

# Newsletter

## *Colon Resection and IBS*

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It has been interesting to note the number of patients that have been seen at the IBS Treatment Center who have had part of or their entire colon removed, or to whom it has been suggested they have their colon removed. Many thousands of people per year undergo this procedure for a variety of reasons. Unfortunately major surgery is not always the solution to their problem, nor does it always improve their symptoms.

A colon resection is also known as a colectomy. It is generally recommended when a person has significant damage to the colon. In many cases this may be due to a major ulceration, severe diverticulosis, or cancer. A colon resection may also be necessary to prevent perforation of the colon, which will lead to a major infection and is life threatening.

Removing a relatively short part of the colon may not be too problematic for the patient. But removing large parts or the entire colon will almost certainly result in diarrhea. This is because we absorb most of our water through our colon wall. In a complete colon removal a person will generally require a colostomy, where the intestinal tract is attached to the abdominal wall and an exterior bag replaces the colon. This is of course an unpleasant lifelong situation, but it is certainly much better than not treating colon cancer or a severely damaged colon.

However, sometimes a colon resection is provided as the last hope of treatment for people with non-life threatening inflammation of the colon due to an unknown cause. These people can suffer from diarrhea, constipation, or abdominal pain, but gastroenterologists can find no reason for their suffering. In such cases it is hoped that removing the colon will solve their digestive problems. Patients have even had a colon resection suggested to

them by their doctor in order to treat chronic constipation. Resection will certainly remove any chance of constipation, but at what cost? In other cases patients have already had their colon removed, but the procedure did not change the suffering of the patient. We have seen incidences of both types of cases at the IBS Treatment Center. And a surprising number of these patients are in their 20s or 30s.

In many cases, removing the colon will not or has not addressed the cause of the problem, or has only solved part of the problem. The question still remains, what was the original cause of the unhealthy colon? The colon didn't just "go bad." There had to be some reason for the original irritation.

This is certainly true when a food allergy or parasitic infection is missed, which happens all too often. Both can trigger significant digestive problems, and removing an inflamed part of the digestive tract will not cure a food allergy or a microbial condition.

Each of the patients seen at the IBS Treatment Center who had either already had a colectomy or were contemplating one discovered several causal factors that were impacting their digestive health. By addressing those causal conditions they were able to experience significant improvement in their symptoms. If you or someone you know can relate to this situation, please come see us. We may be able to assist you in avoiding surgery, or in getting better when surgery hasn't helped. We welcome the opportunity to work with you.

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

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## REGULAR FEATURES

### Product Review

By Sharon Ellis

#### *Celebrating Food by Susan Gauen*

*\* 121 Gluten-Free Recipes for a Healthier You*

It was my pleasure to be able to browse through Susan Gauen's cookbook, "Celebrating Food" written for those who cannot eat gluten. I immediately liked the size of the cookbook. How many of you find it difficult to manage a large or worse yet an extra large cookbook on your kitchen counter? And then I noticed the enticing color photos which encouraged me to try a recipe immediately. I was not disappointed. I baked the pumpkin bread recipe and it truly was the best breakfast, dessert bread that I have ever baked. My husband who is not gluten free agreed. When Susan Gauen wrote "Celebrating Food" she was mindful of all food allergies, not just gluten. She provides options so that most recipes can be prepared free of dairy, eggs, soy, tree nuts, peanuts, corn and food dyes. In many recipes she prefers using some oatmeal flour. Susan is aware that some people cannot tolerate oats, even gluten free oats, so she provides an Oatmeal Flour Replacement Mix. There is no reason not to be able to use "Celebrating Food" recipes no matter what your food intolerances are.



## ANNOUNCEMENTS

### *Celiac Holiday Raffle*



Does your support group meet in October, November or December? Would you like to have a holiday raffle item or door prize relating to the upcoming holidays? Check out this Web site at: [www.glutenfreecookielady.com](http://www.glutenfreecookielady.com) to see a 168-page, full-color, and beautifully photographed cookbook, Gluten Free Cookies by Jeanne Basye.

If you buy one, Jeanne will send a second one as a donation to your support group. Use it this holiday season as a raffle item, door prize or as an addition to your support group library. This special holiday offer continues until October 31, 2009.

Interested? It's easy. Complete the form located on the above website and send a check for \$24.90 (this includes 2 books and postage). Write on the form: the name of your support group and "Buy 1, Donate 1". Books are sent through US Postal priority flat rate and you will receive them in 2-3 days after Jeanne receives your order.

As seen on this Web site, all proceeds benefit celiac disease education.

## *Cooking with Gluten-Free Whole Grains*

*Blog by Genevieve Sherrow*

Incorporating grains into the diet can be challenging for the gluten-free. Wheat and other gluten containing grains are pervasive in the standard American diet. There are in fact many whole grains that are naturally gluten-free, including the more familiar rice and corn, and the less familiar, millet, buckwheat, quinoa, tef and amaranth. This article reviews the less familiar millet, buckwheat, quinoa and tef.

Whole grains are important because they contain all of the nutrients in the grain: fiber, vitamins and minerals, and phytonutrients. Whereas refined grains are nutritionally less superior. Nutrients are lost during the refining process because core edible parts of the grain are removed. For example, the germ and bran of a whole wheat kernel are removed in the process of making white flour. The whole grains listed below can be purchased in most natural food stores and in traditional supermarkets.

Please check out <http://wholefoodreflections.blogspot.com/> for many great recipes associated with this blog as well as much more.

## *Innate Health Foundation Needs Your Help - Status Update*

We are closer to meeting our need. We still have a grant to fund and more that the board is waiting to consider. But we are well on our way.

