

# Newsletter

## *SIBO Testing: Unproven*

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The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome November 2009 Issue. Newsletter Published Monthly.

SIBO stands for "small intestine bacterial overgrowth." It is currently popular in some parts of the IBS medical community to view SIBO as the primary cause of irritable bowel syndrome, and to use special testing and special antibiotics to treat SIBO. This article will explore the facts and science behind this approach to IBS.

A bacterial overgrowth of the small intestine is the concept that the wrong kind of bacteria have colonized and over-run the small intestine. This means that bacteria other than *Lactobacillus* (*acidophilus*) and *Bifidobacter* have set up shop and are wreaking havoc with your ability to properly digest your food.

In order to figure out whether or not you are suffering from SIBO a physician may have you undergo a breath test. Breath testing is of course not a direct measurement of the bacteria, but an indirect measurement. The idea is that when you are given something to digest, then you will produce more hydrogen or methane in your breath if you have bad bacteria in your digestive tract.

This may sound plausible, but there is significant research indicating that having the gases at increased levels in your breath does not indicate bacteriological imbalance. Most of the published research on successfully using this type of testing is by, or associated with, one individual doctor who has reported financial connections that pose a potential conflict of interest. That doctor has a financial relationship with the pharmaceutical company that makes the specific antibiotics most often used in SIBO studies.

Independent studies that included a control group have been very helpful in understanding the value

of this kind of testing. In these studies, people with IBS and people without IBS all underwent breath testing. Studies by Bratten et. al in 2008 (<http://www.ncbi.nlm.nih.gov/pubmed/18371134>) and Ford et al in 2009 (<http://www.ncbi.nlm.nih.gov/pubmed/19602448>) have concluded that the control group was as likely to have elevated levels of these gases as IBS patients. Essentially, the studies found that breath testing results were no different for people who have IBS than for people who don't have IBS. People without digestive problems have a positive breath test just as often as people with digestive problems, meaning that breath testing doesn't necessarily have anything to do with your symptoms.

In fact, a link between the components of your breath and the type of bacteria in your gut has never been directly proven. No one has actually measured the bacteria in the gut and compared it to the types and amount of gasses in your breath. It is based on an assumption.

However, once you have tested positive to the breath test the proponents of SIBO recommend a "special" treatment. The "special" treatment is an antibiotic known as Xifaximin or Rifaximin. These "special" antibiotics used to treat SIBO do not kill bacteria any better than the average antibiotic. The only difference between these antibiotics and other antibiotics is that these antibiotics only work in the digestive tract. They are not absorbed into the body. As mentioned above, the person responsible for all of the initial scientific studies on SIBO has a large financial interest in these antibiotics (reported in <http://www.annals.org/content/145/8/557.abstract>).

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Please remember that all antibiotics work in the digestive tract. And it is important to note that if you have taken antibiotics while you have had IBS, regardless of the initial reason that you took antibiotics, then based on this theory you should have already treated your IBS.

In our clinic, where we examine and test for hundreds of variables, not just one (bacterial overgrowth), we find that relatively few people are suffering from a bacterial overgrowth. It is far more likely that someone with digestive problems is suffering from a food allergy

([http://www.ibstreatmentcenter.com/3\\_a.htm](http://www.ibstreatmentcenter.com/3_a.htm)), yeast infection (Candida, which can be related to the use of antibiotics), or even parasites. And there are many other conditions that can cause IBS symptoms as well.

Summarizing the SIBO approach to IBS is simple – take antibiotics. That’s what the entire program comes down to. And if the testing is negative, take antibiotics anyway, because that is still the only option. If that approach doesn’t work for you, then come see us. We’ve got a few hundred more potential solutions supported by good research.

## REGULAR FEATURES

### Recipe of the Month

#### *Gluten-Free Brioche*

Gluten-Free Brioche

adapted from “Healthy Bread in 5 Minutes a Day” by Zoe François and Jeff Hertzberg

Makes enough bread for three 1.5 lb loaves

1 cup brown rice flour  
1 cup tapioca starch (tapioca flour)  
3 3/4 cups cornstarch  
2 Tbs granulated yeast  
1 Tbs kosher salt  
2 Tbs xanthan gum  
2 1/2 cups milk  
1 cup honey  
4 eggs  
1 cup neutral flavor oil  
1 Tbs vanilla extract  
Egg wash  
Raw sugar for sprinkling on top

Whisk together the brown rice flour, tapioca starch, cornstarch, yeast, salt and xanthan gum in a 5 qt bowl.

Combine the liquid ingredients and gradually mix them into the dry using a paddle attachment until there are no dry bits of flour.

Cover and allow the dough to rest for 2 hours. The dough can be used now or refrigerated for up to 5 days.

On baking day, grease a 8.5”x4.5” pan. Break a 1.5 lb piece of dough and shape it into a round. Wet your hands as the dough will be sticky. Elongate the dough into an oval and put it in the pan. You might need to wet the top a bit to smooth it out. Let it rest for 90 minutes (40 minutes if you are using non refrigerated dough).

Brush the top with egg wash and sprinkle raw sugar right before baking. Bake at 350F for about 40-45 minutes.

## ANNOUNCEMENTS

*Thinking of buying a Gluten-Free/Allergen Free Cookbook?*

*Search on the IHFWiki*

Please use IHFWiki to purchase your next cookbook through Amazon. Each purchase made through the link on the IHFWiki site gives the Innate Health Foundation a small donation!



