

Inflammatory Bowel Disease

[To sum up the following – eat the best you know how, eliminate ALL processed foods from your diet, and eliminate white sugar, white flour, and cow’s milk – this was the formula from Dr. Shaklee on how to heal a body. *Heidi*]

Diverticulitis – David “Understanding The Condition”

How Shaklee Products Can Help with Diverticulitis and IBS

After having a severe attack of diverticulitis, nutritionist, David Mulvain, was asked what was the best diet to eat and if it was okay to take the Shaklee Life products. Here is his response:

There is no reason that you cannot use the Shaklee 180 program. It seems that you have a doctor that realizes the importance of fiber for diverticulitis. The old recommendation was a low fiber diet, in fact, I just read a medical protocol on the internet that was still recommending the low fiber diet. You may have been advised to avoid foods that do not break down completely like popcorn and corn. The skins of some fruit, like apples, were also thought to be a problem because small particles might lodge in the diverticuli. I do not recommend popcorn, but softer residual foods like apples and corn have not been found to be a problem if they are chewed properly. Some doctors also advise not eating nuts, however they are okay if well chewed and there is adequate fiber and water in the diet.

Diverticuli do not become a problem unless they become infected. The big problem is foods high in starch, especially refined foods made from grains and legumes (peas, beans etc). When starchy foods are a large part of the diet they attract infectious yeast and bacteria. Conversely, the soluble fiber in the vegetables and fruit tends to clean the gut, and promote healthy gut function. Fiber also supports gut health because it feeds healthy bacteria. They break down soluble and insoluble fibers and make short chain fatty acids that are essential to the health of the large intestine, especially the last third of the large intestine, the descending colon. That part of the intestine gets 60% of its nutritional requirements from the fatty acids produced by the bacteria when the right bacteria inhabit the gut. The primary cause of diverticuli is a result of a lack of nutrients and energy to the intestinal wall because of too much starch and not enough fiber in the diet. Refined starches like breads, cereals, pasta and other refined grain products have the opposite effect of fiber. The starch is broken down by yeast, which in turn replaces the healthy bacteria with starch and sugar fermenting bacteria. The most noticeable clues are gas and bloating. Gas and bloating are symptoms of the cause of the problem. They are not caused by the diverticuli.

Shaklee Life drink contains 6 grams of fiber per serving that support healthy gut bacteria. The Shaklee Fiber Plan is also a healthy addition, and great way to add extra fiber. I suggest adding it to a morning Shaklee Life Protein drink.

Shaklee’s pro-biotic, Optiflora, is very unusual in that it has a triple coating that guarantees the delivery of live bacteria to the gut. The survival of conventional Probiotic is 0 to 4%. The Shaklee prebiotic is also very important. It feeds the good bacteria. I recommend one serving of each per day taken at the same time.

Lack of Vitamin C may also play a role. Vitamin C is needed to keep the connective tissue strong. It is generally thought that the diverticuli form in weak areas of the gut because of pressure. Vitamin C is important to keep the connective tissue strong and resistant to damage, but I believe the primary cause is a lack of

structural integrity of the lining of the gut because the tissues are not getting adequate energy from the short chain fatty acids produced by the healthy bacteria that should inhabit the gut. One of the Shaklee Vita-C twice a day would be adequate.

Alfalfa also has several properties that contribute to a healthy digestive system. I recommend 5 to 10 per meal. I am not sure of the direct effect of NutriFeron on intestinal infections. It is an overall powerful immune stimulator, and may have some preventative effects. This is a nice addition. The Stomach Soothing Complex is designed to combat gas and bloating and may also be helpful.

Diverticuli and Diverticulitis probably did not exist until about 10,000 years ago when mankind took up farming. The ideal diet would be about half low carbohydrate vegetables and ideally most of the rest of the food would be animal products. The problem foods in our diet today are agrarian foods made from grains, legumes and dairy. Highly processed versions of these and other foods and manufactured foods are even worse.

It is difficult for most people to return to the hunter/gather diet, but do eat meat and/or eggs with every meal if possible, try to avoid meals in which most of the calories come from grains, legumes and dairy products. When you do eat those agrarian foods, try to get them as close to the way they would occur in nature. Remember, the big protectors are low carbohydrate vegetables and whole fruit. Make half your plate veggies, both leafy greens and things like broccoli, celery, cucumber etc. The other half should be meat with the starch serving being less than or equal to the meat. Two or 3 servings of whole fruit a day is recommended. This diet works great for weight loss as well, especially when combined with regular exercise.

I think it is always helpful to understand why conditions like diverticulitis occur and the theory behind the remedies.

Good health, happiness and long life, David

IBS is the same as diverticulitis without the diverticuli in most cases. It could also be caused by parasites. Either way, bowel disease starts when the diet supports the survival of unhealthy organisms more than it supports the survival of the healthy bacteria. I generally recommend a four step approach to correcting all bowel problems. Starve the unhealthy yeast, bacteria or other organisms. Usually that means cutting out all starch and sugar for awhile. Some parasites do not respond to that, but by far, the most common problem is sugar and starch fermenting yeast.

Second, kill the bad yeast etc.. Some times that is easy and Shaklee Garlic is adequate. More often than not, it will require the addition of several more anti-yeast herbs not made by Shaklee and coconut oil. Third, ingest healthy bacteria. That would be Optiflora, and last, feed the healthy bacteria the Shaklee Optiflora Prebiotic, lots of low carb veggies and the Shaklee unflavored Fiber Plan. Shaklee Alfalfa facilitates healing the digestive tract, and sometimes if stomach acid and digestive enzymes are low it helps to take EZ-Gest and Shaklee Alfalfa. Lowering stomach acid with drugs just makes the problem worse.

TESTIMONIES

TESTIMONY Ulcerated Colitis

For the past several months I have been using Shaklee's Optiflora, Alfalfa, and Herb-Lax for a healthy colon.

As a sufferer of ulcerative colitis, an embarrassing and potentially serious disease, I wanted to rejuvenate my colon. In combination with my prescription drugs, I've been able to clear up the inflammation and head down the road to recovery. At the end of this month I will be totally off medication. I will continue to use the Optiflora, Alfalfa, & Herb-Lax for the rest of my life to ensure fewer flare ups and a healthy colon.

Kimberlee Z

This information is not to replace medical care; to diagnose, treat, or cure.

Kalyn Alwin- Personal Crohn's Story - October 2007

When I was 24 years old I was diagnosed with irritable bowel/colitis by my internist. I was given the drug azulfadine to take. I took it on and off for several years and didn't have many problems.

Many years later when I was about 35 years old I had a high fever, chills and much pain. Went to the local hospital and thru a series of tests they ruled out certain diseases and diagnosed me with Crohn's in the lower right quadrant of my intestinal area at the ileum. I was pumped up with a lot of prednisone and antibiotics and sent home after a few days with oral Prednisone and Pentasa. Again I took this for several years and went in and out of the hospital once or twice a year when I had a bad flare up. The Crohn's continued to get worse and my internist told me that after looking at the x-rays that I needed to go to a specialist to try to get it under control. For the time frame of November 2005 to May 2007 I was working as a bookkeeper at an excavating and landscaping company. In the beginning of my employment there the boss asked the office manager if she knew how sick I was before they hired me because I was missing a lot of work going to doctors appointments, tests, etc. For almost this entire time frame it was all I could do to go to work. Every minute seemed like an eternity because of the pain.

January 2006, I went to a specialist and he told me that after looking at my test results he could go either way, surgery or try a different kind of medicine. It is my desire to have surgery only as a last option as I've heard that once you have surgery, you're bound to have more. This doctor believed that I had never been on a high enough dose of Prednisone for a long enough time. I continued with two grams of Pentasa a day and also 40 mg Prednisone and they added Mercaptopurine (6MP) 50 mg. He also wanted me to try to live a less stressed life, stop drinking milk, take one Primal Defense pill a day (probiotics from Garden of Life company), and continue to take the Shaklee vitamins that I was taking on and off.

I improved slightly for a short period of time but noticed a slight bulge over the top of my belly button and it was starting to hurt when I urinated. Went to the specialist, my regular doctor was not available so I saw a different doctor and he said it was just an inflamed lymph node.

September 2006 I decided to go to a urologist to see if it was a bladder infection or something. Initially they checked my urine, didn't find anything wrong and this doctor thought my "pea channel" needed to be widened. So I suffered thru that barbaric procedure and after they did an ultrasound on my bladder and the doctor saw a mass at the top of my bladder. He told me it was a tumor and that I needed to schedule with his office a procedure at the hospital for a bladder tumor resectioning and that there would be catheter put in for a minimum of five days. I scheduled the procedure but in my mind I was thinking I don't believe this doctor and I want a second opinion. A good second opinion.

My fiancée had been thru testicular cancer treatment at Mayo Clinic in Rochester, Minnesota and I wanted to go there for the second opinion. I started out seeing the same urologist that Steve (fiancée) had do the surgery on him. They scheduled a biopsy on the “mass” that the other doctor had seen in my bladder. However, they believed it was inflammation from the Crohn's and not a tumor. They were right. The Crohn's had gotten so bad and inflamed that it was pushing into my bladder. Mayo Clinic sent me to one of their gastroenterologist and they wanted me to meet with a surgeon. Met with them and the surgeon told me that looking at the results of my tests that anyone who had the intestines that I have with an abcess and multiple fistulas is in a lot of pain all the time and that when I was sick and tired of living the way that I was living I should give him a call and he'd do surgery and make me feel better. The gastroenterologist suggested that maybe I should try Remicaide first, an intravenous medicine made of 20% mouse protein. It was about this time that Louise Rees (in Shaklee) had suggested a certain regimen of Shaklee products. I took Shaklee faithfully for a couple of weeks and felt better. This was just before I started the Remicaide at Mayo Clinic. The Mayo gastroenterologist told me that the Remicaide was a mixture of very powerful drugs that had not been tested against every vitamin and herb and there was a possibility of drug interaction, so I stopped taking the Shaklee. I wish I had NOT taken the Remicaide and continued taking Shaklee.

