

## The Hidden Facts About Fiber Products

Fiber is big business. You've seen commercials for it on your TV. You've been told that it's good for you and that you need more. And if you have IBS or many other digestive problems then you have probably tried fiber.

What is fiber, anyway? Well, this is an interesting question. Historically fiber was the term used to define the parts of plants that you ate, but which were not digested. Typically this was the cellulose and other fibrous materials in plant foods. More recently fiber is being used as a word for any thing you might eat that provides bulk to the stool and is not digested. As a result we have "fiber" supplements that contain man-made materials including polymers, yet don't contain any natural plant fibers at all.

If you've tried a fiber product and it didn't work, or it even made you feel worse, then you are not alone. This is one of the most common complaints expressed by patients to the IBS Treatment Center. Fiber is definitely not a cure all for IBS, and its effectiveness can vary widely depending on a host of issues.

Product	METAMUCIL	BENEFIBER	CITRUCEL	FIBERCON	KONSYL
<b>Active Ingredient</b>	Psyllium	Wheat Dextrin	Methyl-cellulose	Poly-carbophil	Psyllium
<b>Contains Dairy</b>	Yes	Yes	No	No	No
<b>Contains Gluten</b>	No	Yes	No	No	No
<b>Contains Corn</b>	No	Yes	Unknown	No	No
<b>Contains Artificial Colors</b>	Yes	Yes	Yes	No	No
<b>Contains Sugars</b>	Yes	Yes	Yes	No	No
<b>Contains Aspartame</b>	No	Yes	Yes*	No	No

\*In a surgar free version

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

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To unsubscribe, send email to the same address with "Unsubscribe to the Newsletter" as the subject.

Most people in the IBS world separate soluble fiber from insoluble fiber, with the idea that soluble fiber is the proper fiber. But the issue is far more complicated than that.

One way to get more fiber in your diet is to purchase one of the popular fiber products on the market. What you may not know is how different these products are from each other. They have almost nothing in common. Most contain artificial colors and sweeteners. Benefiber contains wheat as well as dairy and corn. Metamucil and Konsyl use psyllium as the active ingredient. Psyllium has the potential to be either helpful or to cause problems, or do both at the same time. You may be surprised to learn that it's not at all unusual for us to discover that patients are allergic to psyllium.

Citrucel's active ingredient is methylcellulose, a chemical compound derived by chemical processing of an undisclosed source of cellulose. It is not a naturally occurring part of a plant and is not fermentable. Fibercon's active ingredient is polycarbophil calcium, which is a synthetic polymer, not a plant fiber. Fibercon is recommended only for constipation, but Citrucel is recommended with either constipation or diarrhea.

The results and the effectiveness from the various forms of commercially available "fiber" (see above table for a comparison of popular options) will vary widely from person to person, so you will have to experiment with them to get the right fit. And don't be surprised if fiber doesn't solve your problem at all.

Most people are not suffering because of a lack of fiber in their diet, but for some the addition of fiber will help alleviate unpleasant symptoms. If you think, or know that you need more fiber, there is often no need to take a special, commercially processed and packaged product to get the additional fiber. You can buy psyllium powder in bulk, or all by itself. There are many other fiber options available in pure form, such as bran, ground flax, or acacia. Arguably the best (and probably tastiest) sources of fiber are: vegetables, fruits, and whole grains. If the addition of fiber doesn't help your IBS symptoms, or you'd like to figure out the cause of the problem, then be sure to see an IBS specialist.

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**Benefiber** –Active Ingredient: Wheat dextrin

**Benefiber Orange contains:** *Wheat dextrin, citric acid, natural orange flavor, potassium citrate, aspartame, gum acacia, acesulme potassium, maltodextrin, lactose (milk), triglycerides, sucrose acetate isobutyrate\*, modified cornstarch, yellow 6, red 40*

**Citrucel** – Active Ingredient: Methylcellulose (from undisclosed source)

**Citrucel® Orange contains:** *Methylcellulose, citric acid, dibasic calcium phosphate, FD&C yellow #6, maltodextrin, orange flavors (natural and artificial), potassium citrate, riboflavin, sucrose, titanium dioxide, tricalcium phosphate*

**Citrucel® Sugar Free contains:** *Methylcellulose, aspartame, dibasic calcium phosphate, FD&C yellow #6, malic acid, maltodextrin, orange flavors (natural and artificial), potassium citrate, riboflavin. Note: Methylcellulose does not occur naturally and is synthetically produced by heating cellulose with caustic solution (e.g. a solution of sodium hydroxide) and treating it with methyl chloride.*

