

NEWSLETTER

Digestive Problems and Migraines

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Patients with digestive problems often have other problems as well. One of these is migraine headaches. New research on migraine headaches and hidden food allergies draws a clear connection between the two and explains how they can also relate to digestive problems.

Prevalence of Migraine Headaches

Migraine headaches are relatively common in the United States, affecting approximately 17% of the women (that’s 51 million people) and 5.5% (16.5 million) of the men in the country.

Severity of Migraines

Migraines are no small matter. Most people who suffer from migraines experience anywhere from 1-4 attacks per month and over half of these people are severely impaired during their headache. They may last for 4 hours or as long as three days. Most migraine headaches involve intense throbbing pain in the head and often include nausea, vomiting, and sensitivity to light and sound, and potentially other symptoms. Many also are associated with an aura, which is a visual distortion.

Food Allergies Can Cause Migraines

If you follow this newsletter or the IBS Treatment Center, then you know that in many cases digestive problems are caused by what might best be described as hidden food allergies. What you might not be aware of is that hidden food allergies have also been shown to cause migraines.

The Latest Research

This month a wonderful study has reported on the direct link between IgG food reactions and migraines. IgG food reactions are the same reactions tested for at the IBS Treatment Center. In this study it was found that the 56 people in the study who suffered from migraines had significantly elevated levels of IgG antibodies (when compared to a control group) in response to one or more foods in their diet.

When the relevant food was eliminated from the diet of each respective migraine sufferer, their migraines resolved and they no longer needed medication.

Our Experience

What we have seen here at the IBS Treatment Center and our sister clinic, the Center for Food Allergies, is this same relationship between hidden food allergies and migraine headaches. In many cases these patients have come to us for treatment of their digestive problems only to find out their migraines also improved. In many cases this has also been true for other types of headaches as well. It is an added side benefit of our services that we are glad to provide!

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

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 ©2008 Innate Health Services, LLC

But you don't have to have digestive problems to be treated here for migraines. We will be happy to work with you, with or without digestive problems. But if you have both, then you may be pleasantly surprised to learn that they are often related.

For more information about headaches and to read the abstract of this study please visit:
http://www.innatehealthfoundation.org/5_c.htm

Reference:

Arroyave Hernández et. al. (2008). Food allergy mediated by IgG antibodies associated with migraine in adults. *Rev Alerg Mex.* 2007 Sep-Oct;54(5):162-8.

Regular Features

Gluten Free Mama's Rice Almond Blend Flour

The *rice almond blend flour* was created by Rachel Carlyle-Gauthier in response to her third daughter's diagnosis of celiac disease. Anyone on a gluten free or wheat free diet will want to refer to her website:



<http://www.glutenfreemama.com> for information about her numerous products, recipes, kid's corner (play dough recipes), information on cooking gluten and wheat free and help from Rachel in converting your favorite recipes.

The Rice Almond Blend is a special blend of gluten free flours and almond meal to produce all your baked goods with a subtle flavor and a light smooth texture. Because almonds have excellent nutritional value including protein, fiber, folic acid, calcium, phosphorus and Vitamin E the almond meal adds a nutritional punch that many gluten free flours do not have.

Another feature besides good taste and nutrition is the 12 month shelf life. The shelf life can be extended by storing it in the refrigerator or freezer. Another perk is that you do not have to open several packages of flour to create your favorite recipes.

Our office was fortunate to taste peanut butter cookies, chocolate chip cookies and blueberry muffins made with this special blend. We highly recommend using this versatile flour which can be used with any baked goods recipe.

Announcements

Dr. Wangen's Blog

Don't forget to update your links to Dr. Wangen's Blog. We moved it to blogspot for better functionality. Check it out at <http://www.ibstreatmentcenter.blogspot.com>.

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 2 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 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.nursesrecommendoctors.com/>

Innate Health Foundation Wiki

Looking for a restaurant? Have a great allergen-free recipe to share? All this and more at the IHFWiki – a website provided by the Innate Health Foundation. Go to....

<http://www.InnatetHealthFoundation.org/wiki/>



The Washington Health Caucus

Get your voice heard in the efforts to reform health insurance in Washington State. The Healthy WA Coalition is hosting caucuses in cities across the state. Upcoming Conference at:

Vancouver - September 23, 2008, 6:30 - 8:30 PM

Clark Public Utilites

Vancouver Service Center, Community Room

1200 Fort Vancouver Way

Vancouver, WA 98663

Click on the link for map of location:

<http://maps.yahoo.com/map?q1=1200%20Fort%20Vancouver%20>

If you are interested in learning more about the Healthy Washington Coalition or wish to register to attend a Town Hall Caucus, please click here: <http://healthywacoalition.org/userform.html>

All the details are online at <http://healthywacoalition.org/Town Hall.html>

Events

Carol Fenster, legend of gluten-free is offering cooking classes at Bob's Red Mill Cooking School!!

Classes are held at: Bob's Red Mill Whole Grain Cooking School, 5000 S.E. International Way, Milwaukie, Oregon 97222

Gluten-Free Breakthrough Bread with Carol Fenster! *Monday, October 6, 2008 6:00 - 8:00 pm*

Author, teacher, and gluten-free expert, Carol Fenster, Ph.D. is back to share her knowledge and expertise with gluten-free breads. If you're looking to make your dollars stretch this class is for you! Carol will present an easy [break-through bread recipe](#) with several ways to use it. Her menu: Bruschetta, Panzanella, Bread Crumbs, Bread Pudding with Caramel Sauce, and more!

Supplies to bring: enjoy the sampling! Class Fee:..... \$50.00

Gluten-Free Old Time Favorite Comfort Foods with Carol Fenster!*Tuesday, October 7, 2008 3:00 – 5:00 pm*

In this second class Carol Fenster, Ph.D. will focus on old-time favorites from Corn Dogs to Chili Cornbread Casserole to Upside-Down Cornmeal Cake and so much more. You won't want to miss this opportunity for these quick & easy, economical recipes.

Supplies to bring: enjoy the sampling! Class Fee:..... \$50.00

Class sizes are limited so call Bonnie at (971) 206-2208 before sending in payment, to make sure space is available

Support Group

(Click [Here](#) to go to the Support Group website page)

Next Meeting: Tuesday October 7th, 2008

Special Guest Roberta Martin of Pearadise Catering will demonstrate how she supports those with food allergies by providing fresh, allergen-free catering options. Her website is <http://www.pearadisecatering.com/>

Thanks to our September Special Guest: Rachel Carlyle-Gauthier, proprietor of Gluten Free Mama. Rachel brought samples and provided demonstrations using her gluten-free pizza mix.. Rachel says: "It's not what you can't have, but what you can have!" and "The Proof is in the Taste!". We are looking forward to another gluten-free line of products.

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.