I was ready to do anything to avoid surgery so I had a Remicaide treatment that day and then two weeks later. It worked great initially. I thought my prayers had been answered. Then I had another treatment in five weeks. It didn't work as well. Another treatment in six weeks didn't work as well as the second treatment. Think I had five or six treatments between October 2006 and February 2007. Met with the surgeon a second time, he told me he needed to take out at least 14 inches and depending on the blood vessels, etc. it could end up being up to four feet of intestine.

I still did not want to have surgery. I had heard of a “natural” doctor thru my sister and I met with her. She seemed to say all the right things, ended up buying a lot of different pills from the health food store that she recommended and for three months I saw her every two weeks. It cost me \$2000 between the visits to her and the pills I bought. Still didn't feel much better. I have a thirteen year old daughter and I laid on the couch most of time after work holding myself because the pain was so great. It was horrible. I had also lost 20-25 pounds and looked like a ghost. I was taking any drug I could get my hands on to help with the pain, vicadin, tylenol with codeine, percocet. I was like a drug addict. I ended up in the hospital on my birthday, May 11, 2007. I thought I was going to end up having my appendix out because I had a high fever and severe pain in that area. The gastroenterologist laughed when I told him I had been working with a natural doctor. He told me that with the severity of my disease I couldn't do that! He asked me to go on Remicaide again and see if we could avoid surgery. I didn't want to do Remicaide again.

My mom begged me to try Shaklee products. I had been dabbling for years taking them on and off and not a consistent basis. I dug out the list of products that Louise Rees had suggested I take. Louise suggested starting out very slowly introducing these products to my body. I started taking the following Shaklee products:

- ▮ **Energizing Soy Protein 1 shake in the morning**
_ (3 Tablespoons protein, 1 cup soy milk, ice cubes, 1 cup yogurt, 1 banana)
- ▮ **The Basics 1 strip of vitamins daily (now the *Vitalizer*)**
- ▮ **Omega Guard 3 soft gels**
- ▮ **CoQ Heart 1 a day**
- ▮ **Optiflora 1 a day probiotic “pearl”**
- ▮ **Alfalfa Complex 30 a day**

I felt better a few days after taking these supplements. I was supposed to go in for a CAT scan a month after I got out of the hospital. The gastroenterologist told me that the abcess had gotten smaller and the inflammation was down. I continued taking the 50mg of Mercaptopurine (6MP) but he did not suggest getting back on the Remicaide as he had told me when I was in the hospital.

I have been taking the above Shaklee vitamins since May 2007 and have rarely had any pain. If I ever do have pain it's due to a bad food choice. The Energizing Soy Protein I feel helped a lot by putting muscle back on my

body. I have gained about 15 pounds since being on Shaklee. I did reduce the Alfalfa Complex to 15 pills a day. I have gotten my life back. I have a lot of energy and no longer lay on the couch, take drugs or restrict my activities because of Crohn's. I can do anything I want! I'm supposed to have another CAT scan soon and am looking forward to seeing the results. With God and Shaklee's help I am hopeful that I will never have to have surgery.

The Shaklee Difference - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square feet Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.

CROHN'S TESTIMONY

When I was 18 years old, I had what seemed to be an immune system breakdown. I had constant sinus infections, allergies, eczema, migraine headaches, diarrhea and constant stomach cramping. I missed so many high school and college experiences because I was in so much pain. I would sleep just to escape the pain. After I ignored these problems for some time, my body finally just quit.

I woke up one day with terrible arthritis, barely able to move my arms. My ankles were swollen. My weight was down significantly. I dropped from a size 12 to a size 2 in a matter of months. At this point my mother stepped in and said, "You need to see a doctor."

How could this happen to me? I was so young. My doctor immediately put me in the hospital to have a battery of tests. A rheumatologist, checking the arthritis, took one look at me and diagnosed the Crohn's Disease. I was lucky that he knew what to look for. It can take years to diagnose Crohn's.

Then the regular course of treatment began. At that time it was sulfa drugs and prednisone (steroids). The meds worked for a while, but had terrible effects. Prednisone is a very dangerous medication - and I was on it for many years. I had no idea about the damage it could do to me. I developed severe acne, candida, mood swings, the shape of my face changed. I could go on and on. After several years, the medications stopped working. My intestines had narrowed in one area, which could eventually become a complete blockage. This is not a good thing! I was told I would need surgery.

After much thought, I decided to have the surgery. I asked my surgeons and doctors, "What would be the worst outcome from the surgery?" I was told, "Don't worry. You're young. This will be an easy surgery." Well, guess what? That's not a great answer and not one you should accept. Believing them, I went ahead with the surgery. Afterward, I was told that the disease had progressed farther than the doctors had originally thought. They were very surprised at the damage. A sizeable portion of my large intestine and a section of my small intestine were both removed. Also, the illicium valve between the large and small intestine was removed.

After the surgery, I was told that I was almost given a bag. My surgeon did not want to do that to me at such a young age. He felt there would be a lot of medical advances in the next 5 years that might help me. My body did not readjust well to the surgery. I had constant diarrhea. To control it, I was put on a medication - and told that I would be on medications for the rest of my life! I would need 3 or 4 surgeries in the next 5 years - and then would have a permanent bag.

Wow! That was a lot to deal with. The doctors told me, "Go out and enjoy your life right now. That's all we can do for you." I couldn't believe it. I was only in my 20s. Where would I be at 40?

I decided to try to find a way to heal myself. I had heard it could be done with nutrition. I started with products from GNC and health food stores. I did not see results. Luckily, a woman in my office told me about Shaklee. She said, "Stop using those other products and start with the best. I've been using Shaklee for 20 years." My doctor said I could try them, but they wouldn't work. He thought I might be able to lower the amount of some meds, however.

Well, I did start a lot of Shaklee products - and within 3 months, was off of all of my medications. Today it has been 13 years with no medications and no surgeries. I still have the disease, but manage it with Shaklee nutrition and great food choices! Shaklee has given me back my life. I feel better today at 43 than I did at 23!

Theresa S

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Crohn's Disease-S Heeschen

This is a note to let you know how much Shaklee has helped with my maintenance of my Crohn's.

Approximately 6 years ago I had been told I had Irritable Bowel Syndrome and was treated basically with huge amounts of fiber that my body couldn't tolerate since I was not drinking ten gallons of water a day. I was a busy college student and not into carrying water bottles with me all the time. I ended up with a continuous cycle of constipation and diarrhea. I developed anal fissures which bled and had very low energy levels. Finally I was diagnosed with Crohn's about 4-1/2 years ago. I was put on a course of treatment with taking 16 - 250mg capsules of Pentasa daily. I was treated for the anal fissures and began my recovery. I was told I may not be able to become pregnant and that my chances of miscarriage would be higher than average if I conceived. When my husband and I moved into our home we had a free Shaklee demonstration. I liked the idea of taking vitamins I felt were safe for my system. I tried the basic vitamins and felt they were helping my energy level and my overall health. I was provided with some information from my Shaklee sponsors about what supplements other people take who have Crohn's. I toned down the amounts a little because I had not had any serious flare-ups since I began my Pentasa.

These are the supplements I take daily:

- 2 Vita-Lea
- 2 Vita-C sustained release
- 2 Vita-E plus selenium
- 2 B-Complex
- 10-20 Alfalfa Tabs

Since taking these supplements, some positive changes have occurred in my life:

1. I no longer have any anal fissures. In fact, the scar tissue has reduced significantly so that I no longer feel them during bowel movements.
2. I have had my Pentasa reduced to 3 - 250mg capsules 2 times daily as a maintenance dose.
3. I am now 36 weeks pregnant and there been no complications during my pregnancy. I am not even required to take prenatal vitamins. My doctor's office looked through my supplements and said I should be just fine without additional vitamins. I know that I am different from others with Crohn's disease and that I have not had as difficult a recovery as some. Each person has a different experience and I hope mine will help you. I owe Shaklee thanks for the help they have provided me. Sincerely,
Sara Jane Heeschen

Optiflora Results with Colostomy

A 67 year old client (a nurse) has Crohn's Disease, major colon resection, so has colostomy "bag" and only 8 feet of her intestines left, poor absorption among other things. Takes Vita-Lea, calcium/magnesium and EZ Gest. She can take Shaklee vitamins because "they don't come out (whole) in the "bag"! That is because the nutrients are actually getting to where they need to be--in your system...

So...I asked her if she was willing to take the Optiflora capsules only and see what happens. We decided together that it could only HELP but not hurt anything, so she was willing to give it a try. She says she noticed a difference almost immediately (more energy, overall feels great), so she started taking 2-3 a day and feels wonderful now.

Even with only 8 feet of intestines, the Optiflora did not come out in the "bag", she doesn't have to change the bag as often, either.

Sheryl M

Crohn's Disease Terri's Crohn's Vitamin Regimen

This is what I try to do everyday to feel better and keep my Crohn's under control and it works pretty well for me. I do a Slim Plan (now *Cinch*) w/ teaspoon of Daily Fiber and my Optiflora powder in it or orange juice w/ Soy Protein, Fiber, and Opt. powder.

1 Vita Lea 2 X daily

2 B complex

1 GLA

1 Optiflora pearl

3 Alfalfa

I have been taking EZ-Gest when I know I may be eating something I should not be eating or if something has upset my stomach and it seems to be working great.

Now you know that Crohn's is an immune deficiency disease and we need to build our immune system to take care of our bodies. I have not been sick with any infections this year for the first time in many and I did not end up in the hospital this year with anything weird, so I know that I am building a healthy body that is now helping take care of me. With Crohn's, you cannot do dairy products, Canola oil, fats, grease, and eggs. Egg beaters are great. Safflower or Olive oil are better oils for you. Just keep track of what upsets you and try to avoid it. And if you cheat, take the EZ-Gest. I do have a milder form of this disease, so for people with a more severe case, you may have to figure out how much you need of these products or add Herb-Lax to your program. I do know my life is so much better now and I will always do my Shaklee.

Terri Cochrane.

