

Dr. Stephen Wangen

# Advanced Course in Food Allergies, Intolerances, and Sensitivities

Defining and Evaluating Test Methods & Analysis of Current Research

Saturday, October 1, 2011  
Westin Park Central, Dallas, TX

Offered in conjunction with the Gluten and Allergen Free Expo, October 1 & 2

**Course Overview** This professional course offers a unique, scientifically based overview of food allergies, intolerances, and sensitivities. Explore these often interchanged and misunderstood terms while receiving a comprehensive overview of the various signs, symptoms, and medical conditions associated with them. In addition, you will learn the spectrum of food allergy and intolerance testing methods as well as practical information for the application of food allergy testing in the clinical setting. Many case studies will be examined along with an update on related medical research.

*"Dr. Stephen Wangen is a real expert. If you want to find out about food allergies and intolerances, there is no better person to learn from.... Steve has spent his career leaning and understanding this information. He is an excellent presenter and this class is a wonderful opportunity."*

**Rodney Ford, MD** | Pediatric Gastroenterologist and Allergist

## IMMUNOLOGY OF FOOD REACTIONS

IgE

IgG

IgA

sIgA

IgM

Cytokines

## TESTING FOR FOOD REACTIONS

RAST

Skin Testing

ELISA

ALCAT

SAGE

LEAP

EAV (Vega)

Applied Kinesiology

Elimination Diets

**What is tolerance vs intolerance?**

**Do people outgrow food allergies?**

**What causes food allergies?**

**Does everyone have antibodies to foods?**

**What symptoms are caused by reactions to foods?**

**Learning Objectives** Attendees will gain a complete understanding of food allergies, intolerances, and sensitivities. Other learning objectives: An appreciation of the different test methods and their strengths and weaknesses; comprehension of the immunology of food reactions; and, awareness for the scientific validation of the spectrum of signs and symptoms associated with food reactions.

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

Presented by INNATE HEALTH SERVICES  
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# The Instructor

Dr. Stephen Wangen is a board certified physician with a doctoral degree in naturopathic medicine from Bastyr University, and an Assistant Clinical Faculty Member of Bastyr University. He is the co-founder and Medical Director of the IBS Treatment Center (Seattle), the first clinic in the nation to focus on the treatment of the debilitating condition known as irritable bowel syndrome. Dr. Wangen serves on the Board of Trustees for the Gluten Intolerance Group of North America, and is the Medical Director for the Food Allergy and Intolerance Foundation, a non-profit organization dedicated to growing the awareness of food allergies and intolerances. He has written two books: *Healthier Without Wheat* (2009) and *The Irritable Bowel Syndrome Solution* (2005). Dr. Wangen travels nationally speaking to various audiences on these important topics.



## Advanced Course in Food Allergies, Intolerances, and Sensitivities

### LABORATORY COMPARISON

ALCAT  
Cyrex  
DiagnosTech  
ELISA/ACT  
Enterolab  
Genova  
Immunolabs  
Leap  
Meridian Valley  
Rocky Mtn Analytical  
Sage  
U. S. Biotek  
York

**Dr. Wangen** brings over 10 years of relevant clinical experience and extensive medical literature review to this course. The mission of Innate Health Services is to offer accurate and professional level support and information on current health issues to medical professionals and the public. **Advanced Course in Food Allergies, Intolerances, and Sensitivities** guarantees to be a well-organized, professional, and science based educational seminar. Attendees will receive full handouts in support of the course topics and an allergen-free meal. Attendees to the course will also receive a complimentary pass (\$15 value) to the **Gluten & Allergen Free Expo Vendor Fair** happening concurrently at the Westin Park Central Hotel. (Participation in the related Expo cooking classes is an additional expense.) **Note:** There has been no outside sponsorship or financial support by supplement companies or labs in the development of this course.

*"Dr. Wangen is a respected colleague who has helped tremendously to bring the awareness of celiac disease and gluten intolerance, as well as food allergies and intolerances in general, to the forefront."*

**Melinda Dennis, MS, RD, LDN** | Nutrition Coordinator, Celiac Center at Beth Israel Deaconess, Boston, MA

### Who Should Attend

This course is designed for physicians, nurses, chiropractors, dietitians, nutritionists, and other healthcare professionals. However, anyone interested in gaining a better understanding of food reactions is welcome. Food allergies and intolerances are relevant to all medical specialties and impact all systems of the body.

### Accreditation

Participants are eligible for 6.5 CE credits. Approval pending for AMA PRA Category 1 credits.

### OTHER FOOD REACTIONS

Lactose Intolerance  
MSG  
Sulfites  
Salicylates  
Nightshades

"Having worked collaboratively with Dr. Wangen for several years I am excited that he is sharing his vast knowledge and professionalism with others. It will be of great benefit to healthcare providers and patients everywhere. Until now I have found there has been a general lack of credible information and coursework on food sensitivities and intolerances."

Julie Starkel, MS, MBA, RD | Board Member, Gluten Intolerant Group of North America

## Program Content

7:45-8:30 AM	Registration and Sign-In
8:30-10:00 AM	<b>Session 1 Defining Allergy, Intolerance, and Sensitivity</b>
10:00-10:30 AM	Break Expo Vendor Fair opens at 10:00AM
10:30-12:00 PM	<b>Session 2 Immunology of Food Allergy</b>
12:00-1:00 PM	Break Lunch and time to visit Expo Vendor Fair
1:00-2:00 PM	<b>Session 3 Celiac Disease vs Non-Celiac Gluten Intolerance</b>
2:00-3:00 PM	<b>Session 4 Understanding the Different Laboratories</b>
3:00-3:30 PM	Break Expo Vendor Fair is open until 4:00PM
3:30-5:00 PM	<b>Session 5 Review of Current Research on Related Topics</b>

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### RESEARCH REVIEW OF DISORDERS

Autoimmune  
Cancer  
Cardiovascular  
Dermatology  
Gastroenterology  
EENT  
General Health  
Mental Health  
Musculoskeletal  
Neurology  
Respiratory  
Rheumatology  
Women's Health

## Accommodations

The Westin Park Central - Dallas  
12720 Merit Drive, Dallas, TX 75251 Phone (972) 385-3000

The Westin Park Central in North Dallas has reserved a limited number of rooms at the conference rate of \$99. per night for Course attendees. To guarantee this rate, reservations must be made by September 16 and are subject to availability. Please make reservations directly with the hotel by calling (972) 385-3000, and ask for the "Allergen Free Expo" rate or [click here](#).

## Concurrent Event

The **Gluten & Allergen Free Expo**, produced by Jen Cafferty and presented by *Living Without*, will be happening concurrently with this Course. The Expo will take place both Saturday and Sunday at the Westin Park Central. Course participants will have the opportunity to visit the vendor and book fair to sample and purchase various allergen free products.

**GLUTEN & ALLERGEN FREE Expo**

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