This Patient Grant Program (online at [http://www.innatehealthfoundation.org/2\\_a.htm](http://www.innatehealthfoundation.org/2_a.htm)) helps those who have IBS and other conditions get the testing and treatment they need. Often these patients have food allergies/intolerances that they have not been able to get properly identified.

Your donation to our 501(c)(3) public charity is tax deductible (always check with your tax professional).

Please read the status report at <http://innatehealthfoundation.org/StatusReportSep09.pdf> for more information about the program, and about the patients awaiting your help.

Thank you for your kind and generous support.

# INNATE HEALTH FOUNDATION

**Your tax-deductible donation is very much appreciated!**

I would like to donate the following amount: (Please Circle one) \$20 \$50 \$600 \$\_\_\_\_\_

(typical

Grant Amount)

**DONOR INFORMATION:** (For Acknowledgement Purposes)

Donor's Name: \_\_\_\_\_

# EVENTS

## *Savory Moments holds Gluten-Free Baking Class - Oct 23rd*

Join popular gluten-free cookbook author, Jules Shepard, and Savory Moment founder, Kay Conley, for an amazing weekend of baking lessons. They will offer three entirely different classes. Sign up early for one, two or all three.

Jules has developed and patented an exciting all purpose gluten free flour that can be used as a one cup to one cup substitution in all your favorite baked goods recipes. They are flying her out from Columbia Maryland for the weekend just for these classes. You don't want to miss this opportunity.

### **Appetizer and Wine (21 and older)**

Friday October 23rd from 6:00-9:00 pm

Jules and Kay will demonstrate a variety of filled and topped appetizers perfect for holiday entertaining. You will also learn successful catering tips and ideas for party trays. Enjoy a glass of wine while you sample these savory treats.

**Cost: \$65.00 per person**

### **Kid's Baking Class (ages 6 and up)**

Saturday October 24th from 1:00-4:00 - adult must accompany children under 13 (no cost for adult)

Learn how to make pretzels, sugar cookies, gingerbread men and mini cupcakes. This is a hands on class. Children will have fun rolling their pretzels and decorating the cookies and cupcakes.

**Cost: \$25.00 per child**

### **General Baking Session**

Sunday October 25th from 2:00-5:00

Jules will demonstrate how to make a flaky pie crust, bread, pumpkin cheesecake with her graham cracker crust, cinnamon rolls and pizza. Sample all the recipes from the class and then enjoy a Savory Moment buffet of food from their fall menu.

**Cost: \$65.00 per person / \$100 per couple (same household)**

Call Savory Moment today to reserve and pay for your space  
(425) 867-1516 / [www.savorymoment.com](http://www.savorymoment.com)  
Classes fill up very quickly!



## *October Breast Cancer Awareness Talk*

Tuesday Evening, October 20  
7:00 - 8:30 pm  
7300 E. Green Lake Drive N.  
Seattle, WA 98115



October is Breast Cancer Awareness Month

Learn new tips for breast cancer prevention. Nutrition is one of the most important components in the tool box of preventing breast cancer. Join us for a talk including what types of foods to choose to reduce your risk.

We will cover the basics of breast cancer:

- \* Genetics
- \* Latest nutrition strategies for prevention
- \* Lifestyle choices
- \* Food
- \* Supplements
- \* and get your questions answered.

Try some great food samples and take home handouts and recipes to help you eat and live right in the future.

**The cost is \$10, and includes handouts, recipes and samples of delicious dishes that are cancer preventive.**

Email: [admin@greenlakenutrition.com](mailto:admin@greenlakenutrition.com) or call Green Lake Nutrition at 206-260-3116 to register.

## 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.**

Seattle Tuesday, October 20st, 2009

Dr. Wangen will be speaking about his book "Healthier Without Wheat" at the Ravenna Third Place Books on 20th Avenue NE in Seattle starting at 7:30 PM.

Seattle Wednesday, October 21st, 2009

Dr. Wangen will be speaking about his book "Healthier Without Wheat" at the East West Bookshop on Roosevelt in Seattle from 7:00 to 8:30 PM as part of the local author's day event.

East Coast Tour

Richmond, VA Thursday, November 5th, 2009 at 6:30 PM

Dr. Wangen and Dr. Ford (of New Zealand) will be making presentations as part of a dinner event at The West End GIG Group [www.gigofrichmond.org](http://www.gigofrichmond.org) in Richmond, VA. The event will be held at Trinity U. Methodist Church, 903 Forest Ave, Richmond, VA 23229. Contact Madelyn Smith, Branch Manager, for more information at Phone: (804) 968-4111; Email: [twegig@comcast.net](mailto:twegig@comcast.net)

Gettysburg, PA Friday, November 6th, 2009 at 7 PM

Dr. Wangen will be speaking to the Gettysburg Gluten-Free Group in Gettysburg, PA. The meeting will be at the Gettysburg Hospital Community Room. The hospital is located at 147 Gettys Street, but the Community Room is in a wing off of So. Washington Street and has it's own entrance and parking lot there. For more info contact Cheryl Hutchinson, RN, Chair of the Gettysburg Gluten-Free Group, Carroll Valley, PA 17320-8537; phone 717-642-6053; Email [hutchjc@earthlink.net](mailto:hutchjc@earthlink.net)

Harrisburg, PA Saturday, November 7th, 2009 at 1 PM

Dr. Wangen is speaking to GIG of Harrisburg, PA [www.harrisburgceliacs.org/](http://www.harrisburgceliacs.org/)

Pascoag, RI Sunday, November 8th, 2009 from 1 to 4 PM

Dr. Wangen will be presenting at the American Celiac Support Group meeting in Pascoag, RI.

New York, NY Monday, November 9th, 2009

Dr. Wangen will be teaching a class at the Natural Gourmet Institute <http://www.naturalgourmetschool.com> in the borough of Manhattan, New York City, New York.