

IBS TREATMENT CENTER

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NEWSLETTER

SEPTEMBER 2010

IN THIS ISSUE

1-2...IBS Treatment Center is moving

2...IBS Treatment Center Supports Public Television KCTS Channel 9

3...Egg Substitutes

3...Sale at Janell's Gluten Free Market

4...Gluten Free Awareness Event in Bellingham

4...Conference Postponed

5...Dr. Wangen's Scheduled presentations



Dr. Stephen Wangen



IBS Treatment Center Announces Move to New Location

After 5 years of successfully treating patients in the First Hill area of downtown Seattle, the IBS Treatment Center and Center for Food Allergies announces that it is relocating to a newly constructed professional and medical office building in north Seattle.

The new offices and clinic of the IBS Treatment Center will be on the first floor of the Northgate Pointe Office Building located in the Northgate area. The new clinic space is conveniently located off of I-5, and easy to find at the intersection of Roosevelt Way and Pinehurst Way. Free parking for patients and visitors will be available in the on-site, covered parking garage.

continued on page 2

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

**IBS Treatment Center 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125
(206) 264-1111**

www.IBSTreatmentCenter.com

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continued from page 1

WE'RE MOVIN'...

The new space was designed specifically for Dr. Wangen and his patients. The clinic will feature a comfortable and attractive waiting area and tastefully decorated, private exam rooms. Patients will have an easy, and improved check out procedure after meeting with the doctor. The same outstanding support staff from the First Hill location will at the new office, providing patients with the same excellent patient service and care.

The IBS Treatment Center has not increased consultation fees since opening its doors in 2005. By moving to the new facility during this challenging commercial real estate environment, the clinic is able to avoid significant increases in rent costs, and thus avoid passing on any increases in fees to patients. Keeping fees stable was an important factor in the decision to relocate the IBS Treatment Center.

The address of the new clinic is 11300 Roosevelt Way NE Suite 100 Seattle, WA 98125. Entrance to the clinic and the parking garage are from the Pinehurst Way (east) side of the building.

Dr, Wangen and staff look forward to working in the new space and are excited about this important move. Please feel free to stop by if you are in the area. An open house will be scheduled later this fall. Watch for details.

ANNOUNCEMENT

IBS Treatment Center Supports Public Television

Thursday, September 23rd, from 6:30 to 11 PM, volunteers from the IBS Treatment Center and our patients, colleagues, and friends will be answering phones for the KCTS9 Pledge Drive. Thanks to all who volunteered for this fun community event! If you want to volunteer at the last minute, we would be happy to have you join our team. Please call 206-264-1111 and ask for Thomas.



TONIGHT! TONIGHT! TONIGHT!

Those Devilish Eggs -- Nine Great Egg Free Substitutes

1. **Ener-G Egg Replacer** -- follow directions on the box directions
2. 1 tsp **chai seeds** + 3 tbsp water = one egg
3. 1/4 cup **pumpkin, applesauce, mashed banana** or other high pectin fruit puree + 1/2 tsp baking powder = one egg. Use as binding in cookies, cake, pancakes.
4. 1 packet **Knox gelatin** + 2 tbsp hot water = one egg. Use as binding agent when baking; don't mix until ready to use.
5. 1 Tbsp ground **flaxseed** + 4 tbsp warm water (simmer in saucepan for 5 minutes or until thick egg-like consistency, cool completely) = one egg. Use as leavening in breads, cookies, muffins, cakes. Make a larger batch and store in fridge for up to 2 weeks.
6. 1/4 cup **tofu** (whipped or beaten) = one egg. Use as binding.
7. 2 tsp **baking powder** + 2 tbsp water + 1 tsp oil = one egg
OR, 1 tsp baking powder + 1 tbsp water + 1 tsp vinegar = one egg. Use as leavening.
8. 1 tsp **yeast** dissolved in 1/4 cup warm water = one egg. Use as leavening.
9. 1 Tbsp **canola or safflower oil** = 1 egg in pancake mixes or other low rise breads containing baking powder.

Thanks to Gluten Free Mama for these baking suggestions

ANNOUNCEMENT

Gluten Free Products on Sale at Janell's Gluten-Free Market in Everett

Janell's Gluten-Free Market is happy to announce that it has several products on sale, including 25% off (unheard of in the gluten-free world) many selected Schar and Orgran brand products. While supplies last.