Hannah Sharapan's Health Story --Crohn's Disease

When I was two years old, I had a bleeding rectal fissure. It reappeared when I was ten, and then in High School it began to give me real problems. Beginning in Jr. High, it seemed like I was missing a lot of school with rather indistinct symptoms. In High School, my stamina was worse. In my senior year I became extremely fatigued. I was tested more than once for mono, once for an ulcer, and I saw the doctor regularly. I missed a good portion of the last few months of my senior year, including the day that I was inducted into the National Honor Society, the day of my Senior Prom. In fact, in Pennsylvania schools were supposed to hold back a student who missed more than 29 days. However, because I had done well, my school simply marked my report card as having missed 29 days.

In addition to the fatigue, by my last few months in High School, I was also vomiting almost daily. I went down to 70 pounds, and I am 5'2". I wonder sometimes if today I would have been wrongly diagnosed as an anorexic. Unfortunately, I wasn't diagnosed at all--with a guess that maybe it was psychosomatic. I can remember lying in bed, day after day, wondering how I could be doing this to

myself. Was I crazy? The next moment my thoughts would go to "what if I had some dread disease and the doctors were missing it?" I had just finished reading Death Be Not Proud, and I worried more.

Somehow, I mustered enough strength for graduation and, thinking that I looked a lot better, took my place in line for the Grand March. Imagine my dismay over how I really looked when a Teacher handed me smelling salts. I never heard a word that went on at Graduation. I went to College in the fall, a little bit stronger and about 8 pounds heavier. I had alternating constipation and diarrhea, with regular rectal bleeding, distention of my abdomen, and not infrequent nausea and vomiting. By mid-term of my sophomore year, I was falling asleep even sitting up. Then, hospitalized, tests revealed the elusive culprit--**Crohn's Disease--a serious intestinal disease. Having to withdraw from College for the term caused me great agony. I'd be A term behind everyone else. I wouldn't graduate with my friends.** Would my boyfriend find someone else? The disease was so rare in 1962 that I felt stranger yet. To try to build me up, the doctor recommended daily milkshakes, not knowing that most of us With Crohn's Disease can't tolerate milk. I did pretty well for the next few years--in fact, right up through my Wedding Day when I married Allan, the boyfriend whom I had worried would leave me. However, the day after our wedding, I was in extreme pain. After a large injection of Cortisone to try to stop the pain didn't work, we found eventually that I had been perforating. I was so ill for the next seven months that I had to go to stay with my parents who lived two hours away, seeing Allan only on weekends. The next two years I was on a treadmill heading downwards. My diet was now only tea, jelly, and soda crackers, and my doctor didn't believe in supplementation. I had now vomited daily, often more than once a day, for nearly six years. My skin pigmentation lightened, my teeth went yellow, and my hair began to gray. If only I had known about SHAKLEE. Allan and I saw each other under such duress that it was tough on our young relationship. I was so weak that my mother was bathing me and brushing my hair.

Although I greatly feared surgery, the doctors decided that it was the only way that would enable me to lead any sort of life. The x-rays showed the disease had spread throughout my intestines; so they said the best that they could do was to remove just the worst parts. Since it wasn't emergency surgery, I convinced them to wait for a few months while I psyched myself up for the surgery. I'd lie in bed seeing myself well and picturing the disease localizing to a point that it could all be removed. It was not until I was in SHAKLEE and learned about visualization techniques that I realized that I'd been using them. I can still see my doctor's beaming face when I awoke, and he said, "Hannah, we got it all. It was localized in just three places!"

Greatly improved by surgery, Allan and I were finally together. During the next six years, I led a relatively normal life, except for occasional impactions, lots of fatigue, and picking up many cases of the intestinal flu which could keep me in bed for a month. Being advised not to get pregnant, we adopted Halle, and four years later adopted Danielle. During this time, I had developed some allergy problems and had gotten fibrocystic disease in the breasts (they think as the result of the ACTH that they had me on for the Crohn's). I did become pregnant, though, when Danielle was a small infant. During the pregnancy I did have some problems--from straining so my cervix dropped so far that I almost lost the baby. After three weeks in bed for that, I then got a rectal abscess, one of the most painful things that I ever went through. Toward the end of the pregnancy, I began to need daily rectal dilations, having to drive 45 minutes each way to the doctor's office. This treatment was so painful that when I'd get up from the table, there would be a ring of perspiration where I had been. Our oldest daughter, Halle, was starting kindergarten, and I had looked forward to walking her to school that first day, but, instead, I was in agony with another impaction. These impactions were a result of a rectal stricture (which is scar tissue) from the Crohn's. The doctors agreed that removal of the scar tissue would just cause new scar tissue to form.

After delivering Ashley, I continued to have rectal dilations weekly for the next six years. Then in 1979 we found SHAKLEE. We were introduced by way of the business opportunity, but we believed that we had to be totally sold on the products. I hoped I would be able to tolerate the supplements, because I couldn't handle any of the ones I had bought at the store. I hoped, also, that the SHAKLEE supplements might give me that sorely-needed energy which I lacked; and perhaps that vitamin-C might reduce my colds. I truly believed that that was the most that vitamins and minerals could do for you; and with even those results I would have been thrilled! Was I ever in for a pleasant surprise when I did get the energy. Plus I gained three hours a day because of needing less sleep. Then my digestion vastly improved. In fact, for the first time in a long while I was really absorbing my food. Since SHAKLEE, I am able to keep my weight with little effort after a lifelong struggle with being way too thin. My allergy symptoms virtually disappeared; and within months so did the cysts. In July 1979 I began the SHAKLEE supplements, and July 1979 marks the month of the last of the rectal dilations.

Four years later I went to the doctor and he said that as long as I was there, he wanted to check the stricture. Reluctantly, I agreed. I was shocked! I had only what I would call normal discomfort. The doctor looked at me in disbelief and exclaimed, "Hannah, the stricture is gone!" As he sat down to write on my chart, I can still see him, his head shaking; as he recorded and barely audibly repeated, "The stricture is gone--no more scars!" Me! He has told me since then that another doctor examining me would say that the examination showed an essentially normal rectum. He added, "You are a living testimony to your products!"

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This is the SHAKLEE Food Supplement program I follow: I started very slowly, like this:

- 1st Day--1/2 tablet of **Alfalfa** at breakfast
- 2nd Day--1 tablet of Alfalfa at each meal and 1 at bedtime I gradually built up to taking 4 each meal and 4 at bedtime.

After the first day or so when I could feel that I tolerated the Alfalfa well, I added 1 B-Complex at breakfast. Anyone with a digestive problem knows that it is a good idea to try one new food at a time, so I suggest the same with supplements.

Based on personal experience and experience in working with others, I do feel that anyone who sticks to working out a program will be able to tolerate all the supplements and feel much better on them. Every person, however, will have to find his/her own rate of adding on other supplements and amounts thereof.

- The next day, I increased to 1 **B-Complex** a meal, and now I eat 2 a meal and 1 at bedtime.
- Next came **Calcium**. Now I eat **Calcium Complex Chewables (now Chewable Cal Mag Plus)**. I eat only about 4-6 a day.

I have read that there is a zinc and Vitamin-C deficiency in Crohn's Disease cases. I eat 4-6 zinc a day and 12 **Vitamin-C Sustained Release**, divided up over mealtimes and bedtime; I do increase these two supplements if I feel a cold or flu coming on.

- Next came the **Vitamin-E 400 IU tablets**. Vitamin-E is reputed by many nutritionists to break down scar tissue, and based on my personal experience; I have to believe that that is true. I eat 6 Vitamin-E tablets daily.
- I eat **8 Vita-Lea for Children** each day.

I now use a minimum of 3 tablespoons of **Instant Protein** at breakfast, but, again, gradually I built up to that from a slow beginning. I began mixing 1/4 teaspoon at breakfast, then 1/4 teaspoon per meal, on to 1 teaspoon per meal and then up to 3 tablespoons of Instant Protein at breakfast. Generally I drink my Instant Protein in apple juice or a blend of apple juice along with other juices, such as cranberry or apricot nectar.

I began with **Herb-Lax** when I started the Alfalfa. If someone has the constipation that I did, that person will often take Herb-Lax initially, too. More often Crohn's patients suffer from a chronic

diarrhea and are concerned with taking too much Herb-Lax. Sometimes they have to experience results before gaining the confidence in the products. I have heard many people say that they felt that Herb-Lax had actually helped them get over diarrhea problems. The way I began with the herbs was to lick a tablet the first night; the next night I broke off a crumb, then subsequently 1/8 of a tablet, then a 1/4, then a 1/2, etc.--cutting off a bit at a time.

When **Fiber Wafers** (no longer available) came out, I added 1 a day--that seems right for me.

When **Essential Omega-3 Complex** and **Beta Carotene (now Carotomax)** came out, I added them, eating 3 of each day.

As far as diet is concerned, once I started to do much better and to feel much better because of the supplements, I became interested more in adhering to sound nutritional ideas. Over a period of time, I found improvement by eliminating red beef, seeds, sugar, and pop. I had gotten off milk years ago. I rarely eat anything fried. Now I eat lots of brown rice, chicken, fresh vegetables, and some fresh fruits and fruit juices (not citrus).

Summary of the SHAKLEE Food Supplements I now take: After gradual build up and experimentation, my daily regimen is as follows. These supplements are divided up by taking some four times a day, at meals and at bedtime.

Alfalfa--16 or more

Herb-Lax--1 (at bedtime only)

B-Complex--7

Calcium Complex--4

Zinc--6

Vita-C (Sustained Release)--12

****I add Chewable Vita C if I feel a cold or infection coming on)**

In closing, let me emphasize the importance of checking in with a client who has Crohn's Disease every two days until you have them on a complete SHAKLEE program. They need constant reinforcement until they get results

This information is not intended to diagnose, cure or treat.

Derek Bemis' Story – Crohn's

I was diagnosed with Crohn's disease in 1992. Although looking back I believe I had it most of my life but never made the connection. I had always been on the thin side, and as a child I was prone to "stomach aches" and such. The doctor would shrug it off as "cramps" the pains were short and would go away as quickly as they came, so that is what we thought they were. They always seemed to occur at times of stress however particularly around Christmas time when we would be anticipating the arrival of Santa.

