



# Inflammatory Bowel Disorders

## Natural remedies for Crohn's, colitis, Celiac's and related conditions

Inflammatory bowel disorder is a catch-all term used to describe a group of intestinal disorders characterized by gas, bloating, abdominal pain, diarrhea and constipation (or alternating periods of both). The most common inflammatory bowel disorders are colitis (inflammation of the colon and small intestine), Crohn's Disease (a severe form of colitis which causes fistulas, openings created by ulcers that connect to other organs and structures), ulcerative colitis (similar to Crohn's except it starts in the rectum and affects only the colon), Celiac Disease (which causes breakdown of the intestines due to gluten allergies), and diverticulitis (inflammation of pockets in the colon).

These diseases afflict millions of people each year, and the problems they cause are not limited to the bowel. Research has established links between dysfunction of the digestive system and most chronic and degenerative diseases, including arthritis, allergies, eczema and other skin diseases, some cancers, asthma and even "mental" diseases like depression, ADHD and schizophrenia. So, these problems have far reaching effects.

Yet, if you check most Western medical sources, you'll learn that these diseases are "of unknown origin" or that they are commonly considered to be of psychosomatic origin. Well, if you stop there, the situation sounds pretty hopeless, especially since most of the drugs prescribed for these chronic conditions just address the symptoms and don't claim to cure them.

Fortunately, alternative medicine and herbalism in particular give us an entirely different—and more effective—way to look at these diseases. The key to inflammatory bowel disorders can be summed up with the word inflammation. Inflammation is caused by irritation to tissues, which typically results from some kind of mechanical or chemical damage.

Typical causes of intestinal damage include: antibiotics (which promote the growth of toxin-secreting yeasts), food allergies, heavy metals and other environmental toxins, smoking, birth control pills, antacids, nitrates commonly found in preservatives, MSG and chlorinated water. Microbes like *H. pylori* and parasites can add to the problem. Believe it or not, even anti-inflammatory drugs like ibuprofen have been found to cause intestinal inflammation!

Not only does inflammation in the intestines decrease our ability to process and absorb nutrients, it also leads to increased absorption of toxic materials into the blood and lymph streams, a condition known as leaky gut syndrome. This is primarily what creates the cascade of negative reactions in other body systems that can cause problems like skin disorders, depression and the other chronic conditions mentioned previously.

By now it should be obvious that to eliminate and prevent these diseases we need to remove the causes of damage by avoiding substances that irritate and inflame the intestines. Start by paying attention to foods that trigger allergic reactions and avoiding foods incompatible with your blood type. Also, avoid the drugs and chemicals previously listed that cause intestinal damage.

We can help remove toxins by taking intestinal fiber. Everybody's Fiber is an excellent blend for inflammatory bowel disorders because it is gentle acting and contains anti-inflammatory and digestive-enhancing herbs. Intestinal Soothe and Build is also an excellent herbal formula for reducing irritation and eliminating toxins. It works well in combination with Stress-J.

Enzymes are needed to help break down foods effectively. This helps prevent inflammation, helps in the detoxification process and aids in the absorption of nutrients. Proactazyme Plus or Marshmallow and Pepsin are good enzyme products to use.

Eliminating yeast overgrowth or parasites may be necessary. Yeast/Fungal Detox or Caprylic Acid Combo can help reduce Candida and other yeast infections. The Para-Cleanse pack is helpful for others. The four R's of correcting intestinal damage are: Remove, Replace, Reinoculate and Repair.

We can remove toxins with bulk laxatives like psyllium or flax seed, which absorb the toxins and carry them out of the system. Fungal infections can often be eliminated with formulas like Yeast/Fungal Detox or Caprylic Acid. The Para-Cleanse pack may be necessary for other parasites and microbes. It contains Artemisia Combination, Herbal Pumpkin, Black Walnut, Paw Paw and Yeast/Fungal Detox.

Healthy colonies of friendly bacteria are very important in reducing waste acids, preventing harmful bacterial infections, blocking mutation of intestinal cells and reducing food sensitivities. By reinoculating our intestines with probiotics like Acidophilus, Bifidophilus or Probiotic Eleven we can directly and indirectly reduce inflammation and improve gut integrity and function.

As destructive as the inflammatory bowel disorders can be, there are effective natural ways to heal them. For more specific health information, consult your local herb specialist, or one of the sources listed below:

### Sources of Additional Information:

*The Comprehensive Guide to Nature's Sunshine Products*  
by Tree of Light Publishing

*Foundations of Health: Liver and Digestive Herbal* by Christopher Hobbs  
*Coming Clean* by Steven Horne

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