

Colitis

Colitis is a chronic disorder where the mucous membranes lining the colon, or large intestine, become inflamed. There is also a condition called ulcerative colitis, where the lining is inflamed and then develops ulcers. Common indications are diarrhoea with bleeding, causing the loss of vital nutrients and fluids. There are usually other symptoms present such as bloating, gas, abdominal pain, and sometimes very hard stools.

Because of the inflammation of the bowel, absorption of nutrients is severely compromised. So **Body Balance** would be the first recommendation. Apart from the minerals that are needed (minerals such as copper, selenium, iron, zinc and manganese are actually really important for treating this disease, and are usually deficient), the aloe vera is highly beneficial because it softens hard stools and has a healing effect on the entire digestive tract. The product is also high in natural carotinoids, and these antioxidants aid in controlling infection and repairing the intestinal tract.

Amino Charge would be a great addition as well. Protein is essential in the healing of the intestines. People with inflammatory bowel disorders require up to 30% more protein than normal. Also if anti-inflammatory drugs such as corticosteroids are used, this requirement goes up even more, as these drugs depress protein synthesis. The different amino acids also play different major roles in the healing process. For example, glutamine is one of the most essential in this situation, as it is a major metabolic fuel for the intestinal cells. It maintains the villi which are the absorption surfaces of the gut. Taurine is an important antioxidant and immune regulator. It will also help stabilise blood sugar between meals.

Osteoprocare is another vital one. Calcium and magnesium have been shown to help prevent colon cancer and people with Colitis have a significantly higher risk than normal of developing colon cancer. The glucosamine in the Osteoprocare is a major constituent of the barrier layer that protects the intestinal lining from enzyme activity and other potentially damaging intestinal contents. The Vit D prevents metabolic bone disease from developing as a result of malabsorption. Chronic steatorrhea (fatty stools resulting from improper digestion of fats) produces calcium and magnesium deficiencies. Also to re-establish a proper healing environment, it is necessary to maintain a generally alkaline body pH.

True Greens contains a wealth of nutrients including EFA's, enzymes, probiotics, antioxidants etc., all of which are vital to rebuilding the digestive tract. It is high in vitamin K, which is vital to colon health. Deficiency is common in people with this disorder due to malabsorption and diarrhoea. True Greens also contains lecithin, which is one of the most powerful fat emulsifiers.

Taheebo is a powerful anti-inflammatory and anti-microbial. Put it in hot water to evaporate off the alcohol.

Flexioplus contains MSM, which is a powerful anti-histamine, and people with Colitis are usually histamine-intolerant. It is also a good source of extra Vitamin K.

Colloidal Silver will help with the inflammation as well as being an anti-bacterial, and is very easy on the system.

Vitali-C Plus strengthens and balances the immune system. Vitamin C is used by the body for the healing of the mucous membranes.

Colon Cleanse contains 3 parts. **Herbal Tabs** contain healing herbs that also cleanse the colon gently and safely. **Intestinal Tone** provides needed fiber and can be used every day as a wonderful fiber supplement. **Activated Charcoal** absorbs and neutralizes thousands of times its own weight in toxins, and carries them out of the body.

Other suggestions.....

Stay away from wheat products, dairy products and yeast products. Eat a low carbohydrate, high vegetable-protein diet. Baked or broiled small deepwater wild fish, organic chicken and turkey (without the skin) are good sources of protein. Eats LOTS of vegetables.

High fiber is important. Oat bran, brown rice, barley and other whole grains, lentils, and related products such as rice cakes are good. Keep fats and oils out of the diet for now as they exacerbate the diarrhea that comes with colitis.

Garlic is great to use. Fresh vegetable juices are wonderful, especially green juices.