

# IBS TREATMENT CENTER

MEMBER OF **INNATE**  
**HEALTH** GROUP®

NEWSLETTER

OCTOBER 2012

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Dr. Stephen Wangen



## Gluten Sensitivity & Celiac Forum 2012



at the Crowne Plaza Cabana Hotel, Palo Alto, CA

Speakers:

**Dr. Vikki Peterson, Dr. Rodney Ford,  
Dr. Thomas O'Bryan, and Dr. Stephen Wangen**

Join these four distinguished physicians and experts in the field of gluten intolerance at this educational forum

### **GLUTEN INTOLERANCE: WHAT WE KNOW AND WHAT THE FUTURE HOLDS**

Saturday, Oct. 13, 2012  
9:30 am - 3:00 pm

Crowne Plaza Cabana 4290 El Camino Real Palo Alto, CA 94306  
Tickets are \$29.95 and includes lunch

Questions: 408-733-0400

DVDs of this forum will be available later, please inquire. Past forum DVDs are also available.



## Gluten Sensitivity & Celiac Forum 2012

The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome  
**Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125**

**Phone: (206) 264-1111**

**[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)**

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*Dr. Wangen,*

*Just wanted to let you know I have been feelin' great the last few weeks! Thanks to you, of course. As soon as I got off all the foods I was allergic to, my stomach settled right down and has been good ever since. My digestion has been good. I have even been adding foods [which weren't allergens] I had to give up before because of my [irritated] stomach, one at a time, to watch for reactions, and have had no reactions. How exciting! I can actually eat 1/2 an orange! So anyway, I wanted to thank you once again, and bless you for helping me feel better! You are my hero!!!!*

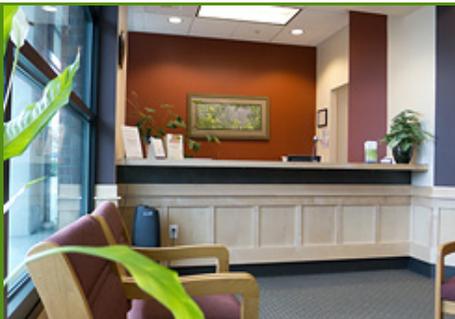
*Thanks again,  
Cheryl Nielson*

If you, or someone you know, is suffering from any conditions or symptoms which may be related to a food allergy, I encourage you to seek medical attention and proper laboratory testing.

I have seen patients from all around the world who have flown to Seattle just to come to the IBS Treatment Center to start feeling better. After an initial, in-person visit, I am able to work with patients over the phone and via email for follow-up care and consultations.

-- Dr. Stephen Wangen

The IBS Treatment Center located  
in the Northgate Pointe Building  
Northgate area of Seattle, WA



Lobby of the IBS Treatment Center  
call (206) 264-1111  
or email [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)

## Simply Gluten Free Allergen Free Made Simple

Informative website and bi-monthly magazine  
Magazine subscriptions only \$14.99

<http://simplygluten-free.com/>



## RETAILER



7024 Evergreen Way, Everett, WA  
425.347.3500  
[www.janellsglutenfreemarket.com](http://www.janellsglutenfreemarket.com)

**Sale - Save 10% when you spend \$50.**

Sale runs through October 26

Janell's Gluten-Free Market in South Everett has a full line of gluten free products. Current items on sale include the following:

**Schar White Bread mix now \$3.99 (regularly \$7.99)**

**Schar Baguettes \$5.99 (regularly \$8.49)**

**Zevia \$16 for a case of 24**

**Namaste products 10% off.**

**Go Ray cookies, chips and snax 15% off**

## JUST FOR FUN

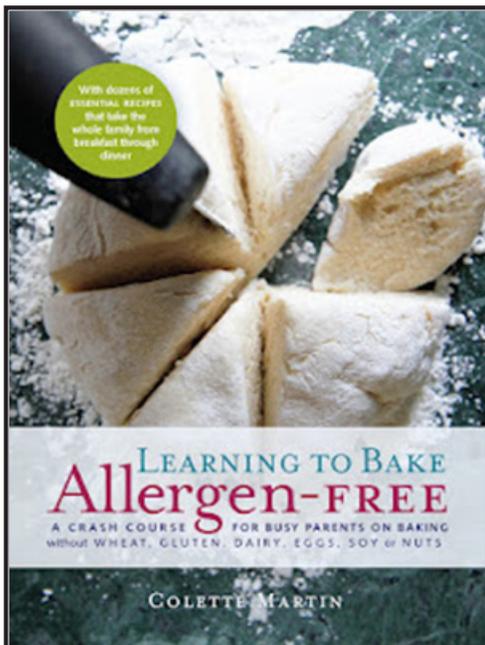
# Healthy Holidays Recipe Contest

Attune Foods is sponsoring a recipe contest - entries must use a Erewhon or Uncle Sam product in the recipe. Check website for complete rules. Winners in each of the four categories wins a nice kitchen appliance and 6 months worth of cereal!

[www.attunefoods.com](http://www.attunefoods.com)



Simple Ingredients. Simply Made.



## Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts

This book is an essential guide to delicious baking for multiple food allergies—with dozens of recipes that take the whole family from breakfast through dinner

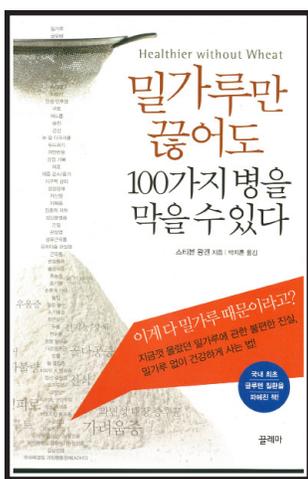
As more and more parents are discovering, the instant a child is diagnosed with severe or multiple allergies, food can't be taken for granted anymore. Shopping turns into a frustrating hunt through ingredient lists, and every school lunch and birthday party becomes a potential nightmare. Whether parents love to bake or hate it, with most packaged foods and bakery treats suddenly off-limits, they'll need to learn.

Author Colette Martin overcame her kitchen challenges when her son was diagnosed with wheat, milk, soy, egg, and peanut allergies—and in Learning to Bake Allergen-Free, she gives parents the confidence to embrace new foods that are safe for their children, arming them with:

- Info on how to avoid the top eight food allergens
- Substitutions and techniques to make favorite recipes allergen-free
- Simple tips on how to use new ingredients for the best results
- Over 75 recipes—some from scratch, some from mixes—for Cinnamon Rolls, Spicy Cornbread, Chocolate Chunk Cookies, and more!

By Colette Martin. Foreword written by Dr. Stephen Wangen.

[www.learningtoeatallergyfree.com](http://www.learningtoeatallergyfree.com)

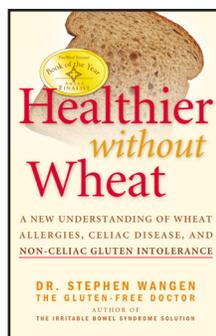


### Dr. Wangen's Books Go Global

We are pleased to share the news that Dr. Wangen's book **Healthier Without Wheat** has now been published in both Italian and Korean (cover images shown here).

If your Italian or Korean language skills are a little weak, the book is available in plain ole English in hard copy and e-book versions. To order a copy go to:

<http://ibstreatmentcenter.com/prodcat/books>



Also available at most book stores and online retailers.