**Metamucil** –Active Ingredient: Psyllium Husk

**Metamucil Orange Coarse contains:** *Psyllium Husk, Citric Acid, FD&C Yellow No. 6, Natural and Artificial Orange Flavor, Sucrose*

**FiberCon** –Active Ingredient: Calcium Polycarbophil

**FiberCon contains:** *Calcium polycarbophil, caramel, crospovidone, hypromellose, magnesium stearate, microcrystalline*

**IBS Treatment Center & Center for Food Allergies  
Celebrates  
One-year Anniversary of its North Seattle Location**

**OPEN HOUSE  
Friday, November 4 from 4:00-6:30 p.m.**

Please join us as we celebrate the first anniversary of our Northgate area clinic (and our 6th year of successfully treating patients). Past patients, friends, and family are all invited to join Dr. Wangen and staff for an open house at the IBS Treatment Center.

Over the past year the clinic space in the Northgate Pointe Building has proven to be the perfect new home for the IBS Treatment Center and the Center for Food Allergies. The open house will be an opportunity to visit casually with Steve and Thomas and other members of the staff. Delicious allergen-free appetizers and drinks will be served.

Of course everyone is invited to the open house so feel free to bring a friend or family member if you know someone you think should know about us. We are more than happy to meet new people and share with them what we do.

During the open house the books, Irritable Bowel Syndrome Solution, and Healthier Without Wheat will be 30% off the retail price. Also, any new patients scheduled during the open house can enjoy \$50 off their initial office visit!

**Hope you can join us on November 4 - we will look forward to seeing you  
RSVP is requested, though not necessary - [info@IBSTreatmentCenter.com](mailto:info@IBSTreatmentCenter.com)**

*Reminder: The clinic and parking garage entrances are on the Pinehurst side of the building - look for the bright blue parking signs and balloons.*



**[www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com)  
206.264.1111**

**Clinic Entrance at 11301 Pinehurst Way NE, Seattle**

# HAPPY HALLOWEEN

## Complete List of Gluten Free Candy for Halloween

Many thanks to our good friend Jen Cafferty at **Gluten Free Life with Jen** ([www.gffreelife.com](http://www.gffreelife.com)) for compiling the 2011 list of gluten free candy. The list is long so if you must live gluten free, there is no shortage of available sweet treats to satisfy your every Trick-or-Treat bag.

<http://gffreelife.com/2011-gluten-free-halloween-candy-list/>

Don't forget to brush....

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## Seattle Area IBS and Food Allergy Support Group

The **Food Allergy and Intolerance Foundation** (formerly the Innate Health Foundation) sponsors a monthly support group for individuals with IBS, food allergies, and/or gluten intolerance. These support group meetings are open to the public and usually held on the first Tuesday of the month from 6:30-8:00PM at the IBS Treatment Center clinic space. The meetings are fun, educational, and often include delicious allergen free treats. Dr. Wangen attends most meetings and is available to answer questions.

**Next Meeting: Tuesday, November 1st from 6:30 to 8 PM.**

Note: The clinic and garage entrances are both located at 11301 Pinehurst Way NE Seattle, WA 98125. Look for the IBS Treatment Center and blue parking "P" signs. For more info, please call 206-264-1111.

To find a support group in your area, check out one of the following websites:

- **Gluten Intolerance Group of North America** [www.gluten.net](http://www.gluten.net)
- **Celiac Sprue Association USA** [www.csaceliacs.info](http://www.csaceliacs.info)
- **The Food Allergy & Anaphylaxis Network** [www.foodallergy.org](http://www.foodallergy.org)

In **Western Washington** there are gluten intolerant specific support groups in: Renton, Vancouver, Kingston, Whidbey Island, Everett, and Bellingham.

