

# Newsletter

## New IgA Food Allergy Testing Now Available

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The award winning lab that does our food allergy testing, US Biotek, has announced that they are offering another valuable tool for measuring food allergies. We are now pleased to offer our patients the option to measure IgA antibodies for each of the foods already in our food allergy test panels. This is an additional way to determine whether or not your immune system is reacting to foods, and should prove very valuable.

All of the testing at the IBS Treatment Center up to this point has included two different types of antibodies – IgE and IgG. These are two very important antibodies, but they are not the only antibodies that can be produced by the immune system when it is targeting something such as a food. Another important antibody is the IgA antibody.

IgA antibodies have long been a part of food reactivity testing, but only in a very limited capacity and usually only in relationship to gluten intolerance. There are several examples of this, but the traditional test most similar to the new testing now being offered is the IgA gliadin antibody test.

The IgA gliadin test is a measurement to help determine whether or not your immune system has formed a reaction against gluten, a protein in wheat and other grains. (For more information about this test, refer to Dr. Wangen’s book, Healthier Without Wheat.) This has been a valuable test, but unfortunately it was virtually the only food for which IgA testing was available. Few labs have offered this test for other foods, and the quality of that lab work has been questionable.

Fortunately we now have IgA antibody panels from a reputable lab. This testing will allow us to detect food reactions that are not seen with IgE and IgG tests, and it will almost certainly be important for helping at least some patients.

The IBS Treatment Center is the nation’s leading facility for the successful resolution of Irritable Bowel Syndrome. May 2009 Issue. Newsletter Published Monthly.

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IgA antibody panels can be run individually or in conjunction with IgE and IgG antibody tests. IgA antibody panels are available for exactly the same panels as have been offered for IgG and IgE testing. (For a complete list of the foods against which an immune reaction can be tested, please visit <http://www.IBSTreatmentCenter.com>.) The prices for these panels will be posted soon on our website.

If you would like to run IgA testing, or have yet to run any tests with us, please contact our office to schedule an appointment.

## Regular Features

### May's Product Review Amy's Frozen Pizza

Amy's frozen food products are highly successful because of their awareness of food allergens, use of organic products, knowledge of healthy eating, and outstanding recipes. Check out their website

<http://www.amys.com> for complete information on this organic food company. Best of all, Amy's foods taste great and are convenient. Amy's has a line of frozen pizzas. Two we want to recommend: The delicious Roasted Vegetable Pizza and the Rice Crust Cheese Pizza. The Roasted Vegetable Pizza is vegan, dairy free and therefore lactose free. This pizza is great by itself but we want to advise you to try Vegan Gourmet Brand Mozzarella Cheese Alternative and Organic Pepperoni. It takes about half a loaf of the "Mozzarella"



and 6 slices of pepperoni. The Rice Crust Cheese Pizza is for those with Celiac disease or gluten intolerance. Please make sure you bake the rice crust so that it is crispy. Under baked rice crust comes out gummy. One of these options will work for almost anyone. Available at Whole Foods, Town and Country Markets, and many others.

# Events

## Support Group At IBS Treatment Center

The IBS Treatment Center hosts a support group, open to the public usually on the first Tuesday of every month from 6:30-7:45PM.

Meet other people with IBS, food allergies, and/or gluten intolerance at these fun and educational events. Dr. Wangen attends most meetings. For more information, please call 206-264-1111.

**The Next Meeting Is on Tuesday, June 2nd from 6:30 to 7:45 PM.**

Our Special Guest for the June meeting is Tom A Malterre, MS, CN, MS Nutrition, Certified Nutritionist, Co-Author of the Whole Life Nutrition Cookbook <http://www.wholelifefood.com> and author of the recipe blog, <http://www.glutenfreewholefoods.blogspot.com>. Mr. Malterre is a well known nutritionist with a large following. Come hear him on June 2nd!

**Location:** IBS Treatment Center, 1229 Madison St. Suite 1220, Seattle, WA 98104  
Phone: 206-264-1111

**Meetings may be heard live by phone conference call. Long Distance charges may apply.** To hear the presentation live, please call the teleconference access number: (712) 432-0850 and use Participant Access Code: 504861# to join the call at 6:30 PM. Please mute your side of the call to avoid interfering with the presentation by pressing \*6. If the presenter asks for questions from the phone audience, you may un-mute your phone by pressing \*6 again. If you have free long distance, such as through your cell phone provider, you can listen in for free.

You can listen to the May meeting by downloading the MP3 file from our website: <http://www.ibstreatmentcenter.com>. You can listen to an audio recording of the conference call: May 2009 Support Group Meeting Conference Call Recording (MP3 format) This is a big file (over an hour) suitable for Ipod or any MP3 player.

## Upcoming GIG Events

The 35th GIG Annual Education Conference 2009 will be held at Marriott Seattle Airport Hotel, SeaTac, Washington. The conference and exhibits will be held June 5th and 6th. To Register On Line or read the General Program Brochure please go to: <http://www.gluten.net/events.php> Dr. Wangen will see you there!

