

IBS Treatment Center Newsletter

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About a Boy...

Having suffered with my child from the first time he drank from a bottle, never being able to keep his formula down - my sons symptoms only increasingly got worse from severe rashes, constipation, diarrhea, stomach pain, and chronic coughing on a daily basis and then being diagnosed with everything from Asthma to Encopresis. Completely frustrated as a mother it wasn't until we were treated by Dr. Wangen that we actually made progress, which cured and changed my son's complete immune system. It was a bit of a lifestyle change for a 6 year old at the time but now he will educate you on what he should and shouldn't eat. He is a happy, active and symptom free 8 year old. He is gluten & dairy intolerant & loves his Rice milk & Corn Bread! It was 6 years of trying to get the right answers for my son. Somehow I ended up in your office with the answer right in front of me. Thank you so much. We are so grateful for Dr. Wangen's expertise and helping us to get healthy!

Denise M. Hermans-Smith, L.M.P.



We Treat Kids Too!

IBS is typically a diagnosis reserved for adults. But you don't have to have been diagnosed with IBS to be treated at our clinic. We frequently see kids of all ages, and although children can suffer from constipation, abdominal pain, diarrhea, and/or gas, for whatever reason they aren't given a diagnosis of "irritable bowel syndrome."

Of course, IBS doesn't really mean anything other than that you suffer from one or more of the problems mentioned above. And kids suffer from these problems as much as adults. The good news is that kids are just as treatable, if not easier to treat, than adults.

The causes of most digestive problems are almost always the same for children as they are for adults, and the earlier you catch the problem the better. These problems are typically triggered by a food allergy or a bacterial imbalance. Food allergy testing can only be adequately done through a very straightforward blood test. And bacterial imbalances can be measured through a simple culture of the bacteria.

Children can develop digestive problems at any age, but they can also have them from birth. You should not expect your child to just grow out of the problem. Even if they do seem to grow out of it, it is unlikely that the cause of the problem actually went away. They will likely suffer other health problems later on in life triggered by the same food allergy.

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Symptoms of a food allergy often change as we get older, and adults who suffer from health problems often state that they had a food allergy as a child but that they grew out of it. Invariably, the test results of these patients show that they did not grow out of the allergy. They only grew out of the symptoms that they had as a child.

If your child suffers from any of the digestive problems mentioned, please come in and see us. There is a very specific cause for their problem and more than likely we can help you sort it out. More information is available on our website at www.IBSTreatmentCenter.com.

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

I Want Your Feedback for My Next Book

I have begun writing my next book, "Understanding Celiac Disease and Other Forms of Gluten Intolerance: How To Tell if Wheat is Making You Sick."

This book will be about the various forms of gluten intolerance and the various ways of testing for this common problem. I'd like your feedback on what you would like to see in this book. For example:

-What kinds of questions would you like answered?

-What issues or concepts have been important to your understanding of gluten intolerance?

-What still confuses you?

-What did your doctor forget or neglect to tell you?

-What have you learned that you would like to share with others?

Would you like to share the entire story of your adventure suffering from gluten intolerance, getting diagnosed (whether by a doctor or yourself) and finally starting to feel better? If so, please send it. It can be anonymous (I'll change the name) or we can use your first name. Please send your suggestions and stories to info@ibstreatmentcenter.com. I will send a free autographed copy to those whose stories I use.

This book will focus on understanding and diagnosing all forms of gluten intolerance, including celiac disease, non-celiac gluten intolerance, gluten allergies, and wheat allergies. I don't plan on addressing the topics of living with gluten intolerance and eating gluten-free because there are already many fine books on these issues.

If all goes well, the book should be out sometime next summer. I'll be sure to let you know.

Thank you for your help. I greatly appreciate it.

Dr. Stephen Wangen



Calendar:

November:

Gluten Free Gala

November 18th from 9am-6pm at Manna Mills. Come see our booth and great gluten free products!
(21705 66th Ave W, Mountlake Terrace.)

December:

GIG and IBS Support Group

Our chapter of the Gluten Intolerance Group is meeting on a new night! Along with the IBS Support Group, GIG will meet on the **first Tuesday of each month at the IBS Treatment Center.** [Click here for details.](#)

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you've been through and share what you've learned too!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of *The Irritable Bowel Syndrome Solution*.

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