

10 KEYS TO RELIEVING CROHNS, COLITIS & INFLAMMATORY BOWEL DISEASE

In addition to your NLW Protocol, here are some other nutritional recommendations

1. Limit Carbs, especially starches and sugars - they can get into the colon undigested and cause fermentation/putrification and cause toxins in the gut and leak into the blood stream, they can damage your gut lining and flora microbial balance. Limit grains, dairy with lactose in it including ice creams and commercially made yoghurts. Avoid soy products they contain anti-nutrients, potatoes and corn (starch), table sugar, maple syrup etc. Add to your diet high quality proteins, fresh fruits and vegetables, IBS patients need to cook their veggies and eat soft fruits (juicing can be hard on the gut).

2. No gluten (the sticky protein in grains which cause gut issues) Rye, Barley, Wheat, including gluten bread - there are so many wonderful alternatives; or A1BC dairy A1 Beta Casein - can consume grass-fed, raw or fermented and free of A1BC (is like gluten and found in most cows milk unless labelled otherwise - alternatives are goat and sheep's milk. Gluten and A1BC proteins can cause gut, brain and immune system issues. Can have good quality butter, good quality heavy creams, properly prepared yoghurt, Kefirs and cheeses, look for grass fed and A1BC free.

3. Bone Broth from meat, chicken or fish - is great, digestible and supportive, super nourishing for the gut. Put veggies, herbs and spices with it, puree it if you have to. Drink it, and go on a bone broth cleanse for 3-4 days to reset the gut.

4. Fermented foods, especially after a bone broth cleanse. Sauerkraut, properly prepared Kefir, if coming from cows milk free of A1BC, goats milk or sheep's milk, it's got to be whole milk. Butter, Ghee. You don't need to consume dairy. Kombucha is beneficial if made with honey and not sugar.

5. Healthy fats are very important - 2-4 tablespoons per day of coconut oil (rub it on your skin), coconut milk, coconut cream, avocados, olives, flaxseeds & chia seeds ground, nut butters - almond, seed butters, good quality butter and ghee, nuts to chew up well though avoid if having a flare up. Deep water fatty fish - sardines, mackerel, salmon and herring are great and also anti-inflammatory. Omega 3's

6. Blueberries - 1 punnet a day. Chew them very well, or put in a pot with some honey and warm and consume them like a jam or jelly. You can blend if you are really sensitive. They contain pectins which are good for the gut and anthocyanins that help to balance bacteria in your digestive tract and assist to eliminate bad germs.

7. Use herbs, anti-inflammatory herbs like boswellia or frankincense, holy basil, green tea, peppermint, rosemary etc

8. Use spices, fruits are good, veggies are better, herbs are awesome and spices are amazing! Tumeric and ginger are two of the best, put them in your bone broth, take them in supplement or powder form if not in whole form. They are anti-inflammatory and when combined with boswellia are potent. Use them liberally. Great for people on antibiotics and immune suppressing medications.

9. Essential oils - to assist with stress, anxiety and depression. If you can't exercise to relieve stress then use essential oils and listen to music. Lavender & chamomile diffused, oregano in very small amounts can be great for infections though be careful as it can be harsh to the gut. Frankincense is amazing and is the top herb or oil for inflammation and taken internally - be sure that it is labelled as a dietary supplement to be taken internally and follow the instructions. Peppermint is so great for the gut topically and internally especially for mild IBS Crohns or colitis, bloating, gas or constipation. Diffuse oils, rub them on your feet, put them in your hair, make skin and body products with them. Great for IBD. Rub Frankincense on your gut, or best 2-3 drops 2 to 3 times a day in the mouth.

10. Take the right supplements - probiotics with soil based organisms, and digestive enzymes with meals. Broad spectrum enzyme that has lactase for dairy sugar, lipase for fats, protease and amylase.

The substance is having faith and belief for the things unseen By Jordan Reuben -

<https://youtu.be/l4UvrOXTnc4>