Later in life at the high school level, and more so at the college level, finals would be a real time of pain for me. I would have problems, but I would push them aside as "cramps" and tell myself to quit being such a baby and push on. I remember going through Basic Training at Ft. Knox in 1983. Now this is an atmosphere ripe with stress, in fact that is its soul purpose, to induce stress.

I began Basic at a comfortable 160 lbs. In fact that was the heaviest I had ever been. A year of dorm life and consuming the beverage of choice, Point Beer, had definitely

cushioned me. After six weeks of training I had dropped almost 40 lbs. I would stuff my face with food, or as the Drill Sergeant would say “shove it in your mouth and chew it as you leave” meals were short and very stressful, not a good combo for someone at the Onset of full blown Crohn’s. There were many days I could not keep the food down, and doing that amount of work on little food is very conducive to weight loss. My clothes were falling off of me, and even with a belt I was having a hard time keeping my pants up. After Basic and back at College the pains were slightly more frequent and definitely more severe. I continued my training in R.O.T.C. and Majored in Forestry. At this time I believe I was anemic, but didn’t know it at the time. I was having trouble keeping up with the R.O.T.C. training program and was struggling to pass my Physical Fitness test that we needed to pass twice a year. I thought that it was the “good life” that I was leading being back at college and decided I needed to put in some more training time. So I took on extra physical training put on by the Dept. of the Army. Even with all that I felt my strength slipping. I passed all my tests however, and once again told myself to suck it up and pushed on.

I met my future wife Christy about this time, and things changed for the better. I didn’t realize at the time what a calming effect she had on me, and how much it helped to calm my “cramps”. Little did she know, that she was in for quite a ride, I would not have wanted anyone else there with me, she was, and is, truly a blessing. The “cramps” were pretty scarce or easily handled until starting my new job. They came back with more frequency and intensity, and I finally went to the doctor. The initial diagnosis was that I had a stomach ulcer. I was treated accordingly and given a regiment of medicine. It helped slightly and allowed me to carry on for some time, but after awhile the pain was back and getting worse. Then came 1992 the year that I will never forget, I had a bad horse accident that put me in ICU at the Stoughton Hospital. I was training a trotting horse that we had purchased, and one thing led to another and before I knew it I was rolling down the road in a cart behind a runaway horse and nothing I could do would stop him. Many things run through your head at a moment like this and the one that kept entering my head was “GET OFF”. I decided to jump for it, I planned on a soft spot up ahead, but about that time the horse broke the other way and my soft spot became the hard pavement at about 40mph. I got back to my feet, how I don’t know, but adrenalin is a powerful thing, and started walking home. I was going to go home to lay down for awhile because at the time I didn’t believe I was that hurt, but none of my limbs were working quite the way they were suppose to, and my knee kept buckling backwards. Christy was following in the truck and stopped to help, but my main concern at that point was the horse. I told her to get the horse and I would start walking back. I made it about a quarter of a mile and saw the horse coming at me at a dead run dragging the mangled cart behind it. I tried to raise my arms to slow him down but realized that only one arm was working. The horse, fortunately for us, ran directly back to his stall, he was scared and sweating, but none the worse for wear. I, on the other hand, had a class III separated shoulder, torn ACL ligament in my right knee, a concussion, a puncture wound that went completely through my ankle and a major road rash on my back, not to mention numerous deep cuts to my head; what kept me on my feet and walking only the Lord knows. After several surgeries and lengthy rehab I was back on my feet, but my “cramps” were much worse after all this, and were coming back with more frequency.

I continued to push on trying to ignore the pain in my abdomen convinced that the medicine needed time to work. It was then that I had a major GI bleed that landed me back in ICU at the Stoughton Hospital, a place I had come to know so well. I was at first incredibly tired, I had just finished some work in the barn and could not figure out why I

would be this tired. I had laid down for a few minutes then I felt that I needed to go to the bathroom. Not an unusual occurrence for me since I had been dealing with severe diarrhea for about a year now, something that I also had medicine for. Only this time it was blood, about 2 pints of it. Christy took me to the hospital, where I was immediately admitted to ICU. I went through a battery of tests in the days to come, with the final diagnosis Crohn's. I had no idea what it was, and with the World Wide Web still in its infancy, information was not as easy to come by. The doctors did their best to explain it, and a few books from the library filled in the rest. I came to find out that it wasn't curable, but was treatable, for the most part. I was given a regiment of medicine from painkillers to steroids. I had such a hard time with cramps on the steroids that it was getting hard to do much of anything. The pain was almost constant at this point and many days I would come home from work, curl up in a fetal position and try to sleep, but even sleep was rare at that point.

I came across a book entitled Eating Right for a Bad Gut, by Dr. James Scala. This was another major turning point in my battle against the Crohn's. It was the game plan for my new attack against it. Through the book I started eating better and was introduced to supplements as a means of treating it, my search for the supplements led me to Shaklee products and specifically Margaret Trost and Barb Lagoni. Margaret and Barb's visit was the beginning of the end to a long and tiring battle.

Barb set up some meal plans which consisted mainly of homemade soups and steamed vegetables. Light meats such as fish and chicken, and light on the dairy products. Yogurt became one of my main sources of calcium, and was very easy on the intestines. The start of my supplement regiment was taken with each meal and was as follows:

- _ 2 tsp. Liqua-Lea
- _ 4 Calcium
- _ 1 Vitamin E
- _ 2 B-Complex
- _ 5 Alfalfa
- _ 3 EPA
- _ 1 Vita-C
- _ 3 tbs. Soy Protein
- _ 2 tbs. Meal Shakes

I started slowly to allow my system to become accustomed to the supplements and continued to add until I was up to amount listed previously. I was eating very little at this time, because the pain was so bad the thought of putting food in my mouth and aggravating the "cramps" more was not an appealing thought.

I was skeptical at first, I have to admit, but I took the supplements and the medicines that the doctors had given me. After about a week the pain was lessening and I could function fairly well. I felt some strength returning, and by the end of the first month, I was convinced that they were really helping.

I went to the doctor on my regular visits and even he noticed an improvement. Further test revealed that the irritation from the Crohn's was lessening, and the pain I was feeling was mainly the scars that had narrowed my intestines to the point that food was having a hard time passing through.

The doctors decided that surgery was my best option at this point. Something that I did not want, but knew that I needed. So at 107 lbs I entered the hospital on December 1, 1993. I will spare you the details of the surgery, that is another story in and of itself. I will say this much, they removed about a foot of my small intestine and about 6 inches of my large. This area of the small intestine is what regulates the amount of water into the

large and is also the part that absorbs the B vitamins into the body.

I was treated as if I were a recovering POW as my doctor put it, because I had been eating so little my body was beginning to feed on its own organs. I was in all practical terms starving. With zero percent body fat, and still anemic, I was definitely a sight. They started a feed line in my neck and gave me 6,000 calories a day along with a intravenous container of lipids (fat) a day.

As soon as I was able, I started back on my supplements and the diet that Barb had laid out, but this time I put the medicine aside. I started regaining my strength, and I could tell on almost a daily basis that I was getting stronger. I was eating better and putting on weight. I continued on the supplements, and never took any more medicine after the surgery. I am convinced that the vitamin E and the other supplements helped reduce my scarring and kept my intestine supple after the surgery. I tripled the amount of B complex after the surgery and added daily fiber mix as well. The doctors told me that I would always have trouble with diarrhea and that I would need monthly B12 injections. I have had neither. My B12 levels are always well into the normal range, and at one point I was high on the B12, which I think really amazed them.

It has been 12 years since my surgery, and I have had very few problems. I still have some trouble with Irritable Bowel Syndrome (IBS), but it is manageable. Over the years I have cut back slightly on the supplements, and my diet has slipped slightly. I can eat anything that I want. A few things such as nuts and very fibrous things can cause some problems, but anything in moderation.

My supplement plan today is:

- _ 1 Vita-Lea
- _ 1 Vita-C Sustained Release
- _ 4 B-Complex
- _ 4 Calcium
- _ 1 Vita-E Complex
- _ 1 Zinc Complex
- _ 2 Nutriferon
- _ 2 Lecithin
- _ 3 EPA
- _ 10 Alfalfa
- _ 3 tbs. Soy Protein
- _ 4-8 tbs. Daily Fiber (Both a.m. and at bed time)
- _ 1 Optiflora

The Optiflora has been a huge help to me, and I wish it had been available when this all started. I also use the EZ Gest particularly when I know that I may be eating something other than my normal diet, which by the way, is almost exclusively Thai food at this point. I think after not being able to eat or wanting to eat all that time. I wanted to experiment with different cuisines, “try it all as you would say,” and have always come back to Thai food. It is light, and the combination of tastes is unbelievable.

So it has been almost 12 years now that I have been in remission. I had a colonoscopy about 2 years ago, and although there was a little redness near the staples that connect my small intestine to my large, the doctor saw no signs of the Crohn's. About a year ago I began running and biking, and have dreams of being in the Madison Iron man one day. I workout 5 days a week and logged more miles than I care to think about, and not once have I felt that I couldn't do it. I know that if I am to reach that dream, Shaklee products will be with me every step of the way. I am now almost 41 and I am probably in the best shape of my life. My current weight is 150 lbs. which is right where it should be. The Lord

has truly blessed me with a loving wife to see me through this and allowed me to find the help I needed through Margaret and Barb and Shaklee Products. I do not like to think of where I would be now without them.

Bonnie Zeman's story Crohn's Disease

I had Crohn's Disease for 14 years and was almost always on Prednisone (40mg) and then always on 12 Sulfa tabs for day.... They would bring me to a state of not being in so much pain all the time but I always had diarrhea, weakness and having to nap a couple of times a day. After making some dietary changes I was a little better but not much. I tried vitamins from my Chiropractor, but didn't get any results.

After about 13 years, I was very broken down and could never gain any weight. I always weighed about 100 lbs. But was under a lot of stress in my job and became very inflamed again. This time the med didn't work. I became so weak that I quit working and just stayed home in bed...all the time waiting for another drug to be invented to heal me. I weighed 87 lbs and my daughter had to come home from her internship at Zion Faith Homes to care for me. If I were to talk on the phone too long, I couldn't sit up and feed myself. At the UW Hospital they were sure surgery was eminent. I was desperate and in incredible pain all the time. All I could think to do was sleep. I was bleeding all the time, passing tissue and had severe dehydration. The only time I left the house was to get IV's at the hospital. They did that to keep me from passing out all the time.

