

IN THIS ISSUE

1-2...Gastroenterologists and IBS Experts -- Two Different Specialties

3..Where is Gluten?

4...Where is Dairy

5...Cooking Class

5...E-Cookbook

6...Final Announcement of Seattle Professional Course

Gastroenterologists and IBS Experts Two Different Specialties

Gastroenterology

People often make assumptions about medical specialists and their areas of expertise. This is certainly true with gastroenterology, where many people assume that gastroenterologists are experts in all things related to the digestive tract.

Gastroenterologists are experts in diseases of the digestive tract, not syndromes or symptoms. While Gastroenterologists do primarily pay attention to the digestive tract, there are some surprising gaps in their training on the science of digestion. Gastroenterologists primarily focus on performing colonoscopies and upper endoscopies. They may also do other imaging work of the GI tract, such as an ultrasound, CT scan, MRI, x-rays, and even “pill cameras”. And they may perform studies that assess the motility of the digestive tract. Therefore, if you go to a gastroenterologist your diagnosis will be based on this testing.

Notice that all of the things mentioned so far are visual exams. Gastroenterology is primarily a specialty in assessing the structure of the digestive tract. Gastroenterologists are focused on diagnosing ulcers, polyps, cancers, and other physically apparent abnormalities of the digestive tract.

A gastroenterologist may run a stool test for pathogens such as giardia, salmonella, and hemorrhagic E. coli, although any doctor can test for these. However, H. pylori may be assessed via a biopsy done during an endoscopy.

Surprisingly, gastroenterologists do not have training in nutrition or most reactions to foods. And though the digestive tract is the single most concentrated area of immune activity, gastroenterologists have no special training in immunology.



Dr. Stephen Wangen

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

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The tools of the gastroenterologist are all very useful tools – they are really important to diagnose cancers, structural problems, certain kinds of infections, and other problems. But the standard of care for problems other than those is purely palliative (also known as care to make you feel better about having IBS). The American College of Gastroenterology recommends (in their 2009 position paper) fiber, lowering stress, and a few drugs. This is where the specialties of gastroenterology and IBS diverge.

IBS Specialty

IBS specialists are experts in irritable bowel syndrome (IBS). A gastroenterologist may diagnose IBS, but that will only tell you what you already know, that your bowel irritates you. To the IBS specialist the label of IBS only serves as a starting point for further investigation, nothing more. The IBS specialist focuses on assessing and diagnosing the cause of your digestive problems, not on the gross structural integrity of the digestive tract. Rather than focusing on the patient's symptoms, or simply treating the symptoms, the IBS specialist is devoted to identifying the condition or conditions in the patient that are causing the symptoms.

There are literally hundreds of different causes of IBS and the digestive problems associated with IBS. An IBS specialist does not have any idea about how they will treat an IBS patient when they first meet that patient. Patients with identical symptoms may have radically different causes for those symptoms. An IBS specialist focuses on the detective work required to develop the proper treatment plan for each unique patient.

This process involves a detailed evaluation of how the body is responding to the foods in the diet (food allergies, intolerances, and sensitivities), and a thorough assessment of the profound ecosystem (including probiotics, yeast, bad bacteria, and parasites) that is contained within the digestive tract. It may also involve evaluating enzyme production, acid production, and the overall functioning of the digestive tract.

IBS specialists do not do what gastroenterologists do, and gastroenterologists do not do what IBS specialists do. These are completely different specialties. There is only a very tiny amount of overlap with regard to stool testing. But even this is extremely minor as the IBS specialist utilizes much more advanced stool analyses.

If you have IBS and continue to see gastroenterologists, then you will continue to get the same kind of testing and treatment that you've always gotten even if you go to the Mayo Clinic, or the Cleveland Clinic, or any other big name medical facility or highly regarded expert – because they have a “standard of care” that recommends limiting testing. If that hasn't helped, or you'd simply like to begin your journey with a different approach, then you need to see an IBS specialist. Your experience will be very different, which makes it far more likely that the outcome will be very different.

Where's the Gluten?

If you are following a gluten free diet, watch out for products with these ingredients listed -- they likely contain gluten unless specifically noted (i.e. "gluten free oats").

Abyssian hard	Hydrolyzed vegetable protein/HVP
Avena (oats)	Job's Tears (ancient form of barley)
Barley	Kamut
Barley malt	Malt
Bran	Modified food starch
Couscous	Oats
Durum	Rye
Edible starch	Seitan
Einkorn wheat	Semolina
Parina	Spelt
Fu (dried wheat gluten)	Tritical
Germ; wheat germ	Osecale
Glutamate; glutamic acid	Triticum
Hordeum	Wheat
Hydrolyzed plant protein	

Where is Gluten Hiding?

Always check the ingredient lists! Gluten can be hiding in many common food items as well as other things that you might never suspect...

Baking Powder	Miso
Baking Soda	Mustard powder
Beer	Play-dough
Bouillon cubes/powders	Medications
Craft paste	Shampoo
Detergents	Sunscreen
Glue on postage stamps & envelopes	Toothpaste
Ground spices	Broths
Hair spray	Vitamins
Lipstick	

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Mind Your Curds and Whey -- Where is Dairy?

