

# March Newsletter

## *Parasites Are Everywhere*

### IN THIS ISSUE

- 1...Parasites Are Everywhere
- 2...Parasites continued
- 2...Announcement
- 3...Reviews
- 4...Dr. Wangen's Scheduled Presentations

It is often assumed that people living in the United States do not have parasites. For this reason, most people are not tested for parasites unless they have travelled to a tropical or third world country, or they have engaged in risky behavior, such as drinking from a stream.

Contrary to popular belief, it is not so unusual to find parasites in North Americans. However, you can't find what you don't look for. And since most people don't get tested for parasites, most physicians therefore assume that parasites don't exist here.

Complicating matters is that even if you have been tested for parasites, traditional stool testing is fairly ineffective at detecting most parasites. Almost all testing for parasites involves a microscopic analysis of a stool sample. This means that a very small smear of a much larger stool sample is viewed under a microscope. The parasite, or more likely the eggs from the parasite, must be present in that smear, and must be present in a significantly high amount to be found during the microscopic exam. And the lab technician must be proficient at recognizing it when they see it.

Unfortunately, microscopic exams are notoriously unreliable for finding parasites. Although it's been used for decades, microscopic examination is far from perfect. Multiple stool samples are required in order to

increase the reliability of the test, but parasites are still easy to miss. In fact, it can literally be like looking for a needle in a haystack, only now you have to use a microscope to examine the haystack.

Scientists have long known the ineffectiveness of stool testing for parasites, but recently it has become more apparent with the development of DNA testing. DNA testing is now available to evaluate the contents of a stool sample, rather than relying on the imprecise method of a microscopic exam. And DNA testing has proven that it can literally find a needle in a haystack.

Since DNA parasite analysis became available just over a year ago, it has shown to be an extremely valuable tool for helping to identify parasite infections seen in patients at the IBS Treatment Center. As a matter of practice we have always tested patients for parasites, but prior to the availability of DNA parasite testing, parasites were rarely diagnosed. DNA testing is infinitely more sensitive in detecting parasites, and since the introduction of this type of testing, we have found parasites in far more people than we previously suspected could possibly have them.

Now we treat parasites at least once every two weeks or so, and not just the garden variety of parasites such as Giardia. Parasites come

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Continued from page 1

in a range of different types, such as amoebas (Giardia, B. hominis, D. fragilis, etc.), roundworms, tapeworms, threadworms, pinworms, flukes, and others. We have seen most of them several times, and each requires a different type of treatment. As a word of note, parasites generally require prescriptive medication for successful eradication.

Parasites can cause many different types of digestive problems, including gas, bloating, abdominal pain, diarrhea, and constipation. They are also capable of causing other types of health problems throughout the body.

You need not travel outside the United States to be exposed to a parasite or to contract a parasitic

infection. We live in a very small world now where foods and other items are imported from countries near and far, and people from those countries often harvest foods in our own country. There is no guarantee that you are safe from parasites simply because you live in North America.

Please contact the IBS Treatment Center for more information about DNA parasite testing or visit our website at [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com).

## ANNOUNCEMENTS

### *R.O.C.K. (Raising Our Celiac Kids) Gluten Free Support Group*

The next meeting of the north end R.O.C.K. support group will next Saturday, March 20th at the Bothell Library from 2:00-4:00.

The topic for discussion will be eating out at restaurants and traveling. Please bring information to share about restaurants that have gluten free menus; what information you share with wait staff; how you go about inquiring about menu items; and how you handle traveling out of town. Facilitator Lynn Crutcher will show off her new Triumph Dining cards that are pocket sized information cards for dining out at ten different nationalities of restaurants.

Treats, including donuts, cake and lollipops, will be available at the meeting courtesy of Fresh Vitamins in Totem Lake, and from the Renton GIG support group.

Please RSVP for the meeting and a reminder to members that communication for the group will soon be moving to a YahooGroup. New members are welcome and encouraged to attend the meeting in Bothell. Contact Lynn Crutcher at 425-205-1327

### *Open House at Green Lake Nutrition - New Ravenna Location*



All are invited to an open house Friday March 26th, 5:00-10:00 PM  
6329 - 20th Ave NE in Ravenna at 65th and 20th Ave NE.  
RSVP at [admin@greenlakenutrition.com](mailto:admin@greenlakenutrition.com) to win a box of Zing Bars

## PRODUCT REVIEWS

### *Gluten Free Graham Crackers at Last*

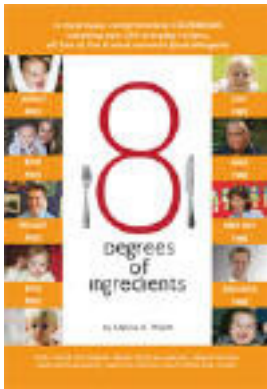
Everyone who tastes graham crackers made with **Jules Gluten Free Graham Cracker/ Gingersnap Mix** *RAVE* about them...some with tears in their eyes at this simple pleasure they've missed (and assumed they'd never have again).