My beautician sent me a testimony from "Ounce of Prevention II" about a girl who had Crohn's and she was well in 30 days and so we decided to go for it. Actually my husband decided. We were put in touch with Pete Denker in a nearby city and he brought products over daily to my house. In 4 days I could notice that I wasn't so dizzy when I stood up and the achiness in my arms and legs was subsiding. I sat up for 1/2 hour and couple of times that day. In 7 days I took my Schipperkes out for a walk...just a little ways down the road. I was beginning to have a life. Just so I could do a little bit everyday. In 30 days I went back to a job I had quit because I didn't think I'd ever work again. But I could go in for a couple hours per day. Then I began to call my Dr and get off some of the medications I was on. It was slow but in 3 months I was off all of it. For the first year, I was still kind of weak and would get tired easily but it's been two and 1/2 years now and I have no symptoms of Crohn's. I walk two miles everyday with my dogs. Up at 5:30 and in at 10 PM. I never have diarrhea...never get sick. I did get things the first year. Colds etc...nothing major. I also have an incredible level of "Happy"!!!

I started by taking 1/4 Tab of Herb Lax every night before bed.

Each day I take in two doses

- 6 Tbs of Protein**
- 6 Vita Lea (NI)**
- 10 B-Complex**
- 10 Vita E (only 4 in the beginning)**
- 8 Vita C SR**

□ **8 Calcium Magnesium**

□ **10 Alfalfa working my way up to 30 per day.**

□ I added **EPA (now Omegaguard) and Beta Carotene** (now **Carotomax**) later. (2 months)

□ I added **Optiflora** later and it WONDERFUL but go easy on the powder at first.

I don't eat dairy products. No milk. I don't eat at fast food places nor do I drink pop. I love water. I try to never use caffeine. It was a hard thing for me to change and start to exercise but all those things are so important. But the single most important thing for Crohn's people is supplementation. It will make the biggest difference. It was expensive monetarily and so we had to readjust. It was the only thing that had ever helped me so I was willing to do whatever it took to get well. Run up charge cards or live more simply. Borrow from relatives. Whatever it took. But very quickly I built a business by talking to a few of my friends about Shaklee so that I had an income. I love my life today. I never have bad days. Everyday that I don't have Crohn's Disease is a GOOD day for me. What a blessing this precious gift is to my life. But Shaklee is not the Giver, just the gift. My Lord and Savior, Jesus Christ is the Giver and each day I thank Him for giving me Shaklee.....*Bonnie Zeman*

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**Phone conference with Barbara Lagoni & Nedra Sahr, MS Nutritionist 11/9/99**  
**Notes by Shirley Koritnik (Koritnik & Associates, 1639 Fairview Blvd., Winston-Salem, NC 27127,**

Intestine or bowel gets inflamed. Causes diarrhea. Ulcerative colitis or crohn's. On the rise in developing countries as well as us. As early as 5 or 10 years old. □ **Ulcerative colitis.**

Bleeding from large intestine only.

□ Crohn's can be lower small intestine AND large.

□ ITIS means inflammation.

Main symptoms gas and bloating. Diarrhea alternating with constipation. Lots of pain. Abdominal cramping. Bleeding. Can lead to anemia. Can be found in the mouth, lead to arthritis, and inflammation of the eyes. Some researchers speculate that rheumatoid arthritis is really irritable bowel. Cause? Unknown. Three possibilities. Immune low. Infection. Diet. Stress always increases the severity of the disease. "What is eating you?" along with "What are you eating?"

Common thread. Leaky gut syndrome. The intestinal wall has become compromised and things leak through. Undigested proteins, if they pass through the wall into the blood stream where they don't belong-then the body's immune system attacks the proteins. Autoimmune disease-body attacks itself. Protein passing through is undigested and are large molecules and can pass the blood brain barrier (and probably causes chronic fatigue by getting to the brain), etc.- causes so many problems. All doctors have not kept up with this.

**Remove, Replace, Reinoculate, Repair is the strategy.**

□ Remove the stimulation in the GI tract. Yeast overgrowth. Bacteria pathogens. Allergy-producing foods.

□ Replace with good foods. Some need digestive enzyme.

□ Reinoculate. Acidophilus and bifidus (**OPTIFLORA**)

□ Repair with supplements to heal the walls and mucosal tract.

If you take away, you need to replace. People get testy when you take things away!

□ Fat inflames. Chips and fried foods need to go down to non-existent. **Eliminate dairy products** (recommended way)

back in 1989 in GUT magazine, pediatric research, too). Even take out yogurt for awhile. Red meats. All the junk food has to go. So many Crohn's patients are sugarholics. Think of yourself as carrying a 1000-pound block of cement on your shoulders-that's the stress that bad foods puts on you.

☐ Remove gluten. Lancet study in 1994. Whole wheat and bran made the conditions worse. No wheat, rye, oats, barley, and spelt. 100% clean of these. Spelt is not gluten free, though many think it is. No bread, muffins, wheat pastas, soups made with flour. People crave these products. Diarrhea and constipation have been known to go away in a week when these are eliminated! 95% are helped this quickly-getting rid of pain, constipation, gas, bloating. Eating out and eating prepared foods is where we get in trouble.

☐ Brands that are good: Savory Thins crackers. KAME crackers. Both okay. Look for just rice, salt, and a little bit of oil. Anything rice is fine. Quinoa pasta is also good. Comes in pearls or pastas. JUST DELICIOUS. Couscous is wheat, so unacceptable. Millet is acceptable. Amaranth is acceptable. Look for the gluten-free section in the health food store. Look at cereals labels. No wheat, spelt. Corn pasta is really good if you can find it and if you can eat it.

☐ Beans, lentils, squash, sweet potato, white potato, etc. are fine. GO FOR THE VEGGIES. If there is inflammation, have to go easy with fiber until there is healing.

☐ Drink 8-10 glasses of clean water. Being dehydrated is a BIG problem for these people. Add Shaklee's PERFORMANCE to water, when there is a lot of dumping of electrolytes through diarrhea.

☐ Use unflavored Fiber Plan. ½ to 1 teaspoon at breakfast and dinner time to start. Fiber tabs are based on soy and citrus, so you can do 3 and 3.

☐ Replace--dairy with soymilk, rice milk, soy and rice ice cream and cheese. Knock off everything first for a few weeks rest your gut then take in soy and rice.

☐ Inoculate with **OPTIFLORA**. It's the best on the market. Guarantees live delivery to the lower intestine. Inulin has the most favorable effect on liver and intestinal detoxification-better than oat fiber, etc. Inulin is in OPTIFLORA. Powder is FOS (fructooligosaccharides). If people have inflamed situation, may get gas initially.

Start with ¼ or ½ teaspoon with the pearl. If that's too much, then go to 1/8. Work up to 1 teaspoon. Some need to take two servings a day. Divide and take the powder twice if once is too much. The FOS helps them colonize and create a better system. 1935 report. Way back then they knew Acidophilus helps. Yale University Press. It's been there all these years in the literature!!

☐ Repair. Start with soy to start the healing process. Recommend twice a day-especially because you're eliminating dairy, etc. Take soy powder in soy or rice milk or water. Don't use juice right now so you don't feed the yeast overgrowth with fruit sugars. Later on you can dilute juice and use it.

☐ They're almost always deficient in almost all of the Bs, A, D, K, essential fatty acids. B-12 is only one part of the

picture. B relates directly to the stress issues. Barbara used to teach stress management. Bs are cofactors,

coenzymes for digestion, etc. B will help with cravings, too.

☐ Recommended SHAKLEE nutrients: (400) Vita-E, Vita-C (start with 2 and increase), Carotomax-epithelial tissues

is very delicate and the carotenoids really help with this. At least one. EPA reduces inflammation. Is anti viral,

anti fungal. Dr. Bloozy (sp?) 1996 study. EPA reduces possibility of relapse. 3-6. Depends on how courageous

they are. 1-2 per meal. Will reduce joint pain, too.

☐ Start with Peppermint-Ginger tea, or Valerian tea. to let irritation die down before starting on Vita-Lea. They really need it because they are usually low in iron and zinc, etc. Some people can start immediately. Others need a week.

☐ Generous amounts of alfalfa are helpful for digestion and also have some anti-inflammatory properties.

☐ Cal-Mag, 2 per meal, to help with cramping. Zinc.

Story. Woman with IBD. A soap called Lever 2000 was causing the symptoms of IBD! Another person went off it and got symptom relief too! Remember that 60% of what's on the skin goes into the body. So Meadow Blend Bar is a significant, safe alternative. Be very intentional about everything. Laundry, dishes, etc. Eliminate all possible sources of irritation. Word of hope. People on this program have reduced dependence on steroids. The program speaks well for itself. Motto. Remove the offending factor. Replace with good food. Reinoculate. Repair.

### **Ulcers and H-pylori.**

H-pylori is caused by bacteria overgrowth. Ulcers are caused by diet. Need to eliminate the possibility of toxic things growing in the lower intestine.

### **Diverticulitis.**

Inflammation in the pouches. Pouches pooch out. Have to be really careful of diet. No nuts, seeds, roughage. Program will help this, too. Have to cook veggies for quite awhile. DTX will be important and Herb Lax to clear out toxins and impacted matter. Hannah Sharapan. Herb Lax helpful for her. Caution. Used to start everyone on this. Given the high incidence of intestinal problems, don't do that anymore. Don't want to exercise inflamed tissue. OPTIFLORA, fiber, water replace Herb-Lax, which is used as a laxative (when inflammation is not an issue). Doster says DTX every day for everyone. Increased toxins in the environment

### **Acid reflux.**

Injury to the tissue. Diet-related. Small frequent meals. Clean up the diet. Same as program above. It's a backing up of the digestion system. Cleaning up the lower intestine (OPTIFLORA) and eliminating more regularly will help the reflux.

