

Newsletter

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

Beet Sugar!

Dr. Wangen was surprised by the number of people who turn out to be allergic to cane sugar. Sugar is typically very processed, but apparently enough of the plant material is present in the final product to cause allergic response. For many of these patients the easy solution is to use beet sugar instead.

So where does a person get beet sugar? The IBS Treatment Center Newsletter spoke with Tom Schwartz of the Beet Sugar Development Foundation for the answers. (All answers paraphrased.)

IBSTCNews: There used to be a way to tell what kind of sugar was in the package, is that still the case?

Tom Schwartz: There is no easy way to tell anymore. Most store brands are sourced from both beet and cane sugars and there is no difference in labeling. Typically they buy from whichever supplier is cheapest at the time.

IBSTCNews: How is beet sugar different than cane sugar?

Tom Schwartz: Both are highly refined products so the difference is very small. The plant sources are biologically significantly different, though. Sugar cane and sugar beets come from very different types of plants. The sucrose they produce, however, is chemically the same. When you buy sugar you are buying highly refined sucrose.

IBSTCNews: So is there a source for consumers to get pure beet sugar?

Tom Schwartz: Yes. There are several brands produced by US beet sugar companies that only

process beet sugar and thus only sell pure beet sugar.

Spreckels Sugar Company (<http://www.spreckelssugar.com/>) markets their brand "Spreckels – All Natural Sugar". Spreckels is a subsidiary of Southern Minnesota Beet Sugar Cooperative and markets primarily in the western U.S.

The "White Satin" brand of beet sugar products is produced by The Amalgamated Sugar Company (aka Snake River Sugar Company) in Boise, Idaho <http://srcoop.com>.

Great Western brand - usually seen on labels as "GW Pure Sugar" or "GW Brown Sugar" etc. - is the mark of The Western Sugar Cooperative (<http://www.westernsugar.com/>). Plants are in Colorado, Montana, Wyoming, and Nebraska

"Crystal Sugar" brand beet sugar products are made by American Crystal Sugar Company (<http://www.crystalsugar.com/>) are fairly widely available.

Michigan Sugar Company (<http://www.michigansugar.com/>) is the third largest beet sugar processor in the United States, annually producing nearly one billion pounds of sugar under the "Pioneer" and "Big Chief" brand names.

IBSTCNews: Basically if you buy these brands you know you are getting pure beet sugar?

Tom Schwartz: Yes. It is that simple.

Many thanks to Mr. Schwartz and to the Beet Sugar Development Foundation for their help with this article. More info on their website: <http://bsdf-assbt.org>

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REGULAR FEATURES

Product Review

Trader Joe's Chocolate Chip Cookies (Vegan)



TRADER JOE'S

Mass produced dairy free cookies are fairly rare, although Oreo's are dairy free. It is much more difficult to find a decent cookie that is also egg free. Trader Joe's has done a respectable job with their Chocolate Chip Cookie. It is made with enriched unbleached wheat flour, and does contain soy lecithin and cane sugar, but is completely dairy free and egg free. Egg-free cookies can be more crunchy than chewy, but these are nice and soft. A bit pricey, at about \$4.00 for a 1 pound bag, but if you need a sweet treat, these can fit the bill.

ANNOUNCEMENTS

Review us on Yelp!

[Yelp.com](http://www.yelp.com) is a website that allows you to search for local businesses. Best known for restaurants, it also has reviews of doctors, dentists, and other professional services. Yelp is free to use, and it is free to review businesses. The IBS Treatment Center would really appreciate it if you would let people know your thoughts on us. Just go to [Yelp.com](http://www.yelp.com) and search for *IBS Treatment Center in Seattle* or use the link below. Letting other people know about us is just one more way you can make the world a healthier place. Yelp is a great way to search to and read reviews on what other peoples experiences have been like and for you to express how your experience was as well.

Please visit us at: <http://www.yelp.com/biz/ibs-treatment-center-seattle-2>



Innate Health Foundation Needs Your Help - Update

Thanks to generous donations from Clive Keating, Corrie Kraatz (of Fleurish Beauty – gluten-free beauty products), and Carol Fenster (well known cookbook author and Savory Palate proprietor), 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) 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.

