

the IBD REMISSION Diet



CROHN'S
ULCERATIVE COLITIS
DIVERTICULITIS
IRRITABLE BOWEL SYNDROME

*Achieving long-term health
with an elemental diet & natural
supplementation plan*

Jini Patel Thompson

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National Library of Canada Cataloguing in Publication Data

Thompson, Jini Patel, 1968-

The IBD remission diet : achieving long-term health with an elemental diet & natural supplementation plan : Crohn's, ulcerative colitis, diverticulitis, irritable bowel syndrome / Jini Patel Thompson.

Includes bibliographical references and index.

ISBN 0-9685421-2-3

1. Inflammatory bowel diseases--Diet therapy. 2. Inflammatory bowel diseases--Alternative treatment. 3. Colon (Anatomy)--Diseases--Diet therapy. 4. Colon (Anatomy)--Diseases--Alternative treatment. 5. Elemental diet. I. Title.

RC862.I53T45 2003 616.3'4 C2002-911084-X

Printed in Canada
Second Edition

Cover Design by Mariana Prins
Book Design by Ramesh Choudhary
Cover Photo by Jud Lewis-Mahon

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Praise for Jini Patel Thompson and *The IBD Remission Diet*



“Having recently undergone the second of two major surgeries for severe ulcerative colitis, I decided to go on a two week course of Absorb Plus (exclusively, no other food) with the goal of restoring balance to my gut, losing some weight, and generally “detoxifying” my system.

This is a terrific product. I felt great the whole time I was taking Absorb Plus. The immediate outcome was a reduction in my cravings for caffeine and other stimulants, a huge boost in energy levels, and the loss of an unwanted 12 lbs, which has stayed off. Since my surgeries, I have been prone to painful blockages.

After taking Absorb Plus, my digestion has vastly improved and I have had no blockages at all. Taking AP has led me to question whether my surgeries might even have been averted had this product been available to me earlier. I still use Absorb Plus on an occasional basis as part of regular health maintenance. The shakes are delicious, easy and particularly useful when I’m in too much of a rush to cook.”

S.S., Ontario, Canada

“My daughter is 22 years old and has been diagnosed with Crohn’s disease when she was 11. Since then she had many flare ups and before learning about *The IBD Remission Diet*, they were managed with a lot of medication and sometimes elemental diets that tasted awful. This last relapse, just a month ago, she decided to give it a try and go on a liquid diet exclusively on the Absorb Plus (5-6 shakes a day). It was a life saver!!!!!! The fevers were gone and her energy went up faster and without all the side effects of so many medications.”

A.P., New York, USA

“I cannot say enough about Absorb Plus. I am 26 yrs old with crohn’s disease and as a last resort before going on steroids again I tried the shakes. They did take about 4 days to work because at the beginning I had nausea among other symptoms which could of been a detox process or just because I was very ill when I started to take them. By the 7th day I could not believe the amount of energy I had and in general how good I was feeling. It was the best I have felt in months!

I think these shakes are amazing and I really crave drinking them - and the chocolate flavor tastes GREAT! I’m so glad I know I can use this product when things get really bad. Although I plan to keep using it as a supplement in the morning 3-5 times a week once I am back up to my normal food intake.”

L.M., Michigan, USA

“Here’s how *The IBD Remission Diet* has changed my life: Since I started on the Absorb Plus I have gone from being so run down and malnourished that I could barely move around, to achieving the energy levels required to do light housework, yoga and even do the unthinkable - Spring Cleaning & outdoor gardening! What I relish the most is that now I have enough energy to enjoy being around my family and friends partaking in backyard barbecues just like the good old days.”

M.D., Ontario, Canada

“I did some internet research on Crohn’s and stumbled across Jini Patel Thompson’s IBD books, *Listen To Your Gut* and *The IBD Remission Diet*. I went on the shakes for about a month, and during the course of the month, felt my symptoms vanish. I also added UDO’s choice oil to the regimen, which is some good magic on it’s own!”

D.F., Georgia, USA

“I have had Crohn’s Disease for four years now and the prescription drugs have done nothing to help the up and down cycles of the disease. Jini’s book *Listen to Your Gut* helped me a great deal and through that I learned of *The IBD Remission Diet* which lead me to the Absorb Shakes. Having been on the Shakes for 4 weeks now, I have put on weight and feel better than I have in years. This better feeling is also a cleaner one because I am weaning myself off the drugs as I continue on the shake diet.