Every one of us would get benefits from this diet. Let's not wait till we have digestive problems. How long does it take to start? Pain often reduces in a week, two weeks. So often it's only four days. Some people need stool analyzed by a lab to make sure everything is better. Lab work in six months to see what you still have to work on. Some are completely healed by then, lab work shows. Garlic is wonderful, too. Some just swallow peppermint-ginger tabs and doing that helps sometimes when the tea form doesn't work as well. Valerian (tea or tabs) also soothes irritated tissue.

## **Leaky Gut Syndrome. Altered Immunity & Leaky Gut Syndrome**

The leaky gut syndrome is the name given to a very common health disorder in which the basic organic defect (lesion) is an intestinal lining which is more permeable (porous) than normal. The abnormally large spaces present between the cells of the gut wall allow the entry of toxic material into the bloodstream that would, in healthier circumstances, be repelled and eliminated. The gut becomes leaky in the sense that bacteria, fungi, parasites and their toxins, undigested protein, fat and waste normally not absorbed into the bloodstream in the healthy state, pass through a damaged, hyperpermeable, porous or "leaky" gut. This can be verified by special gut permeability urine tests, microscopic examination of the lining of the intestinal wall as well as the bloodstream with phase contrast or darkfield microscopy of living whole blood.

### **Why is The Leaky Gut Syndrome Important?**

The leaky gut syndrome is almost always associated with autoimmune disease and reversing autoimmune disease depends on healing the lining of the gastrointestinal tract. Any other treatment is just symptom suppression. An autoimmune disease is defined as one in which the immune system makes antibodies against its own tissues. Diseases in this category include lupus, alopecia areata, rheumatoid arthritis, polymyalgia rheumatica, multiple sclerosis, fibromyalgia, chronic fatigue syndrome, Sjogren's syndrome, vitiligo, thyroiditis, vasculitis, Crohn's disease, ulcerative colitis, urticaria (hives), diabetes and Raynaud's disease. Physicians are increasingly recognizing the importance of the gastrointestinal tract in the development of allergic or autoimmune disease. Understanding the leaky gut phenomenon not only helps us see why allergies and autoimmune diseases develop but also helps us with safe and effective therapies to bring the body back into balance.

Due to the enlarged spaces between the cells of the gut wall, larger than usual protein molecules are absorbed before they have a chance to be completely broken down as occurs when the intestinal lining is intact. The immune system starts making antibodies against these larger molecules because it recognizes them as foreign, invading substances. The immune system starts treating them as if they had to be destroyed. Antibodies are made against these proteins derived

from previously harmless foods.

Human tissues have antigenic sites very similar to those on foods, bacteria, parasites, candida or fungi. The antibodies created by the leaky gut phenomenon against these antigens can get into various tissues and trigger an inflammatory reaction when the corresponding food is consumed or the microbe is encountered. Autoantibodies are thus created and inflammation becomes chronic. If this inflammation occurs in a joint, autoimmune arthritis (rheumatoid arthritis) develops. If it occurs in the brain, myalgic encephalomyelitis (a.k.a. chronic fatigue syndrome) may be the result. If it occurs in the blood vessels, vasculitis (inflammation of the blood vessels) is the resulting autoimmune problem. If the antibodies end up attacking the lining of the gut itself, the result may be colitis or Crohn's disease. If it occurs in the lungs, asthma is triggered on a delayed basis every time the individual consumes the food which triggered the production of the antibodies in the first place. It is easy to see that practically any organ or body tissue can become affected by food allergies created by the leaky gut. Symptoms, especially those seen in conditions such as chronic fatigue syndrome, can be multiple and severely debilitating.

The inflammation that causes the leaky gut syndrome also damages the protective coating of antibodies of the IgA family normally present in a healthy gut. Since IgA helps us ward off infections, with leaky gut problems we become less resistant to viruses, bacteria, parasites and candida. These microbes are then able to invade the bloodstream and colonize almost any body tissue or organ. When this occurs in the gums, periodontal disease results. If it happens in the jaw, tooth extraction or root canals might be necessary

to cure the infection. In addition to the creation of food allergies by the leaky gut, the bloodstream is invaded by bacteria, fungi and parasites that, in the healthy state, would not penetrate the protective barrier of the gut. These microbes and their toxins, if present in large enough amounts, can overwhelm the liver's ability to detoxify. This results in symptoms such as confusion, memory loss, brain fog or facial swelling when the individual is exposed to a perfume or to cigarette smoke that he or she had no adverse reactions to prior to the development of the leaky gut syndrome. Leaky gut syndrome also creates a long list of mineral deficiencies because the various carrier proteins present in the gastrointestinal tract that are needed to transport minerals from the intestine to the blood are damaged by the inflammation process. For example, magnesium deficiency (low red blood cell magnesium) is quite a common finding in conditions like fibromyalgia despite a high magnesium intake through the diet and supplementation. If the carrier protein for magnesium is damaged, magnesium deficiency develops as a result of malabsorption. Muscle pain and spasms can occur as a result. Similarly, zinc deficiency due to malabsorption can result in hair loss or baldness as occurs in alopecia areata. Copper deficiency can occur in an identical way leading to high blood cholesterol levels and osteoarthritis. Further, bone problems develop as a result of the malabsorption of calcium, boron, silicon and manganese

### **The Causes**

The leaky gut syndrome is basically caused by inflammation of the gut lining. This inflammation is usually brought about by the following:

- Antibiotics because they lead to the overgrowth of abnormal flora in the gastrointestinal tract (bacteria, parasites, candida, fungi)
- Alcohol and caffeine (strong gut irritants)
- Foods and beverages contaminated by parasites like giardia lamblia, cryptosporidium, blastocystis hominis and others
- Foods and beverages contaminated by bacteria like helicobacter pylori, klebsiella, citrobacter, pseudomonas and others
- Chemicals in fermented and processed food (dyes, preservatives, peroxidized
- Enzyme deficiencies (e.g. celiac disease, lactase deficiency causing lactose intolerance)
- NSAIDS (non-steroidal anti-inflammatory drugs) like ASA, ibuprofen, indomethacin,
- Prescription corticosteroids (e.g. prednisone)
- High refined carbohydrate diet (e.g. candy bars, cookies, cake, soft drinks, white
- Prescription hormones like the birth control pill
- Mold and fungal mycotoxins in stored grains, fruit and refined carbohydrates

The leaky gut syndrome can cause the malabsorption of many important micronutrients. The inflammatory process causes swelling (edema) and the presence of many noxious chemicals all of which can block the absorption of vitamins and essential amino acids. A leaky gut does not absorb nutrients properly. Bloating, gas and cramps occur as do a long list of vitamin and mineral deficiencies. Eventually, systemic complaints like fatigue, headaches, memory loss, poor concentration or irritability develop. Prescription broad spectrum antibiotics, especially when taken for extended periods of

time, wipe out all the gut friendly bacteria that provide protection against fungi and amoebic (parasitic) infections, help the body break down complex foods and synthesize vitamins like B12 and biotin. Since this friendly bowel flora is killed off, the body now has no local defence against the parasites or fungi that are normally held in check. This then causes an inflammatory reaction leading to the leaky gut syndrome. Food allergies quickly develop and these may trigger the signs and symptoms of arthritis, eczema, migraines, asthma or other forms of immune dysfunction. Other common symptoms of this bowel flora imbalance and leaky gut syndrome are bloating and gas after meals and alternating constipation with diarrhea. This set of symptoms is usually labelled as IBS (irritable bowel syndrome) or spastic bowel disease and treated symptomatically by general practitioners and gastroenterologists with antispasmodic drugs, tranquilizers or different types of soluble (psyllium) and insoluble (bran) fiber.

### ***The Leaky Gut and IBS***

The mainstream thinking on IBS is that it is caused by stress. Irritable bowel syndrome is the number one reason for general practitioner referrals to specialists. In well over 80% of the cases, tests like the intestinal permeability test (a special urine test involving the determination of absorption rates of two sugars called lactulose and mannitol), CDSA or livecell darkfield microscopy reveal the presence of an overgrowth of fungi, parasites or pathogenic bacteria. The one-celled parasite, blastocystis hominis and different species of candida are the most common microbes seen in IBS. The only stress associated with IBS is that which is generated by infection and the leaky gut syndrome. If allowed to persist without the correct treatment, IBS can progress into more serious disorders like the candidiasis syndrome, multiple chemical sensitivities, chronic fatigue syndrome, many autoimmune diseases and even cancer. If treated medically, IBS is rarely cured. To treat it correctly, natural treatments work best and must include the removal of the cause, improvement of gastrointestinal function and healing the lining of the gut.

### ***How to Reverse Leaky Gut Syndrome***

Band-aid treatments with corticosteroids, prescription antibiotics and immuno suppressive drugs may be temporarily lifesaving

for acute episodes of pain, bleeding or severe inflammation as occurs in lupus or colitis. In the long run, however, none of these treatments do anything to heal the leaky gut problem. To reverse the leaky gut syndrome the diet must be completely changed to one which is as hypoallergenic as possible. Sugar, white flour products, all gluten-containing grains (especially wheat, barley, oats and rye), milk and dairy products, high fat foods, caffeine products, alcohol and hidden food allergies determined by testing must all be eliminated for long periods of time (several years in the most severe cases). Treatment might also include the use of natural antibiotics (Shaklee Defend and Resist, garlic), and antifungals (grapefruit seed extract) depending on the type of infection which shows up on objective tests. It is rare that victims require prescription drugs for these infections and they should be discouraged. The drugs are usually expensive, have unpleasant side effects and are best reserved for life-threatening conditions. Leaky gut syndrome patients can help themselves by chewing their food more thoroughly, following the basic rules of food combining, eating frequent small meals rather than three large ones and taking more time with their meals. Gastrointestinal function can be improved with a juice fast or a hypoallergenic diet and supplements like lactobacillus acidophilus and bifidus as well as FOS (fructooligosaccharides).

