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Dr. Stephen Wangen

Announcing the Most Advanced Gluten Intolerance Testing Ever Available

Testing for celiac disease and gluten intolerance has in the past been grossly oversimplified. Traditional celiac testing has involved screening for one or maybe two tissue transglutaminase antibodies. Gluten, the culprit in celiac disease, is not really just one protein but rather is composed of a group of various gliadins and glutenins. Until now none of the many gluten components have been available for antibody testing. And since reactions to wheat can involve proteins other than those involved in gluten, the testing has had its limitations.

Previously physicians have only been able to offer testing for reactions to whole wheat, barley, rye, and spelt. Although these tests have been very successful in diagnosing individual food allergies, new tests are now available which can offer much more specific information about reactions to wheat and different kinds of gluten reactions.

The IBS Treatment Center is proud to announce that it now offers the most advanced testing available anywhere for the evaluation and assessment of gluten intolerance and reactions to wheat. The following panel (see orange box below, next page) is now available through Cyrex Labs. This testing will allow for greater understanding of patient reactions to gluten.

This blood testing should prove to be far more adept than any previous blood testing at properly identifying those who are gluten intolerant or are reactive to wheat.



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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

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Wheat IgG	Gamma Gliadin 15 MER IgA	Gliadin-Transglutaminase IgG
Wheat IgA	Omega Gliadin IgG	Gliadin-Transglutaminase IgA
Wheat Germ Agglutinin IgG	Omega Gliadin IgA	Transglutaminase IgG
Wheat Germ Agglutinin IgA	Glutenin IgG	Transglutaminase IgA
Alpha Gliadin 17 MER IgG	Glutenin IgA	Glutamic Acid Decarboxylase (GAD65) IgG
Alpha Gliadin 17 MER IgA	Gluteomorphin IgG	Glutamic Acid Decarboxylase (GAD65) IgA
Alpha Gliadin 33 MER IgG	Gluteomorphin IgA	
Alpha Gliadin 33 MER IgA	Prodynorphin IgG	
Gamma Gliadin 15 MER IgG	Prodynorphin IgA	

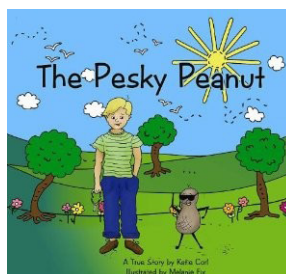
If you are interested in having this advanced gluten intolerance testing or would like to know more please contact our office at 206-264-1111 or 1-888-546-6283.

ANNOUNCEMENT

SPOKANE FOOD ALLERGY SUPPORT NETWORK'S 2ND ANNUAL AWARENESS MARCH

Come walk with and show your support for those affected by food allergies. Saturday, March 26, 2011 at 11AM Meet other walkers at the Riverfront Park Clock tower. Wear your allergy awareness gear. Friends and family are welcome. Special Guest Walker: Katie Corl, author of The Pesky Peanut. Meet the author, buy the book, and have it signed! You can contact Katie at: corlkat@netzero.com. The IBS Treatment Center is proud to be a sponsor of this event.

Contact information:
Jodie Hommer, MA, MFT
President/Founder
jodie@SpokaneFASN.org



ANNOUNCEMENT

GLUTEN & ALLERGEN FREE Expo

Presented by
LIVING WITHOUT



The 2011 Gluten and Allergen Free Expo held in Chicago is fast approaching. This is the grand daddy of all gluten free fairs with over 2000 people expected to attend. The Expo includes two days of cooking classes and an enormous vendor fair with over 70 gluten and allergen free vendors. Dr. Stephen Wangen is scheduled to speak Saturday morning at 8:45AM.

Dates: Saturday & Sunday, April 30 and May 1, come one day or both
Location: The Wyndham Hotel, 3000 Warrenville Road, Lisle, Illinois 60532
Information & registration: <http://gfafexpo.com/>

Also offered this year, for Dietitians and Nutritionists, is Gluten Free 101 Training Day. This training will be highly informative for those practitioners who have gluten free clients. Attendees will learn about clinical issues as well as take part in the Expo's cooking classes and vendor fair. This class is Friday from 1:00-4:00. Fee is \$50. (2CPE hours). For more information contact Jen Cafferty at 847-217-1317 or jen@gfreelife.com.

BOOKS

Don't Kill the Birthday Girl: Tales from an Allergic Life.

By Beasley, Sandra. Crown. Jul. 2011. 240p. ISBN 9780307588111. \$23.00; eISBN 9780307588135.