Janell's is also announcing an upcoming, in-store seminar with chiropractor Dr. Mike Kaufman on Tuesday September 28th at 6:30 PM. Dr. Kaufman, who has degrees in both neurology and nutrition will be discussing a fantastic new product from UNIVERA. RSVP to Janell's if you plan to attend. The seminar is free and open to the public.

**Janell's Gluten-Free Market 7024 Evergreen Way Ste A Everett, WA 98203
(425) 347-3500 www.janellsglutenfreemarket.com**

9th Annual Gluten Free Community Awareness Event in Bellingham

Friday & Saturday, October 1st and 2nd, 2010

St. Luke's Health Education Center, 3333 Squalicum Pkwy., Bellingham, WA

Hosted by Bellingham Gluten Intolerance Group of Whatcom County

Contact Information: Kelle A. Rankin-Sunter 360-223-7437

Admission: FREE

The public is invited to the annual Community Awareness Event hosted by Bellingham Gluten Intolerance Group of Whatcom County, now in its ninth year. This is the premier Northwest Washington gluten-free awareness event. Along with some outstanding scheduled presentations, the Event will include many gluten-free sampling tables, book sales, a silent auction, and a BGIG reference table. Area healthcare resources will also be available to answer questions regarding healthy gluten free living.

Friday, October 1st doors are open from 9 AM to 4:30 PM with a series of presentations offered throughout the day. Guest speakers will include Thomas Mercer of the IBS Treatment Center and Kaili McIntyre of Wheatless in Seattle.

Saturday, October 2nd, event hours are 10 AM to 3:30 PM. Karen Robertson, author of "Cooking Gluten Free!" will be speaking at 11 AM. In the afternoon, a panel discussion will take place featuring Karen Robertson, Kaili McIntyre, and Dr. Jean Layton of Layton Health Clinic.

This event is focused primarily for the general public in an effort to increase awareness of celiac disease and gluten intolerance.

The Bellingham Gluten Intolerance Group serves the NW corner of the state of Washington including Whatcom, Skagit, and Island Counties as well as individuals from British Columbia. BGIG offers support, recipes, information, and networking for those experiencing reactions of any sort to wheat, rye, and barley and those who care for these individuals.

The Bellingham Gluten Intolerance Group: <http://www.GlutenFreeWay.info>

The road less travelled . . . "Your Highway to Health" - The GlutenFreeway !!

Northwest Gluten Free Conference Has Been Postponed

Organizers of the Northwest Gluten Free Conference, which had been scheduled for early November in Corvallis, Oregon, have announced that the event has been postponed. The Conference has been tenttively rescheduled for March 2012. We apologize for any confusion.

Dr. Wangen's Scheduled Presentations

If you would like Dr. Wangen, or a representative of the IBS Treatment Center, to speak to your organization please contact us via email at info@ibstreatmentcenter.com or at 206-264-1111.

Bellingham, WA

Friday, October 1st, 11 AM

Thomas Mercer of the IBS Treatment Center will speak at the 2010 - 9th Annual Community Awareness Event in Bellingham - "Celiac or Gluten Sensitive?" See page 4 of this newsletter for more information.

PCC GLUTEN FREE BAKING CLASSES Info on PCC website and PCC Cooks Calendar

Teaching the classes together will be Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker"

Issaquah PCC

Monday, October 4, 6:30 to 9 p.m.

Redmond PCC

Tuesday, October 19, 6:30-9 p.m.

Edmonds PCC

Saturday, November 13, 6:30 to 9 p.m.



Coeur d'Alene, ID

Thursday, October 14, 6 PM

Dr. Wangen will be speaking at the Pilgrim's Market Health Education Center at 1316 N. 4th Street, Coeur d'Alene, Idaho. For information contact the Market (208) 676-9730 or check their website for October events



Spokane, WA

Friday, October 15

The Celiac Disease Foundation - Eastern WA/North ID Chapter will host Dr. Wangen at Providence Sacred Heart Medical Center Mother Joseph Meeting Room, next to the cafeteria on LL3. The address is 101 W. 8th Ave, Spokane. For information contact Lori McElhaney (509) 535-7668 or Deann Lund (509) 922-6153.

Coeur d'Alene, ID

Saturday, October 16

Dr. Wangen will address the Fall Conference of the Pacific Northwest Society of Gastroenterology Nurses and Associates