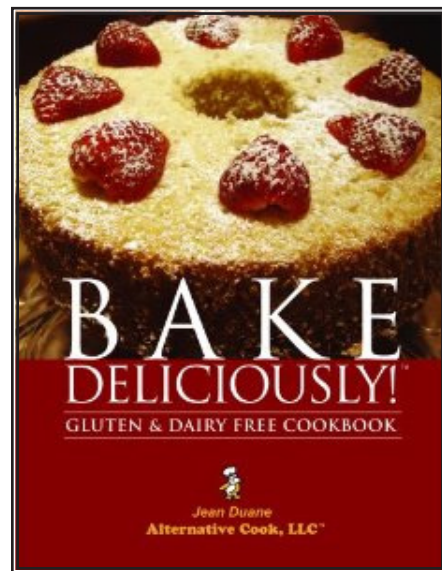
Did you know that “curds” are the solid protein part of milk, and “whey” is the liquid part? The protein is called casein and the milk sugar found in the liquid part is called lactose. If you are avoiding dairy in your diet, be on the lookout for foods that contain any mention of casein or lactose. Some of the ingredients to watch out for:

Acidophilus milk	Lactalbumin
Butter	Lactic acid
Buttermilk	Lactoglobulin
Calcium caseinate	Lactose
Calcium stearoyl lactylate	Magnesium caseinate
Curds	Potassium caseinate
Galactose	Rennet casein
Ghee	Sodium lactylate
Hydrolysates	Whey

“Hidden” sources of Dairy

Again, ALWAYS read the label carefully each time you purchase a product as ingredients can change. Dairy can be hiding in many different products, this is just a VERY partial listing:

- Artificial coffee creamers
- Breath mints and gum
 - Butter flavoring
- Canned tuna
- Caramel coloring
- Chicken broth
- Dark chocolate
- Imitation syrups
- Luncheon meats
- Natural chocolate flavoring
- Prescription medications
 - Sherberts
- Soy “meat” products
- Spice mixes



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ANNOUNCEMENTS

Scrumptious Holiday Treats Cooking Class at Greenlake Nutrition

Thursday, December 15th, 6:30-8:30



Orange & Chocolate Coconut Clusters

Honey Roasted Pears with Balsamic Glaze

Festive Popcorn Peanut Balls

Almond & Goji Berry Thumbprint Cookies

Chocolate Green Tea Pudding

Cost is \$44 per person or \$75 for two if you register with a friend. Class is held at Green Lake Nutrition, 6329 - 20th Ave NE, Seattle, 98115. Class is limited to 6 participants for registration and information please call 206-729-5111 or email admin@greenlakenutrition.com to register.



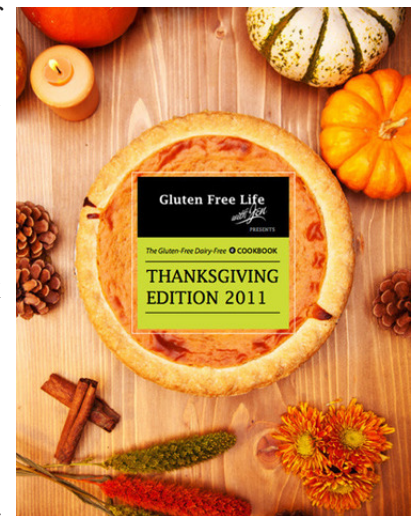
Thanksgiving Gluten Free Dairy Free E-Cookbook Now Available

Gluten free Thanksgiving just got a lot easier with the latest edition of the **Gluten Free Life with Jen Thanksgiving Gluten Free/Dairy Free E-Cookbook**. Our good friend Jen Cafferty, author of the website “Gluten Free Life with Jen,” has shared over twenty of her best Thanksgiving recipes in her latest cookbook. Recipes include soups, side dishes, baked goods, breakfast items, desserts and recipes to use your leftover turkey.

The soups recipes include: Easy Butternut Squash Soup; Zucchini & Leek Soup; and Peanut & Pumpkin Soup. Yum!

Included in the e-book is a gluten free turkey list and tips and substitutions to make your holiday both tasty and effortless.

The e-cookbook can be viewed on your computer or printed. Beautiful color photos and easy-to-read follow instructions will allow you to prepare all of the gluten free/dairy free recipes. To order go to <http://shop.gfafexpo.com/products/thanksgiving-ecookbook> E-cookbook is \$4.99.



** After completing your on-line purchase, you will receive an email with instructions on how to download the file!

Happy Thanksgiving

There is still space available in the following
one-day professional educational course in Seattle:

Advanced Course in Food Allergies, Intolerances, and Sensitivities

Defining and Evaluating Test Methods & Analysis of Current Research

Saturday, November 19, 2011
Graham Visitors Center at the Arboretum, Seattle, WA

www.InnateHealthClasses.com

Registrations will be accepted online and by phone (206.264.1111)
through Thursday, November 17.

Walk-in registrations will also be accepted the day of the class which is
Saturday from 9:00AM to 5:00PM

Delicious gluten & dairy free lunch is included in the course fee.

Attune Foods Survey

Attune foods wants to know what you, the customer thinks about their food products. The results of the survey will be used to best serve customers and to continue their mission “Simple, pure ingredients that help you feel your best every day.”

To start the survey click:

<http://s-6f5f7b-i.sgizmo.com/s3/i-36277005-214678/?sguid=36277005>.

Or copy the URL and paste into your browser.

If you complete the survey, which should take you less than 15 minutes, you may have a chance to enter a drawing for a grand prize of an iPad2 and five \$50 Amazon Gift Cards. The survey, and drawing, will be open for a limited time, so don't delay.

What matters most is what's inside