Kiss the birthday girl? Never! Beasley has had such severe allergies her whole life that the mere crumbs clinging to her friends' sticky lips would have sent her to the hospital. Hence her mother's warning, as seen in the title. Yet another poet trying out the memoir form, award winner Beasley (e.g., Barnard Women Poets) offers a cultural study of living the "allergic life" that could appeal to anyone with food allergies (up to 12 million Americans). With a readers' guide.

Allergic Girl: Adventures in Living Well with Food Allergies

Miller, Sloane. Wiley. Mar. 2011. c.272p. ISBN 9780470630006. \$24.95.

As the parent of a child with a severe food allergy, Sloane's approach to the subject is both positive and practical.

Easy Travel Foods & Portable Lunches

Monday, April 18th, 6:30-8:30

April cooking class at Green Lake Nutrition focuses on food that moves. The class will be lead by Adriane Angarano, a graduate of Bastyr University's Nutrition and Dietetics program. Adriane encourages individuals to utilize their senses in order to connect with the look, feel, and essence of food. During the class she will touch on intuitive and mindfulness practices for cooking at home. This group cooking class is mainly demo-oriented with light, hands-on participation from class attendees. And, of course, lots of tasting.

The following menu items will be demonstrated:

Sun-dried Tomato and Edamame Salad

Hearty Collard Green Wraps with Sunflower-Walnut Pate

Avocado Salmon Salad Wraps in Rice Paper

Savory Spinach, Feta & Roasted Red Pepper Muffins

Cinnamon & Spice Teff Bars



Cost is \$44 per person or \$75 for two if you register with a friend. Class is held at Green Lake Nutrition, 6329 - 20th Ave NE, Seattle, 98115. Class is limited to 6 participants and will fill.

Call 206-729-5111 or email admin@greenlakenutrition.com to register.

Gluten Free Crepe Cooking Class & Spring Tea

Janell's Gluten Free Market in Everett regularly hosts "Wednesdays With Dorrie." Dorrie Lee, BSN, one of the great employees at Janell's, is a Bastyr Educated Nutritionist. Her business, Dorrie's Cooking For Health, provides cooking, baking and canning classes, and pantry overhauls. She is available at the market for classes two Wednesdays a month at 10:30. These classes provide support, encouragement, lots of answers to baking questions, and samples to taste and delicious recipes for a healthier gluten-free lifestyle. Dorrie's upcoming class is March 23rd and will feature Crepes. Cost to attend is just \$10 per class.

Also at Janell's, is the upcoming "Spring Tea" on Saturday, March 26th, from 2-4 pm. Spring is a great time to plant new friendships! Bring your mother, daughter or friends! Dorrie Lee will host this occasion, serving tea with savory gluten-free sandwiches and an assortment of scrumptious gluten-free pastries. To be held at Janell's Gluten-Free Market. Contact dorriescookingforhealth@yahoo.com or call 425-876-7808. Reserve your seat today!

\$12.95 per person.



Don't get jerked by the beef jerkey

Old World Meats of Duluth, Minn. is recalling approximately 83 pounds of individually packaged hot and teriyaki-flavored red meat jerky products because they contain soy, wheat and milk that are not noted on the label. The products subject to recall include:

1.5-lb. cases of "Old World Meats ORIGINAL FLAVOR BEEF STICKS HOT" with each box containing 24 individual 1 oz. packages.

1.5-lb. cases of "Old World Meats ORIGINAL FLAVOR BEEF STICKS TERIYAKI SNACK STICKS" with each box containing 24 individual 1 oz. packages

Individual packages bear the establishment number "EST. 3448" inside the USDA mark of inspection. The hot-flavored product label would also contain the code number 3022011 printed on the lower portion. The teriyaki-flavored product label would contain one of the following code numbers: 2172011, 3032011 or 3092011 printed on the lower portion. The products were produced on one of the following dates: Feb. 16, March 2, March 3 or March 8, 2011, and shipped to two distributors in the greater Duluth area.



Many choices for those with food allergies on the slopes

Recently some of the staff of the IBS Treatment Center were doing "research" at Whistler Blackcomb Ski Resort in British Columbia. We are happy to report that on-the-slope dining establishments are very food allergy sensitive. Not only was there good choices for those with food allergies, but the food was tasty and the portion sizes were appropriate. Along with Asian food stations and a custom deli, skiers could get the usual lodge offerings of pizza and burgers. Now the price of the fare is another thing....



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Thinking of those in earthquake affected areas

Especially our friend in the field of food allergy awareness, Dr. Rodney Ford at The Childrens Clinic | The Allergy Centre in Christchurch, NZ. Dr. Ford's website: <http://www.drrodneyford.com/> see his February 25 blog post on GF Planet Blog.