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## **Physicians Say Steroids Still Widely Used to Treat Crohn's Disease, Despite Known Serious Side Effects Newer Medicines May Help Patients Reduce Use of Steroids**

NASHVILLE, Tenn., Oct. 12 /PRNewswire/ -- Corticosteroids remain the leading therapy for Crohn's disease despite the possible risk of serious side effects, according to a new nationwide physician survey released today. Among physicians who use medications to treat Crohn's disease, 88 percent choose steroids to treat flare-ups in patients with severe cases, while 75 percent prescribe them for moderate cases. The survey, conducted by Yankelovich Partners and issued by Vanderbilt University, found that widespread reliance on steroids continues, even though more than half (55%) of physicians identified osteoporosis as a potential long-term side effect associated with their use. Furthermore, almost one-third

(29%) cited cataracts and high blood pressure (27%) as other common steroid side effects. "While steroids can be effective in controlling symptoms for the short-term, physicians need to carefully monitor patients' response to treatment and evaluate their progress to minimize side effects -- which can occur even after a brief period of time and may be irreversible," said Charles A. Sninsky, M.D., associate director of Gastroenterology, Hepatology and Nutrition, Vanderbilt University Medical Center. Physicians surveyed indicated they would utilize steroid therapy for long or indefinite periods. More than three-fourths (76%) of physicians would keep Crohn's patients on steroids from six months through an indefinite period to maintain remission. One-in-five (19%) would keep patients on steroids for one year. Overall, the average length of time physicians would use steroids to treat patients in remission is nine months. "The bottom line is that steroids are generally not effective for the extended maintenance of Crohn's disease, and therefore alternative therapies should be explored," said Dr. Sninsky. Some of the other side effects that were frequently cited as results of steroid use included weight gain (36%), fluid retention (21%), mood swings (9%) and moon face (8%). This information is not intended to replace medical care; to treat, cure or diagnose.

**Milk bug may cause Crohn's disease--Bacteria also found in patients with irritable bowel syndrome** 2003 LONDON - **British scientists said on Wednesday they had found a link between a common bowel disorder and a type of bacteria that can be passed to humans in milk.** John Hermon-

Taylor and his team at St. George's Hospital Medical School in London said they had detected Mycobacterium avium paratuberculosis bacteria in 92 percent of patients with Crohn's disease, but in only 26 percent of patients in a control group. "The rate of detection of MAP in individuals with Crohn's disease is highly significant and implicates this pathogen in disease causation," they said in the Journal of Clinical Microbiology. "The problems caused by the MAP bug are a public health tragedy," said Hermon-Taylor, who has sent a copy of the paper to Britain's Chief Medical Officer Liam Donaldson.

Crohn's disease causes inflammation of the intestine and symptoms include diarrhea, pain, weight loss and tiredness. About 100,000 people in Britain alone are affected, with about 5,000 new cases reported every year. The study was backed by the medical charity Action Research, which said previous findings showed MAP is present in two percent of retail pasteurized milk cartons. "The discovery that the MAP bug is present in the vast majority of Crohn's sufferers means it is almost certainly causing the intestinal inflammation," it said in a statement. "Action Research does not recommend that anyone stops drinking milk. However, for those individuals with Crohn's disease or their close relatives who may feel particularly at risk, it may be sensible to start drinking UHT milk. As UHT involves higher pasteurization temperatures, it is probable that MAP is destroyed," it said. It called for Crohn's to be made a reportable disease, for more stringent milk pasteurization, for tests for MAP in dairy herds, and procedures for reducing MAP infection on farms. Hermon-Taylor said an unexpected finding of the research showed that patients suffering from irritable bowel syndrome may also be infected with MAP. "In animals, MAP inflames the nerves of the gut," he said. "Recent work from Sweden shows that people with IBS also have inflamed gut nerves. There is a real chance that the MAP bug may be inflaming people's gut nerves and causing IBS."

*This information is not to replace medical care; to diagnose, treat, or cure*

**Phone conference with Barbara Lagoni & Nedra Sahr, MS Nutritionist**  
**11/9/99 Notes by Shirley Koritnik (Koritnik & Associates, 1639 Fairview**  
**Blvd., Winston-Salem, NC 27127,**

Intestine or bowel gets inflamed. Causes diarrhea. Ulcerative colitis or crohn's. On the rise in developing countries as well as us. As early as 5 or 10 years old.  **Ulcerative colitis.** Bleeding from large intestine only.

Crohn's can be lower small intestine AND large.

ITIS means inflammation.

Main symptoms gas and bloating. Diarrhea alternating with constipation. Lots of pain. Abdominal cramping. Bleeding. Can lead to anemia. Can be found in the mouth, lead to arthritis, and inflammation of the eyes. Some researchers speculate that rheumatoid arthritis is really irritable bowel. Cause? Unknown. Three possibilities. Immune low. Infection. Diet. Stress always increases the severity of the disease. "What is eating you?" along with "What are you eating?"

Common thread. Leaky gut syndrome. The intestinal wall has become compromised and things leak through. Undigested proteins, if they pass through the wall into the blood stream where they don't belong-then the body's immune system attacks the proteins. Autoimmune disease-body attacks itself. Protein passing through is undigested and are large molecules and can pass the blood brain barrier (and probably causes chronic fatigue by getting to the brain), etc.- causes so many problems. All doctors have not kept up with this.

**Remove, Replace, Reinoculate, Repair is the strategy.**

- Remove the stimulation in the GI tract. Yeast overgrowth. Bacteria pathogens. Allergy-producing foods.
- Replace with good foods. Some need digestive enzyme.
- Reinoculate. Acidophilus and bifidus (**OPTIFLORA**)
- Repair with supplements to heal the walls and mucosal tract.

If you take away, you need to replace. People get testy when you take things away!

Fat inflames. Chips and fried foods need to go down to non-existent. **Eliminate dairy products** (recommended way back in 1989 in GUT magazine, pediatric research, too). Even take out yogurt for awhile. Red meats. All the junk food has to go. So many Crohn's patients are sugarholics. Think of yourself as carrying a 1000-pound block of cement on your shoulders-that's the stress that bad foods puts on you.

Remove gluten. Lancet study in 1994. Whole wheat and bran made the conditions worse. No wheat, rye, oats, barley, and spelt. 100% clean of these. Spelt is not gluten free, though many think it is. No bread, muffins, wheat pastas, soups made with flour. People crave these products. Diarrhea and constipation have been known to go away in a week when these are eliminated! 95% are helped this quickly-getting rid of pain, constipation, gas, bloating. Eating out and eating prepared foods is where we get in trouble.

Brands that are good: Savory Thins crackers. KAME crackers. Both okay. Look for just rice, salt, and a little bit of oil. Anything rice is fine. Quinoa pasta is also good. Comes in pearls or pastas. JUST DELICIOUS. Couscous is wheat, so unacceptable. Millet is acceptable. Amaranth is acceptable. Look for the gluten-free section in the health food store. Look at cereals labels. No wheat, spelt. Corn pasta is really good if you can find it and if you can eat it.

Beans, lentils, squash, sweet potato, white potato, etc. are fine. GO FOR THE VEGGIES. If there is inflammation, have to go easy with fiber until there is healing.

Drink 8-10 glasses of clean water. Being dehydrated is a BIG problem for these people. Add Shaklee's PERFORMANCE to water, when there is a lot of dumping of electrolytes through diarrhea.

Use unflavored Fiber Plan. ½ to 1 teaspoon at breakfast and dinner time to start. Fiber tabs are based on soy and citrus, so you can do 3 and 3.

Replace--dairy with soymilk, rice milk, soy and rice ice cream and cheese. Knock off everything first for a few weeks rest your gut then take in soy and rice.

Inoculate with **OPTIFLORA**. It's the best on the market. Guarantees live delivery to the lower intestine. Inulin has the most favorable effect on liver and intestinal detoxification-better than oat fiber, etc. Inulin is in OPTIFLORA. Powder is FOS (fructooligosaccharides). If people have inflamed situation, may get gas initially.

Start with ¼ or ½ teaspoon with the pearl. If that's too much, then go to 1/8. Work up to 1 teaspoon. Some need to take two servings a day. Divide and take the powder twice if once is too much. The FOS helps them colonize and create a better system. 1935 report. Way back then they knew Acidophilus helps. Yale University Press. It's been there all these years in the literature!!!!

Repair. Start with soy to start the healing process. Recommend twice a day-especially because you're eliminating dairy, etc. Take soy powder in soy or rice milk or water. Don't use juice right now so you don't feed the yeast overgrowth with fruit sugars. Later on you can dilute juice and use it.

They're almost always deficient in almost all of the Bs, A, D, K, essential fatty acids. B-12 is only one part of the picture. B relates directly to the stress issues. Barbara used to teach stress management. Bs are cofactors, coenzymes for digestion, etc. B will help with cravings, too.

Recommended SHAKLEE nutrients: (400) Vita-E, Vita-C (start with 2 and increase), Carotomax-epithelial tissues is very delicate and the carotenoids really help with this. At least one. EPA reduces inflammation. Is anti viral, anti fungal. Dr. Bloozy (sp?) 1996 study. EPA reduces possibility of relapse. 3-6. Depends on how courageous they are. 1-2 per meal. Will reduce joint pain, too.

Start with Peppermint-Ginger tea, or Valerian tea. to let irritation die down before starting on Vita-Lea. They really need it because they are usually low in iron and zinc, etc. Some people can start immediately. Others need a week.

Generous amounts of alfalfa are helpful for digestion and also have some anti-inflammatory properties.

□ Cal-Mag, 2 per meal, to help with cramping. Zinc.

Story. Woman with IBD. A soap called Lever 2000 was causing the symptoms of IBD! Another person went off it and got symptom relief too! Remember that 60% of what's on the skin goes into the body. So Meadow Blend Bar is a significant, safe alternative. Be very intentional about everything. Laundry, dishes, etc. Eliminate all possible sources of irritation.

Word of hope. People on this program have reduced dependence on steroids. The program speaks well for itself. Motto. Remove the offending factor. Replace with good food. Reinoculate. Repair.

### **Ulcers and H-pylori.**

H-pylori is caused by bacteria overgrowth. Ulcers are caused by diet. Need to eliminate the possibility of toxic things growing in the lower intestine.

