

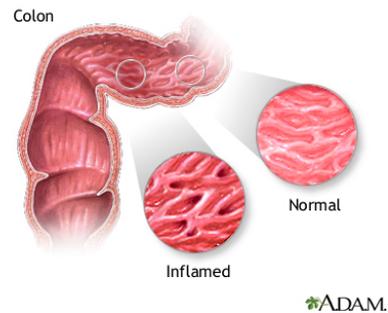
Crohn's & Colitis - March 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Crohn's & Colitis

Crohn's disease is an inflammatory bowel disease that can involve different areas of your digestive tract including both the small and large intestine as well as other parts of the body. Symptoms can include abdominal pain, fatigue, severe diarrhea, fever, malnutrition, weight loss, bloody stools, mouth sores, and inflammation in the skin, eyes, joints, liver or bile ducts. Risk factors that you can control are smoking, diet, NSAIDs and air pollution.



Colitis is inflammation of the inner lining of the colon or large intestine. Symptoms can be similar to Crohn's and can include abdominal pain, rectal pain, rectal bleeding, fatigue, diarrhea with blood or pus, fever, an urgency to defecate with or without the ability to defecate, weight loss and lack of growth in children.

Treatments include medications such as anti-inflammatory drugs, immune system suppressants or antibiotics, nutrition and surgery.

Nutrition for Crohn's & Colitis

A whole foods diet including alkalinizing foods, adequate water and adequate sleep. [Download the free Acid Alkaline food chart from my web site and aim for 80% more alkaline foods.](#)

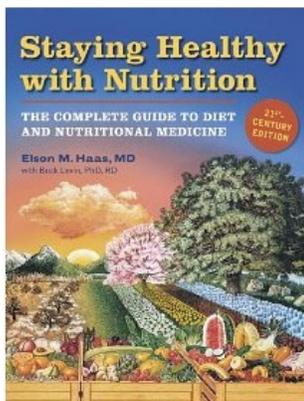
Eat and drink naturally fermented foods every day like water kefir, milk kefir, sauerkraut, kimchi, kombucha, other fermented vegetables, grains and nuts. Take quality probiotic supplements.

Eat foods rich in omega 3 fatty acids such as fatty deep water fish, salmon, albacore tuna, sardines, anchovies, shellfish, flax seeds/oil/meal, chia seeds/oil/meal, spirulina, hemp seeds/oil, soya oil, safflower seeds/oil, canola oil, pumpkin seeds, mustard seeds, sesame seeds/oil, brazil nuts, spinach, kale, collard greens, mustard greens, leafy vegetables, walnuts, organic eggs, grass fed meats and soy products. Try aloe vera gel to calm inflammation. Cook with turmeric a powerful anti-inflammatory if you are not sensitive to turmeric. Consider food sensitivity testing.

Resources

[WebMed](#)

[Mayo Clinic](#)



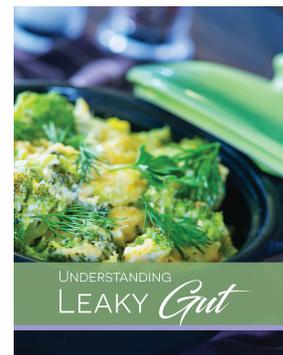
Nutrition Book Club

Session 2, Chapter 2 on Monday March 19

Book Staying Healthy With Nutrition by Elson M. Haas MD and Buck Levin PhD RD ISBN 978-1587611797 paperback also available digital by Kindle and Kobo

Understanding Leaky Gut

This ebook explains what a leaky gut is and includes recipes and is available for \$8+HST



**Be healthy 4 life,
Cathy Ferren RHN**

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