We are appealing to your generosity. Will you please take the time, right now, to fill out the donation form below, send your donation today, and enable us to continue to improve the life of sufferers from IBS and related conditions through this important program? Your support is essential to funding patients waiting now for our help.

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: _____

Gluten-Free Bread Cooking Class

Gluten-Free Baking

Reginald Beck, a 3rd generation baker, is dedicated to teaching the old fashioned art of bread making by removing the myths and fears from the home baker. With the rising issues of intolerance to wheat and gluten, Reginald was compelled to learn to make baked goods without wheat or gluten.

This class is dedicated to restoring the aromas, wholesome goodness, and the taste of bread and baked goods to your kitchen as you transition to a gluten free lifestyle the entire family can enjoy! WE will be baking:

- * Yeast Bread
- * Pie Crust
- * Muffins
- * Brownies



The class is at 6:30 PM on the 5th of October at the sizzleworks cooking school 14111 NE 24th Bellevue, WA.98007. Link to http://www.cookingschoolsofamerica.com/sizzleworks/index.php?flag_menu_index=calendar_php

Reginald Beck is the featured speaker at the December Support Group Meeting hosted by the IBS Treatment Center and sponsored by the Innate Health Foundation. For more information, see http://ibstreatmentcenter.com/7_c.htm

Team Gluten-Free™

Team Gluten-Free™, is a fundraising arm of the Celiac Disease Foundation, a 501(c)(3) non-profit. Team Gluten-Free™ provides a way for runners, walkers, and cyclists to raise awareness and funds through pledges for their participation in local and regional road races. The money raised by participants goes directly to research, awareness, and summer camp scholarships for children with Celiac Disease.

5 Tips to Optimize the Financial Accessibility of the Gluten-Free

This blog entry was written by Genevieve Sherrow, a Bastyr nutritional graduate Student.

<http://wholefoodreflections.blogspot.com/2009/09/gluten-free-on-dime-5-tips-to-optimize.html>

Her blog is full of useful tips and guidelines for eating well and staying on a healthy path with nourishing foods.

Gluten-Free Foodies

Gluten Free Blog for foodies and those who like to eat well

<http://glutenfreefoodies.blogspot.com>

This is a great blog site. It provides educational website links as well as restaurant guides and a social network where you can interact with other gluten-free people from all over the world.

EVENTS

Next Support Group Meeting October 6th!



October Meeting will feature Kathy Hoffman from Ener-G Foods! Be sure to stop by for samples and information about this legendary Seattle-based company.

November Meeting will feature Robin Maynard-Dobbs of www.awareeating.com. The Aware Eating™ process is a natural way to let go of your struggle with food. It is Life Coaching for Women who struggle with Mild Eating Disorders, excess fat, compulsive eating or difficulty in making appropriate food choices.

Aware Eating is a holistic approach that addresses all aspects of healing:

- P Physical Enjoy foods that truly nourish your body. Diminish cravings for sweets and starches.
- E Emotional Learn to nurture and comfort yourself when you need it the most.
- A Awareness Savor the satisfaction of eating with mindful awareness.
- C Connection Discover how to access the wisdom that resides within you.
- E Empowerment Take action! Practice simple techniques to integrate changes into your daily life.

December Meeting will feature Reginald Beck, of [Fearless Bread](http://www.fearlessbread.com).

At Fearless Bread they teach the time honored craft of olde world artisan bread making with the following philosophies and guidelines:

- * bread is meant to be eaten, not preserved
- * use wholesome ingredients from the earth, not the lab
- * don't simply eat bread, take time to enjoy GOOD bread



More info about our support group at http://ibstreatmentcenter.com/7_c.htm

For a complete list of Dr. Wangen's public appearances go to http://www.ibstreatmentcenter.com/6_f.htm

Dr. Wangen's Scheduled Presentations

Denver, CO October 1st, 2009 at 7:00 PM

The Denver CSA branch is sponsoring Dr. Wangen to speak. Details on the Denver CSA website.

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 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

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

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

Dr. Wangen is speaking to GIG of Harrisburg, PA 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.