

IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com



November 2007

BLOG UPDATE!!

Dr. Wangen's Blog is New and Improved!

As you know, Dr. Wangen blogs on issues related to IBS, Food Allergies, and general health issues. His direct style and dry humor have been praised as great for cutting to the heart of issues. We updated the engine to use the latest technology. Dr. Wangen's blog is now presented with improved formatting and better archival search. It also now has an RSS feed so you can keep up with the latest blogs. If you have comments or question, please send them to info@ibstreatment-center.com Go to <http://www.IBSTreatmentCenter.com/blog/> to read the blog, or to get your RSS feed.

Do You Have a Nervous Stomach?

Has anyone ever told you that you have a nervous stomach? Or do you just assume that you have a nervous stomach? Do you think that a nervous stomach is an inevitable part of anxiety or stress? This is a common misconception about a nervous stomach. Most people assume that it has something to do with nerves.

It's a common way of trying to describe what most people really don't understand. Children with an upset stomach or digestive problems are often thought to have a nervous stomach. Adults with similar problems may think the same thing.

What exactly does it mean to have a nervous stomach? What it really means is that you have a digestive problem. And the biggest part of this problem is that no one has helped you figure out why you have it. Therefore you blame anxiety, or stress, or nerves, and simply write it off as that, convincing yourself that you simply have nervous character.

But most people who have anxiety or stress don't have a nervous stomach. The reason that you have a nervous stomach is because you have another problem or weakness in your digestive tract. And that problem is made worse when you get anxious or are in a stressful situation.

The weakness in your digestive system is likely caused by something very real, something much easier to control than anxiety or stress.

A nervous stomach is usually the result a food that reacts poorly with your body. And that food can usually be identified with the proper kind of testing, as discussed on our website, [IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com).

A nervous stomach can also be caused by a microbial imbalance in your digestive tract. Fortunately, this is another problem that can be sorted out with the proper testing, also discussed on our website.

If you have a nervous stomach, but would like to trade it in for a normal stomach, or would like to know what one feels like, please contact us. We'd like to help you. No one deserves to have a nervous stomach.

•GIG and IBS Support Group

Tuesday, December 4, 2007

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 IBS Solution*.

•Upcoming Support Group Meeting Guest - Gluten-Free Girl

The famous blogger and author Shauna James Ahern (better known as Gluten-Free Girl) will be joining us for the February 5th IBS and GIG Support Group Meeting. Currently on a book tour with her husband, the chef, Ms. Ahern's blog has become very popular, even outside the gluten-free community. Plan now to attend the support group meeting February 5th and meet Gluten-Free Girl! Details will be posted as the date approaches on the Forum page of the IBS Treatment Center website at http://www.IBSTreatmentCenter.com/7_c.htm.

Thanks to Ener-G Foods!

Kathy Hoffman from Ener-G foods attended our November 6th IBS and GIG support group meeting. She brought samples of several of the gluten-free, dairy-free items they produce. Ener-G Foods has also supported the Innate Health Foundation (www.InnateHealthFoundation.org) with donations for fund-raisers. They have a long history of innovation in specialty foods for those with dietary restrictions. Check out their website at <http://www.ener-g.com/>.

To subscribe to this newsletter, send email to Info@IBSTreatmentCenter.com with "IBS Newsletter" as the subject.

To unsubscribe, send email to the same address with "Unsubscribe to the IBS Newsletter" as the subject.

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

©2006 Innate Health Services, LLC



Success at the IBS Treatment Center

“After years of illness, I was diagnosed in late 2004 with Celiac Disease (along with Thyroid disease, B-12 deficiency, and peripheral neuropathy) by a gastroenterologist. After treating all of those diseases, I felt much better (don’t get me wrong I felt a hundred times better), but I was still not “normal”. My doctor basically implied that I should be thankful for how much better I was (which I was I was finally able to function as a human being) and that the rest of my symptoms were just stress.

I met Dr. Wangen at a Celiac Support Group meeting where he talked about food allergies. I went to see him and got a food allergy panel and found out that I had several high level food allergies. After taking it all out of my diet, I am finally feeling like I thought I should. My acne even cleared up!

Even more than the treatment, I was glad that I saw Dr. Wangen simply because he was the first doctor to really listen to me and treat me like I was telling the truth. In getting my Celiac Disease diagnosis, I felt like I was constantly having to convince my doctors that I was really sick. It wasn’t until they finally found evidence of all of my problems that they realized that I was telling the truth! My gastroenterologist actually apologized to me after he got all my results back because he hadn’t taken me seriously. Dr. Wangen, on the other hand, was very supportive and seemed to really care if I got better. When I had an appointment, he was not trying to rush me in and out, and was willing to listen to my symptoms and look for a cause rather than handing me a prescription to get me out.

I have been so impressed that I have recommended him to several of my friends, who have all had good things to say. One of my friends called me after leaving his office and she was crying because someone actually believed her. Before seeing him, she had been told by her doctor that her symptoms were “all in her head” and had actually been referred to a psychiatrist! Now she knows that she had food allergies and her symptoms have improved tremendously.

I would recommend Dr. Wangen to anyone who feels sick and doesn’t know why. He is a great listener and will really work to find the problem!”

October/ November Events Calendar

•GIG and IBS Support Group

Tuesday, November 6, 2007

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 TheIBS Solution.

•2007 6th Annual Community Awareness Event

Saturday, November 3, 2007

From 11 AM to 3 PM

At Ferndale Senior Center, Cherry St., Ferndale, WA

Hosted by Bellingham Gluten Intolerance Group of Whatcom County, Washington
FREE ADMISSION

•Celiac Clinic - Auburn, WA

This group education program is designed especially for persons newly diagnosed with celiac disease, gluten intolerances, or those needing a refresher course. Spous-

es are welcome. Parents/guardians should attend for/with children under 14. Course is not appropriate for young children.

2007 Clinic Dates:
Sept 15; Oct 13; Nov 10; Dec 1

Location: GIG Office, Auburn, WA

To register call: 253-833-6655,
Mon - Fri 8:00 to 4:00 pm

To subscribe to this newsletter, send email to Info@IBSTreatmentCenter.com with “IBS Newsletter” as the subject.

To unsubscribe, send email to the same address with “Unsubscribe to the IBS Newsletter” as the subject.

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

©2006 Innate Health Services, LLC