The next meeting of the **Gluten Intolerant Support Group in Everett**, hosted by Janell's Gluten-Free Market will be October 19th, at 6 pm. Dr Kathleen Janel, a Mukilteo based naturopath will speak at the meeting to discuss food reactions and their treatments. For sampling will be WOW brand holiday cookies. [www.janellsglutenfreemarket.com](http://www.janellsglutenfreemarket.com)

## 10th Annual Gluten Intolerance Community Awareness Event, October 21

Presented by the Bellingham GIG

### ***Gluten Free: Fad or For Real?***

One day educational event, Friday, October 21, 9 AM to 9 PM

Free and open to the public

Located at St. Luke's Health Education Center (HEC) Meeting rooms C, E & F  
3333 Squalicum Parkway, Bellingham, WA

Schedule of speakers:

9 AM - **Kelle A. Rankin-Sunter**, Team Support Leader - Gluten 101

10 AM - **Dr. Mystique Grobe, ND** - Food Reaction Testing & Management

11 AM - **Dr. Laura Shelton, ND** - Gluten Free but Still have Symptoms?

12 Noon - **Dr. Stephen Wangen, ND** - Osteoporosis & Gluten, and a research review

1:30 PM - **Dr. Mark Steinberg, ND** - Vitamin Deficiencies and Gluten

2 PM - **Cindy Brin, MPH, RD, CDE** - "Foods Beyond Gluten . . . don't Forget your Heart!"

3 PM - **Dr. Kim Sandstrom, ND** - Helping Your Child be Independently Gluten Free

4 PM - **Dr. Ken Ely, DC & Rachel Ely, BS-Kinesiology** - The Power of Movement

5:00 PM - **Dr. Jean Layton, ND** - Eliminating Gluten and Discovering New Foods

6:30 PM - **PANEL DISCUSSION Topic: Gluten Free: FAD or FOR REAL?**

with Dr. Jean Layton, Dr. Kim Sandstrom, and the Director of Marketing/Sales  
for Nature's Path