### **Diverticulitis.**

Inflammation in the pouches. Pouches pooch out. Have to be really careful of diet. No nuts, seeds, roughage. Program will help this, too. Have to cook veggies for quite awhile. DTX will be important and Herb Lax to clear out toxins and impacted matter. Hannah Sharapan. Herb Lax helpful for her. Caution. Used to start everyone on this. Given the high incidence of intestinal problems, don't do that anymore. Don't want to exercise inflamed tissue. OPTIFLORA, fiber, water replace Herb-Lax, which is used as a laxative (when inflammation is not an issue). Doster says DTX every day for everyone. Increased toxins in the environment

### **Acid reflux.**

Injury to the tissue. Diet-related. Small frequent meals. Clean up the diet. Same as program above. It's a backing up of the digestion system. Cleaning up the lower intestine (OPTIFLORA) and eliminating more regularly will help the reflux. Every one of us would get benefits from this diet. Let's not wait till we have digestive problems. How long does it take to start? Pain often reduces in a week, two weeks. So often it's only four days. Some people need stool analyzed by a lab to make sure everything is better. Lab work in six months to see what you still have to work on. Some are completely healed by then, lab work shows. Garlic is wonderful, too.

Some just swallow peppermint-ginger tabs and doing that helps sometimes when the tea form doesn't work as well. Valerian (tea or tabs) also soothes irritated tissue.

## **Dr. Brouse Digestion & Mal-absorption Lecture**

People who have acid reflux have an over stimulated vegus nerve which controls the release of hydrochloric acid. By chiropractically reducing the stress on the cranial nerve, many times the vegus nerve can be relaxed and not over-produce hydrochloric acid.

### **ACID REFLUX**

(have a thorough heart checkup to be sure it is acid reflux) - The solution lies WITHIN, NOT with the purple pill!

Contrary to popular belief, one should avoid antacids and acid blockers. Antacids force the stomach to work harder, rapidly neutralizing whatever acid is in the stomach so pyloric valve opens up & contents of small intestine go into intestine undigested! Gastric acid is needed to break down food and make its nutrients available to cells. The stomach secretes digestive enzymes that mix with food and the hydrochloric acid stimulates and activates the enzymes to break down the food. Low stomach acid weakens the sphincter valve. Conventional medicine prescribes medication to either neutralize or minimize stomach acid. PPI's (proton pump inhibitors) suppress stomach acid for more than 24 hours. According to Amy Taylor, Lac, who practices traditional Chinese medicine in Berkeley, CA, "Their dependence on the drug becomes greater and greater and the true issue is never dealt with." In other words, the popular "short-term fix" assures that the problem will continue (and even worsen), and therefore the "addiction" to prilosec, which is exactly what the pharmaceutical companies want! (by Allan Spreen, M.D.) Nexium works well early on, but then leads to B12 deficiency. (per Dr. Brouse) Nexium is NOT for long-term use. When drugs suppress stomach acid, numerous studies have shown, the body loses some of its ability to absorb B vitamins, calcium, and iron and can make one more vulnerable to antibiotic-resistant strains of staph infections. (source: article "Taming The Fire Within", Alternative Medicine Winter 2007). Long term risks also include inability to

absorb nutrients and increased susceptibility to infection.

## SHAKLEE SUPPLEMENTS

△ 1 capsule of Shaklee optiflora pill (acidophilus - good bacteria for colon) 4x day

△ 1 Shaklee peppermint ginger (Stomach Soothing Complex) start 1 after each meal.recommended as

a tea after evening meal.eventually as needed if within 1 hr after meal feel stomach distress or can chew one with meal to reduce gas (stimulates digestion and breaks down gas)

△ Shaklee Optiflora powder once a day (start gradually with a pinch working up to 1 tsp)

△ calcium chewables for prevention chew 2 before meals (calcium carbonate neutralizes stomach acid)

△ Shaklee EZ-GEST 1-3 before meals (makes sure carbs are broken down properly)

△ Shaklee Stress Relief Complex (prevents panic and anxiety; stress leads the liver into causing the stomach to heat up and rise; also stress keeps the food from digesting properly).one first thing in the morning for prevention.additional as needed for stress

△ Shaklee Herblax (if heartburn AND constipation exist) try 1 before bed

△ Shaklee Lecithin (if fowl gas exists, take 1-3 with a meal to accelerate digestibility of foods.mixes bile

salts with foods)

△ Shaklee CitraBoost - gets good bacteria on esophagus to heal it

△ Shaklee Carotomax - heals burned esophagus

△ Fiber - for constipation

△ Vitamin E - heals mucosal lining (2 - 400IU recommended at same time)

△ Zinc - involved in 80 enzymes in body of which 12 are for digestion and absorption, if deficient in zinc

have craving for sour foods (zinc taste test for deficiency.suck on zinc gluconate lozenger.if tastes sweet, you are deficient) note: statin drugs, blood pressure drugs, channel blockers deplete zinc

△ Alfalfa - contains 8 digestive enzymes, chlorophyll, minerals, trace minerals (start slowly.one per meal

during meal and increase after a week)

**DO NOT drink liquids WITH Meals!!! It dilutes and slows down the digestive process. If a person is dehydrated BETWEEN meals, then water is needed to produce enough saliva.therefore drink your water BETWEEN meals!**

Mustard: During an acid reflux attack, try eating ½ tsp of any yellow or gray commercial mustard. Proponents say it "chases" the acid back down into the stomach. Source:

Alternative Medicine Winter 2007 Natural Solutions supplement, article "Taming The Fire

Within" by Lisa Marshall in which she references the source: Natural Stomach Care:

Treating and Preventing Digestive Disorders with the Best of Eastern and Western Healing Therapies, by Anil Minocha, MD (Avery, 2003)

Chewing Gum increases saliva flow and neutralizes acid. Source: Alternative Medicine

Winter 2007 Natural Solutions supplement, article "Taming The Fire Within" by Lisa Marshall

in which she references the source: Natural Stomach Care: Treating and Preventing

Digestive Disorders with the Best of Eastern and Western Healing Therapies, by Anil Minocha, MD (Avery, 2003)

Cumin seeds: Soak an ounce of the seeds in water, and eat a spoonful of them 3 times a day to neutralize acid. Source: Alternative Medicine Winter 2007 Natural Solutions

supplement, article "Taming The Fire Within" by Lisa Marshall in which she references the

source: Natural Stomach Care: Treating and Preventing Digestive Disorders with the Best of Eastern and Western Healing Therapies, by Anil Minocha, MD (Avery, 2003)

Lemon Balm: Two to three teaspoons of lemon balm leaves steeped in a tea and taken 3

times a day can reduce gas and neutralize acid. Add honey for taste. Source: Alternative

Medicine Winter 2007 Natural Solutions supplement, article "Taming The Fire Within" by

Lisa Marshall in which she references the source: Natural Stomach Care: Treating and Preventing Digestive Disorders with the Best of Eastern and Western Healing Therapies, by Anil Minocha, MD (Avery, 2003)

Test: The next time you have that feeling of acid reflux, take a tablespoon of lemon juice or apple cider vinegar. If the acid reflux sensation goes away, TOO LITTLE STOMACH ACID is causing the problem!!!

Acid Reflux AND Hiatal Hernia

- 1) No food within 3 hours of bedtime
- 2) No liquids within 1 hour of bedtime
- 3) Elevate bed
- 4) Every morning before doing anything else, drink 12oz of room temperature water and then do 10 heel drops (go to bottom of stairs, last step, stand with feet a few inches apart, with heels hanging off, hold to railing, let heels drop below edge of step, repeat)

Reflux Eating Recommendations:

- 1) eat several light meals throughout the day
- 2) no food 3 hours before bed
- 3) chew slowly
- 4) avoid eating under stress
- 5) play soft music and light a candle during dinner improves digestion (no TV while eating)
- 6) avoid mint, caffeine (acids and caffeine may cause irritation of stomach even with 2 cups), nicotine (weaken the sphincter), alcohol (alcohol causes stomach damage by dehydration of lining of stomach by destroying mucosal cells causing irritation)
- 7) Do NOT eat fruits the same time as vegetables
- 8) raw vegetables can cause gas and are hard on the esophagus. so steam them
- 9) avoid pesticides, herbicides, chlorinated drinking water, food coloring, artificial flavors, pre-cooked foods. all deplete good bacteria
- 10) avoid foods that fight. ham sandwich with glass of milk, peanut butter and jelly, melons fight with other foods so eat between meals
- 11) DO NOT drink liquids WITH Meals!!! It dilutes and slows down the digestive process. If a person is dehydrated BETWEEN meals, then water is needed to produce enough saliva. therefore drink your water BETWEEN meals!
- 12) Drink 16oz room temperature water first thing in morning to rehydrate bowel. Also hydrates other organs and gets the digestive enzymes flowing for the day. Do not eat for 30 minutes after drinking.

Possible Causes of Acid Reflux

- 1) high energy people or high stress people and hectic lifestyles
- 2) too much caffeine or too much alcohol
- 3) food allergies (if solutions are not working, check for food allergies)
- 4) poor neurological control of stomach muscles and pancreas overproduces HCL at wrong time and over stimulated vagus nerve overproduces HCL
- 5) drugs such as antihistamines, heart meds, antibiotics do damage to the digestive process

Infants: Early sign of allergies is acid reflux. Children do not make HCL til have teeth. Test for food allergies is a kit for pricking finger and mailing back.

Trivia: People lose 10% of digestion every 5 years after age 50!

## **The two most common Hiatal Hernias**

### **A) Sliding Hiatal Hernia**

This is the most common type of Hiatal hernia. In North America, ONE ADULT IN FOUR is affected. There are two main causes:

- 1) Constipation (or sluggish bowels) -When the muscles of the bowel wall contract to evacuate a constipated stool, pressure within the abdomen is increased. As a result, the upper end of the stomach is squeezed up out of the abdomen into the thorax.
- 2) Bending over on a full stomach -When the full stomach is "folded" as a result of

bending or bending & lifting, the stomach is squeezed up out of the abdomen into the thorax.

### **B) Paraesophageal Hiatal Hernia**

About 10% of all hiatal hernias are of this type. Part of the stomach squeezes itself up through the "hiatus" in the diaphragm, adjacent to the lower esophagus. Since the gastroesophageal junction is not disturbed, there is no acid reflux.

***The Shaklee Difference** - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square feet Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.*

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

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment.

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