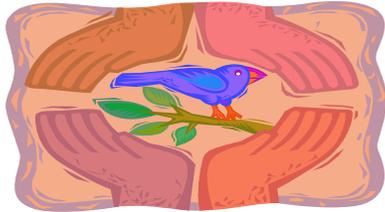
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October: IBS Support Group

Studies show that 50 million Americans are living with IBS! You're not alone and although it can feel hopeless, it is possible to be rid of it! Visit our group for support and get some answers!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*. The group meets on the **first Tuesday of every month at the IBS Treatment Center**.

[Click here for details.](#)



October: GIG (Gluten Intolerance Group) Support Group

There is always something new to learn about living with Gluten intolerance. New products and research are coming out all the time! Come to the Central Seattle chapter of GIG and here the latest while enjoying the company of others living the GF lifestyle.

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.](#)

November: Gluten Free Gala

November 18th from 9am-6pm at Manna Mills! (21705 66th Ave W., Mountlake Terrace) More details in the IBS Treatment Center Newsletter next month.

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