Bellingham GIG Homepage <http://www.glutenfreeway.info/>

## Recent Letter From a Real Client in Ohio

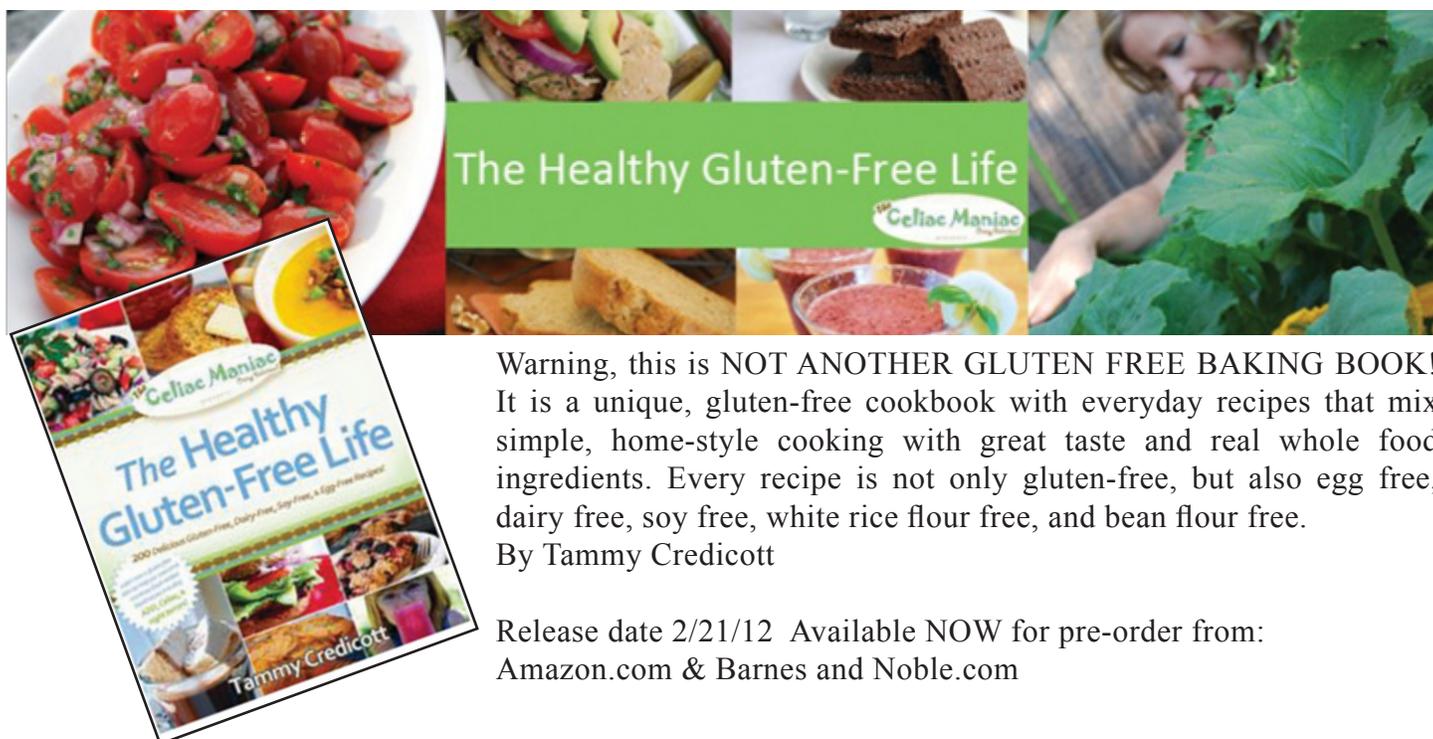
Dear Dr. wangen,

Thank you for your services. I had been sick for 11 years, ever since a European vacation. I suffered from severe, chronic gas and diarrhea and had been to 17 doctors, including: 5 gastroenterologists, 3 infectious disease specialists, a homeopathy doctor, and a visit to the Cleveland Clinic. I had had every GI test possible and tried every diet suggested to me. My symptoms had completely ruined my life in almost every way.

One evening this past March, I sat in my car and seriously considered whether or not my life was even worth living. I felt I had lost everyone and everything I ever cared about. But I vowed that I wasn't going to give up! I went inside and did yet another internet search. I found your website and read EVERY word and testimony. I called the next morning for a phone consultation.

Thanks to your expertise and insight, and for really listening to me, I am once again living a normal healthy life. It has taken some getting used to - sometimes I just can't believe I am healthy again! Over the years I had doctors laugh at me... but you listened and had real answers for me. I will forever be indebted to you. I recommend you to everyone I talk to.

Please keep up the good work.



Warning, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It is a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy free, white rice flour free, and bean flour free.  
By Tammy Credicott

Release date 2/21/12 Available NOW for pre-order from:  
Amazon.com & Barnes and Noble.com



Have you ever bought a cookbook that came with customer support from the author/chef? Have you ever heard of such an unconventional idea? **Bake Deliciously!** by Jean Duane, *the Alternative Cook* provides just such personalized service to her cookbook readers. When asked, Duane says “I want anyone on a special diet to feel like they have someone to talk to for help on how to customize recipes.” She knows that Gluten-free and/or dairy-free “newbies” often feel lost and perhaps even desperate when trying to adjust a recipe to fit their unique dietary needs.

This powerhouse of an allergen free cookbook contains **over 150 recipes** for appetizing muffins, pizza, pies, cakes, cookies, custards, breads and crackers that rival those made with traditional ingredients. Most recipes do not contain soy, yeast, cholesterol, refined sugar, egg yolks, dyes, or artificial ingredients. Recipes were designed to use the highest ratios of whole gluten free grains to maximize nutritional value and enhance favors. **Bake Deliciously!** is not just a book full of delicious recipes. It also contains a lot of helpful information for the newly diagnosed as well as up-to-date information for the special-diet veteran – quite possibly the most comprehensive cookbook on gluten and dairy-free baking on the market.

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

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

## ANNOUNCEMENTS

Dr. Stephen Wangen is pleased to announce the following one-day educational course in Seattle for medical professionals:

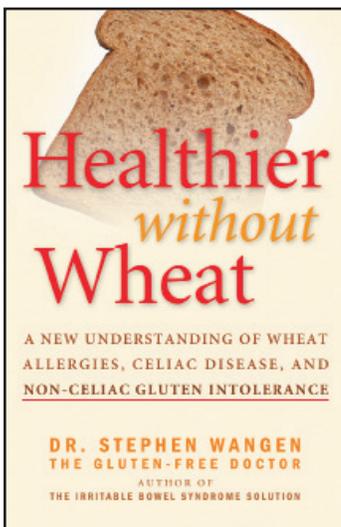
# Advanced Course in Food Allergies, Intolerances, and Sensitivities

Defining and Evaluating Test Methods & Analysis of Current Research

Saturday, November 19, 2011  
Graham Visitors Center at the Arboretum, Seattle, WA  
[www.InnateHealthClasses.com](http://www.InnateHealthClasses.com)



Attendees of the course will receive over 6 hours of handouts in support of the course topics. Participants are eligible for 6.5 CE credits. Register on-line or by phone at 206-264-1111.



## Books by Dr. Stephen Wangen

Available by calling  
(206) 264-1111  
or

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