Each bag of this convenient mix makes dozens and dozens of grahams! Great as snacks, for pie crusts, or s'mores for the kids! Besides being delicious and gluten-free, this graham mix is certified ALLERGY-FREE as well.



### *8 Degrees of Ingredients*

by Melisa Priem



*8 Degrees of Ingredients* is a unique cookbook that features 250 hypoallergenic recipes. The author, Melisa Priem was prompted to learn to cook without the common food allergens, wheat, egg, peanut, fish, soy, milk, tree nut, and shellfish because her daughter has multiple food allergies. Every recipe is 100 % gluten- and dairy-free.

All of the recipes are easy to follow. Recipes range from Honey-Roasted Chickpeas; Chili-Stuffed Baked Potatoes; Pork Fried Rice; and Chicken Enchiladas; to Chilled Broccoli Salad; Beef Burgundy; Veal Marsala; and Blueberry Peach Cobbler. This cookbook is definitely a **MUST HAVE** for the person suffering from multiple food allergies, intolerances, or sensitivities who finds cooking common recipes challenging.

## ANNOUNCEMENT

### *Central Seattle GIG Support Group*

**Next Meeting: Tuesday, April 6 from 6:30 to 8 PM.**

Tom Malterre is a leader and driving force in the Northwest community of healthy nutrition. He uses the best available science to inform healthy eating choices with special attention to food allergies. Mr. Malterre will be the featured speaker at the April Central Seattle GIG meeting. He will answer questions about nutritional deficiencies with food sensitivities; the latest science on immune system reactions to gluten; cross contamination; supplements; and how to make great tasting food that is great for your health. RSVPs are always appreciated, 206-624-1111

## Dr. Wangen's Scheduled Presentations

If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email at [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com) or at 206-264-1111.

### Edmonds, WA

Tuesday, April 13th, 2010 at 12:30 PM

Dr. Wangen will present to the Edmonds Community College Staff Wellness Program at Edmonds Community College. He will address gluten intolerance as part of their "Lunch and Learn" class program. Room and building to be determined. For more information contact Kendra Wanzenried .

### Tacoma, WA

Wednesday, April 14th, 2010 8:00 AM

Marlene's Market and Deli will host a closed session featuring Dr. Wangen. This event is only open to invited attendees.

### Spring Tour of the Eastern US

#### Wellesley Hills , MA

Sunday, April, 18th, 2010 at 2 PM

Dr. Wangen will be speaking to Healthy Villi, also known as Greater Boston Celiac/DH Support Group. The meeting will be at Mass Bay Community College, Wellesley Hills Campus, 50 Oakland Street, Wellesley Hills, MA 02481. For more info email [info@healthyvilli.com](mailto:info@healthyvilli.com) or visit <http://www.healthyvilli.com/>.

#### Livingston, NJ

Monday, April 19th, 2010 at 6:30 PM

Dr. Wangen will be speaking to the Kogan Celiac Support Group in Livingston, New Jersey. More info at <http://www.saintbarnabas.com/SERVICES/celiac/index.html>.

#### Long Branch, NJ

Monday, April 20th, 2010 at 6:30 PM

Dr. Wangen will be speaking to the Kogan Celiac Support Group at the Monmouth Medical Center in Long Branch, NJ 07740. More info at <http://www.saintbarnabas.com/SERVICES/celiac/index.html>.

#### Rochester, NY

Wednesday, April 21, 2010 at 7 PM

Dr. Wangen will be the guest speaker at the Rochester Celiac Support Group -GIG meeting.

### Federal Way, WA

Thursday, April 29th, 2010 at 7:00 PM

Back by popular demand, Dr. Wangen will be speaking about celiac disease, non-celiac gluten intolerance and IBS at Marlene's Market and Deli in Federal Way.

### Fargo, ND

Saturday, May 1st 2010 at 10:00 AM

Red River Celiacs host a Celiac Education Event from 10:00-3:00 at the Ever-Green Center, 302-27th St. N., Fargo. Contact: Stacey at [dsjuhnke@yahoo.com](mailto:dsjuhnke@yahoo.com)

### Renton, WA

Tuesday, May 18th, 2010 7:00 PM

Dr. Wangen has been invited back to Valley Medical Center to speak to the South Sound GIG group for his second annual appearance there.

### Minneapolis, MN

Saturday, June 5th, at 11:00 AM

Featured speaker at the GIG National Conference