

NEWSLETTER

IBS Treatment Center Offers New, Cutting-Edge Testing

New testing using Nobel-Prize winning PCR technology now available will provide even better diagnosis and treatment of IBS. "Irritable Bowel Syndrome treatment success at the IBS Treatment Center has been very high -- the vast majority of patients find relief. This new testing will bring us even closer to 100% success," said Dr. Wangen, founder and Chief Medical Officer at the IBS Treatment Center.

Testing for all the conditions that can cause IBS symptoms, such as food allergies, microbial imbalances or infections, parasites, and a variety of other conditions, is simply not available to most physicians using standard laboratories. Standard care for IBS is limited to ruling out more serious conditions, like cancer, and offering generic health recommendations, like more fiber. The IBS Treatment Center is committed to successfully treating IBS by using the best available testing to find the cause or causes.

For years, leading medical laboratories specializing in the necessary testing have partnered with the IBS Treatment Center to enable collection of the information required to correctly diagnose the cause or causes of IBS symptoms. Now new testing available at the IBS Treatment Center allows for heretofore unavailable detail and specificity that makes definitive diagnosis of the underlying condition more accurate and better than ever.

Until recently the best testing available for determining which microbes affect the patient's intestines was limited by a need to grow the microbes in culture. This meant that microbes that can't survive in the presence of oxygen, or have highly variable excretion rates were very hard or impossible to detect. The new testing offered by the IBS Treatment Center

detects the DNA of the organisms using Nobel Prize-winning PCR technology. This testing enables the physician to know if the patient has an infection, understand the balance of necessary, healthy bacteria, and even know if microbes are carrying drug-resistant genes.

This new testing is the perfect compliment to the suite of testing already available. PCR – DNA testing has been added to all the IBS Treatment Center's re-designed discount packages. If you want to get your life back – come to the IBS Treatment Center for the best available testing and treatment.

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The IBS Treatment Center: 1229 Madison St, Suite 1220, Seattle, WA 98104 (206)264-1111 www.IBSTreatmentCenter.com

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This months Product Review:

Nancy's Cultured Dairy and Soy products

Nancy's Cultured Dairy and Soy products have been favorites in the northwest for decades. Operating out of the Springfield Creamery in Eugene, Oregon, Nancy's has added a line of sugar-free soy yogurts to her other organic and sustainably farmed products. http://www.nancysyogurt.com/nancys_products/soy.php (link to the soy yogurts page). The soy yogurts are certified organic, vegan, and kosher. The Kosher designation is D.E. which means it is produced on equipment also used for dairy, but cleaned to an incredible extent between products such that there is no chance for cross contamination. If you are keeping kosher you need to use your dairy dishes for this product, but you don't have to worry about getting any dairy or sugar cane in your body.

These yogurts are sweetened with grape juice or agave, or maple, and contain live cultures of several strains of probiotic bacteria. While not a substitute for probiotics, having some soy yogurt won't hurt your bacterial balance. Nancy's even adds calcium – each serving contains 15% of the USDA recommended daily allowance. But make sure you are getting enough vitamin D to make that calcium useful.

Asking for Your Health Insurance Experience

Sometimes we get information about how patients were reimbursed but we want to learn more to help you get better reimbursement. **Send us your EOB forms!** If you have submitted a claim to your insurance company we would like to know what happened. If you were denied, please email us and let us know which insurance company and what plan you are on. If you got an 'Explanation of Benefits' form (or two or three) it would be great if you could send us a copy of all the pages. You can scan and email your documents to us at info@ibstreatmentcenter.com, fax to 206-749-4100, or you can send them by snail mail to 1229 Madison St. Suite 1220 Seattle WA 98104. Participation in this effort is entirely voluntary. We won't share your personal information with anyone without your specific written consent. We will use what you provide to identify ways we can help maximize reimbursement. We may share aggregate information or individual cases stripped of personally identifiable information with others or even in this newsletter. Obviously we will not share names, phone numbers, social security numbers, or the like with anyone without your specific written consent. Information that we have received has indicated that some patients are receiving full reimbursement for their testing and visit costs, as provided for in their insurance contract. But some patients are not getting as much as they expect or deserve. By sending us your EOB forms or letting us know you were denied, we can hopefully help you get better reimbursement and help future patients know what to expect and how to best get reimbursed.

The Innate Health Foundation Board needs You!

The Innate Health Foundation is seeking a new member with fund raising skills to join the board. If you are looking for a way to help others with IBS and/or food allergies/intolerances this is a great opportunity. The board of the Innate Health Foundation directs the activities of this 501(c)(3) public charity. Funds are needed to support the patient grant (http://www.innatehealthfoundation.org/2_a.htm); research (http://www.innatehealthfoundation.org/2_b.htm) and information programs. If you have skills in this area, we would love to have your help. Email the board at contact@innatehealthfoundation.org if you are interested.

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Next GIG/IBS Support Group Meeting

June 3, 2008

6:30 pm - 7:45 pm

@ The IBS Treatment Center

(<http://www.ibstreatmentcenter.com/7.htm>)

Nutrients in Balance: What you Need to Know if You Have a Restricted Diet

Join Kimberly Mathai, RD (<http://nutritiondesign.com>) to learn what nutrients you may be lacking if you are on a restricted diet for celiac disease or food allergies. We'll review the major nutrients in foods like wheat, dairy, eggs and soy. You'll understand how much you need, and alternate food sources of these nutrients. Bring your questions!

*Thanks to Special Guest Angela Pifer of The Nourished Body, <http://www.thenourishedbody.com>. for leading a fun discussion at the May 5th meeting.

“July” GIG/IBS Support Group Meeting Special Day, Special Guest!!

June 30, 2008

(Replacing July's Meeting)

6:30 pm - 7:45 pm

@ The IBS Treatment Center

Breads From Anna!!

The 'July' support group meeting will be held on June 30th (Monday) and will feature the second annual visit by Anna Sobaski, proprietor of Breads from Anna!!! Her last visit was a huge hit and everyone loves her breads. If you have a gluten intolerance and think that there isn't any good bread for you, Anna

King5 Healthy Living Expo News

We had a drawing for a free standard package of office visits, testing and treatment at the Healthy Living Expo which took place on April 19th and 20th at the Qwest Field Exhibition Center. The winner has been chosen, but so far hasn't called us back! Unless we get a response we will be choosing a new winner at the end of May!!

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