The Gluten-Free Vendor Fair on Saturday June 6, 2009 at the Marriott Seattle Airport Hotel Conference Center will be open to the public from 11AM-3 PM. The first 200 people will get in free. After that the entrance fee is only \$5.00. There will be over 50 gluten-free vendors with products to sample and buy.

For information about the Sea-Tac Marriott Hotel please go to: <http://www.marriott.com/hotels/travel/seawa-seattle-airport-marriott/>.

You will find all the info you need to stay or just visit the conference and /or the exhibits. See you there!

# Green Lake Nutrition Presentation: Sports Nutrition

On Wednesday May 20, 2009 at 7:30-9:00 PM in the Always Running Building – 7300 E Green Lake N., Seattle, WA 98115 there will be a talk on Sports Nutrition. Julie Starkel, a respected dietitian and nutritional counselor regards nutrition as a very important component for improved performance. At the talk the basics of nutrition and analysis of sport drinks will be covered. Those interested should email [infor@greenlakenutrition.com](mailto:infor@greenlakenutrition.com) or call 206-260-3116 to register. The cost is \$10.

## Announcements

### Research Study among people living with Celiac disease and IBS

Melissa Del-Colle, LMSW, ABD a doctoral candidate at Arizona State University is conducting a research study to find out about social support. She is recruiting people who are age 18 or older and either have or suspect they have celiac disease, irritable bowel syndrome, or both to tell her about their experiences with their support system, treatment adherence, and quality of life. The survey will take approximately 15 minutes and is 100% anonymous. If you are interested in being a part of this study please visit:

[http://www.surveymonkey.com/s.aspx?sm=yMVNLDPAvNcTuEaoyVOqXw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=yMVNLDPAvNcTuEaoyVOqXw_3d_3d)

### Dr. Wangen's Scheduled Presentations

Dr. Wangen and other representatives of the IBS Treatment Center give talks, present at Health Fairs, and etc. 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 by phone at 206-264-1111.

#### **In Texas: Thursday, July 30th, 2009**

Dr. Wangen will speak in San Antonio, Texas at the Alamo Celiac Gluten Intolerant Group ([www.AlamoCeliac.org](http://www.AlamoCeliac.org)).

#### **Friday, July 31st, 2009 at 5 PM**

Dr. Wangen is speaking at the Alamo Celiac GIG in Austin, TX ([www.AlamoCeliac.org](http://www.AlamoCeliac.org)). For more information contact Frances Kelley at [www.FKelley@austin.rr.com](mailto:www.FKelley@austin.rr.com)

#### **Saturday, August 1st, 2009 at 10 AM**

Dr. Wangen is speaking in Fort Worth to the North Texas Gluten Intolerant Group, ([www.NorthTexasGig.com](http://www.NorthTexasGig.com)).

#### **Sunday, August 2nd, 2009 at 2 PM**

Dr. Wangen will be speaking at Laura's Bistro, a gluten free restaurant. This event is sponsored by Lone Star Celiac ([www.dfwceliac.org](http://www.dfwceliac.org)) in Dallas, Texas. Rose Mary Simmons is the contact, 214-632-1878.

#### **In Chicago Area: Saturday and Sunday, August 15th and 16th, 2009**

Dr. Wangen will be presenting both days at The Gluten Free (and Mostly Dairy Free) Cooking Expo in the Chicago area. The expo is at the Wyndham Hotel, Lisle, Illinois with additional info at

<http://www.glutenfreeclasses.com> Dr. Wangen's presentations are: August 15: "Why Wheat Isn't Good For Everyone" and August 16: "Understanding Non-Celiac Gluten Intolerance".

#### **In Richmond, Virginia: Thursday, November 5th, 2009 at 6:30 PM**

Dr. Wangen and Dr. Ford (of New Zealand) will be making presentations as part of a dinner event at The West End GIG Group [www.gigofrichmond.org](http://www.gigofrichmond.org) in Richmond, VA. The event will be held at Trinity U. Methodist Church, 903 Forest Ave, Richmond, VA 23229. Contact Madelyn Smith, Branch Manager, for more information at Phone: (804) 968-4111; Email: [twegig@comcast.net](mailto:twegig@comcast.net).

#### **In Harrisburg, PA: Saturday, November 7th, 2009 at 2 PM**

Dr. Wangen is speaking to GIG of Harrisburg, PA [www.harrisburgceliacs.org/](http://www.harrisburgceliacs.org/)

#### **In Rhode Island: Sunday, November 8th, 2009 from 1 to 4 PM**

Dr. Wangen will be presenting at the American Celiac Support Group meeting in Pascoag, RI.

#### **In New York: Monday, November 9th, 2009**

Dr. Wangen will be teaching a class at the Natural Gourmet Institute <http://www.naturalgourmetschool.com> in the borough of Manhattan, New York City, New York.