

**NEWSLETTER**

**IBS: A Serious Problem**

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Irritable Bowel Syndrome is a diagnosis given to patients when the doctor can't find anything wrong. It implies that the problem isn't all that severe and is likely mostly in the patient's head. Yet people who suffer from IBS know all too well that IBS can be not only disruptive to their life, but also extremely debilitating. And being given antidepressants or acid blocking medications, to name a few, does little to address the cause of their suffering.

The facts about IBS are very enlightening. At least 35 million people in the United States suffer from it. It is a primary cause of lost work days, second only to the common cold. It is one of the top 10 reasons that people visit the doctor, and it is the primary reason people see a gastroenterologist. In fact, it is one the most common problems in our country.

Despite all of this, most doctors know very little about IBS. IBS is rarely talked about, and increasing the level of knowledge around IBS is almost unheard of. The only time IBS is brought up is either by a comedian or a commercial about a new drug that at best temporarily treats a symptom and at worst comes with a host of bad side effects.

This current state of IBS may be because it doesn't kill you, but it certainly isn't insignificant. For too many people who suffer from IBS it neither funny nor a mere inconvenience. Many of our patients express how significantly IBS has affected their lives. They may not be comfortable in social situations, they may not be able to go out for fear of an unpredictable digestive urgency, they can't spend long periods in the car, and they always have to know where the nearest bathroom is.

Some people have to arrange their lives so that they work from home, or don't go to work until the afternoon, or simply have to embarrassingly excuse themselves from meetings on a frequent basis. And many people have simply given up and quite their job or lost it due to IBS.

The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome October 2008 Issue. Newsletter Published Monthly.

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But that is not the worst of it. Thousands of people end up in the emergency room with, believe it or not, IBS. The pain can be excruciating and debilitating, and it feels as if something very serious is wrong. These patients are screened for appendicitis, gallbladder disease, cancer, ulcerative colitis, and many other conditions, but nothing is found.

In fact, something very serious is wrong. It must be to disrupt so many lives in ways that significantly alter professional, personal, and social activities. But the diagnosis of IBS does nothing to enlighten the cause of the problem. It is primarily given to try to calm fears. It's as if to say, "Congratulations, you're not going to die."

Unfortunately it also means, "Congratulations, we don't know what to do for you." This of course leaves you right back to where you started: with an irritated bowel and nowhere to turn. And that's when you need an expert in IBS, because it's obviously a complicated problem, or it would be easy to cure. Please don't assume that it can't be treated just because you haven't been helped yet. Our experience is just the opposite.

## Regular Features

### This Month's **Product Review**

#### Briannas Fine Salad Dressings

since 1982

Anyone who has tasted Briannas salad dressings know how tasty and satisfying they are. They are made with all natural ingredients like canola oil. They are sugar free and MSG free. Each flavor has been created by this family owned business. This family is always open to new ideas for flavors and they carefully craft each flavor. Flavors include their popular Rich Poppy Seed, Blush Wine Vinaigrette, Zesty French and Rich Santa Fe Blend which are used frequently in our office lunch room. Each bottle of dressing has a label which will state all the natural ingredients used and whether the dressing has allergens, like wheat or dairy. For a scrumptious salad try one of these dressings. Please check out their website <http://briannasaladdressings.com/>



# Announcements

## Gift Certificates Are Available!

This holiday season give the gift of health. You can purchase gift certificates from the IBS Treatment Center in any denomination. Your loved one can use them for appointments, lab testing, vitamins, or even Dr. Wangen's books. Simply call our office (or stop by) to purchase.

## Help Us Help Others!

If you have been a patient you have an opportunity to help others to achieve relief from their IBS and other health challenges. There are 3 easy ways to do so:

1. Send us your testimonial. Many patients have shared their stories and you can join them. We post testimonials on our website at [http://www.IBSTreatmentCenter.com/6\\_b.htm](http://www.IBSTreatmentCenter.com/6_b.htm). Many thanks to those who have already shared their story!
2. Review Dr. Wangen and the IBS Treatment Center online. There are many sites that allow you to review businesses or specifically review doctors. Here are links to a few places where you can write a review:  
<http://www.yelp.com/biz/ibs-treatment-center-seattle-2>  
<http://www.ratemds.com/doctor-ratings/153076/WA/Seattle/Wangen>  
If you are a nurse: <http://www.nursesreommenddoctors.com/>

## Thank You For Your Referrals!

Refer friends and get discounts on your supplements. When you refer a friend or non-same-household family member to our clinic you can be qualified for a 25% discount on your next supplement order. Simply remind your friend to list your name on the intake form as the way they heard about us. Members of the same household get 10% off their physician consultations! We are happy to help you and your friends and family overcome IBS.

# Events

## Support Group

**Next Meeting: Wednesday November 5th, 2008 at 6:30 PM** (*note meetings are usually on 1st Tuesday of each month*)

Sharon Gray will be joining us with for a cooking demonstration and discussion of dietary strategies for IBS. Sharon teaches cooking classes at Whole Foods (and elsewhere) and has a special interest in nutrition for digestive problems.

## A Special Thanks To Pearadise Catering

**Thanks to our October Special Guest: Roberta Martin of Pearadise Catering** demonstrated how she supports those with food allergies by providing fresh, allergen-free catering options. If you missed this one, you missed out!! The samples were AMAZING! Check out what she brought:

Blood Orange olive oil marinated prawns with Basil orange and Coarse Honey Mustard dipping sauce

Roasted Chicken sausage and zucchini skewers wrapped with pancetta

Grilled Polenta with Mushroom and Red Onion Ragout

Endive cups with Chicken and Pear salad

Gingerbread cake with Orange Ginger Icing

All were dairy and gluten free. Most were sugar, egg and soy free. Everything was delicious! And her prices are very reasonable. If you have an affair to be catered, dinner party, or just want a special dinner for your sweetie, check out Roberta Martin's website at <http://pearadisecatering.com/> She also teaches cooking classes!

*We love having special guests at our support group meetings. If you or someone you know would like to present at one of our meetings, please let me know.*