*Online IBS Study through the Boston Medical Center*

A team of IBS researchers at Boston Medical Center in Boston, MA, are conducting an online study that researches the effects of Expressive Writing on the management of IBS symptoms. Participants will be asked to write about their experiences with IBS and complete questionnaires over a three month period. Compensation will be offered upon completion of the study. While this investigation does not address underlying causes or cures of IBS, it may yield new insight into the management of symptoms and/or the improvement of immune function without the use of medication.

To learn more about qualifying to participate in the study, see: <http://dccwww.bumc.bu.edu/ibs/>

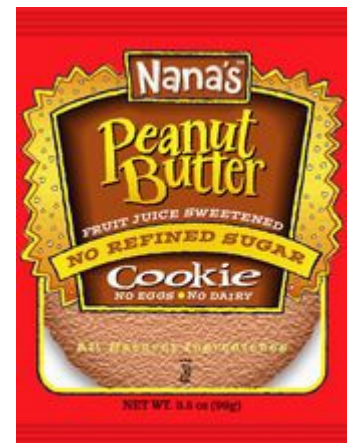
*\*NANA'S BUY TWO GET ONE FREE\*:*

*Peanut Butter (36 large cookies)*

November Promotion from Nana's! Buy 2 Dozen Peanut Butter Cookies and get one Dozen FREE!

When the summer heat breaks and the cool days arrive, our thoughts turn to fall produce, with its rich red and orange hues, mirroring the turning leaves. Kitchens are filled warm hearty foods and fresh baked goodies such as Peanut Butter Cookies. Enjoy Nana's special offer of the healthy, yummy creamy peanut butter cookies with the crunchy texture of peanuts.

Please visit <http://nanascookiecompany.com/host-manager.com/product.asp?productid=10234> for further details.



## Gluten-Free Mama Returns to the NW

on Saturday, November 28, 2009 at G.F. Joe's Market from 11:00-1:00



Do you know who Gluten Free Mama is? She is the lady from Montana whose “ mission is to help make gluten free living tastier by offering the best tasting gluten free recipes and flour blends.” As you might know Gluten Free Mama makes two great flour blends, coconut and almond and various mixes. You can taste samples at G.F. Joe’s, a great store to visit: 5739 Littlerock Rd SW, Ste. 103, Tumwater, WA 98512. For directions go to <http://www.gfjoes.com>.

## Jules' Gluten-Free Thanksgiving 101 e-Cookbook

Whether a host or guest, feast confidently this Thanksgiving with gluten-free recipes sure to please both gluten-free and gluten-full eaters alike. With 4 pages of holiday tips, a planning timeline, and more than 20 delicious, gluten-free recipes you can be confident in a feast fit for all.

Recipes include:

- \* Traditional Stuffing
- \* Corn Bread Stuffing
- \* Turkey & Gravy
- \* Buttermilk Biscuits
- \* Apple Pie
- \* Pumpkin Pie
- \* Pumpkin Cheesecake
- \* And more...



Priced at \$12.45 please visit [JulesGlutenFree](http://JulesGlutenFree) to get your copy today!



## *In need of a Gluten-Free Thanksgiving?*

What does Jen Cafferty, Founder of the Gluten Free Cooking Expo, prepare for Thanksgiving? Now you can make the same items at your home.

Are you and your support groups looking for delicious, easy and safe gluten-free/dairy-free Thanksgiving recipes? The Jen's Gluten-Free Dairy-Free E-Cookbook is now available for download online.

Don't miss the introductory price of \$3.99. You will receive all of your Thanksgiving recipes plus tips for making your Thanksgiving preparations less difficult.

These are Jen Cafferty's favorite recipes for Turkey Day. There are many vegetarian options. Her favorite recipe is the Maple Pecan Pie with homemade pie crust. Whether this is your first gluten-free Thanksgiving or you have been doing this for years, you will be so happy with the ease of these recipes.

For more information or to download the e-book visit [www.gfreelife.com](http://www.gfreelife.com)

Questions? Contact Jen at [jen@glutenfreeclasses.com](mailto:jen@glutenfreeclasses.com)

Christmas and Hannukah e-books will be available within the next few weeks.



## EVENTS

### *Cooking Class from PCC - Gluten-free Holiday Treats*

Cooking Class baking Chocolate Cherry Torte

You can indulge in traditional holiday flavors without wheat or gluten! If you like your festive sweets and are sensitive to wheat or gluten, you'll enjoy delicious baked goods such as Pumpkin Spice Bread and Double Chocolate Cherry Torte. Everyone will rave about your Jeweled Crispy Bites, made on the stovetop and embedded with cranberries and pepitas (green pumpkin seeds), and Celebration Cookies, full of nuts, dried fruit and coconut. Learn useful information on alternatives to wheat flours and how to best use them. Vegetarian with eggs, dairy options.

Classes run from 6:30pm-9pm on the following dates:

November: Tues 10th & Thurs 19th

December: Thurs 3rd, 10th and 17th

**To register, call PCC at 206-545-7112.**



## Dr. Wangen's Scheduled Presentations

**The events scheduled for Roosevelt Whole Food and PCC in Edmonds have been post-poned. Please keep an eye on [http://www.ibstreatmentcenter.com/6\\_f.htm](http://www.ibstreatmentcenter.com/6_f.htm) for updated information.**

Bellevue, WA

Saturday, January 9th, 2010 at 3 PM

Dr. Wangen will be presenting his book "Healthier Without Wheat" at the Bellevue, WA Barnes and Noble store.

Tacoma, WA

Tuesday, January 12th, 2010 at 7 PM

Dr. Wangen will be speaking about celiac disease, non-celiac gluten intolerance and IBS at Marlene's Market and Deli Tacoma branch.

Olympia, WA

Late January, 2010 (exact date TBD)

Dr. Wangen will be speaking in Olympia about gluten intolerance. Details to come.