There has been a sea change in my stomach since four weeks ago when I was on the verge of another flare. The taste is outstanding and when mixing up the day with broth and jello, there is a slight reluctance to return to regular food. What I am most grateful for is knowing that there is another avenue to maintain health and stem flares rather than steroids.”

L.R., California, USA

“I battled Crohn’s disease for 2 years. During that time I was hospitalized six times, lost 30 pounds, and became a shadow of who I had been. Trips to the bathroom were frequent, bloody, and painful. I was taking so much medication I was swallowing 20 pills a day. I became depressed and started to lose hope that I would ever lead a normal life again.

I started drinking Absorb Plus about six months ago. It was the only nourishment my body seemed willing to accept. I drank 3-4 shakes a day, gradually went off all my meds, and began to absorb more food as my colon healed. After six months of shakes I am finally myself again. I regained the weight I had lost, am bursting with energy, and I’m laughing again. I still drink Absorb Plus as a morning shake because I love the taste and it’s a great way to start the day.”

B.R., Los Angeles, USA

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Dedication



To my wonderful mother, Anita, and my husband, Ian, who supported me through the research, encouraged me, made the broths, and whipped up shakes tirelessly! My success in health is yours as well as mine.

Acknowledgements



With many thanks to Dr. Frank H. Anderson MD (GI) and Jerry Cyr RN, at Vancouver General Hospital, who first introduced me to the concept of an elemental diet. Thanks also to the tireless editors of this book: Mary & Tony Macer, Dr. Sharad Patel, Anita Patel, and Ian Thompson - you've all made this a better book than it was originally. Many thanks to Emily Donaldson for excellent feedback and valuable, clarifying questions on the first edition.

And to my thousands of readers who sent me their feedback, questions and stories after the first edition of the book – you are the reason this second edition is SO much better! With much love and thanks to all who have shared their knowledge and experience, so we can improve protocols and others can benefit.

1

THE STORY & THE VISION

*Do not go where the path may lead, go instead
where there is no path and leave a trail.*

Ralph Waldo Emerson

The IBD Remission Diet is a very specific natural diet and supplementation plan devised to induce disease remission; by completely healing the GI tract, eliminating the pathogenic bacteria in your intestine and replacing them with good bacteria, and restoring health and balance from the cellular level on up throughout the immune system. Although it is specifically formulated to address inflammatory bowel conditions like Crohn's, ulcerative colitis and diverticulitis, you will probably find other health problems will also be automatically resolved as the program facilitates extensive whole body healing.

My previous book, *Listen To Your Gut: Natural Healing & Dealing With Inflammatory Bowel Disease & Irritable Bowel Syndrome*, contains a section on using an elemental diet to induce disease remission, or test for food allergies. However, feedback from readers told me they wanted more. Following an elemental diet is a difficult undertaking, requiring a lot of self-discipline, and they wanted more information on the basis and reasoning behind the diet and also more detailed instructions on implementation. This book provides both and I have also extended the elemental diet to include my whole-body-healing supplementation plan.

My view is that if you're going to undertake something as difficult and restrictive as an elemental diet, then you might as well fully commit to it and use this period to facilitate a complete overhaul and root-level healing of your body and immune system. And who knows, many of you may even experience the C-word (cure!) as a result.

After several thousand readers had implemented the IBD Remission Diet (as presented in the first edition of this book) I learned a lot from the feedback, questions and experiences of those early testers. So the book you now hold in your hands (the second edition) is considerably improved and provides an even faster healing experience than the First.

The most significant change between the first and second editions of The IBD Remission Diet is that I now advise people to start immediately on *Jini's Wild Oregano Oil Protocol* and high dose probiotic supplementation – as the people who have done this from the beginning have obtained the fastest results along with a significant reduction of unpleasant effects (less explosive bowel movements, less bloating, less pain, faster symptom healing, etc.).

Elemental Diet Clinical Trials

Recent clinical trials involving children with active Crohn’s disease in England and Italy have demonstrated that “elemental diet therapy is as effective as steroids in inducing remission, whilst avoiding steroid side effects.”¹

In the English study, 44 children with Crohn’s were put on an elemental diet and 40 of them (90%) achieved clinical remission in an average of 6 weeks (individual times on the elemental diet ranged from 2 - 12 weeks).

In the Italian study, 37 children were assigned to an elemental diet and 10 children were assigned methylprednisone (steroids). 32 (86%) of the children on the elemental diet achieved clinical remission in an average of 2.5 weeks and 9 of the children on steroids achieved clinical remission in an average of 3.7 weeks. However, 7 of the children on the elemental diet showed complete healing of the mucosal lining of the intestine, while none of the children on steroids showed healing of the mucosal lining.

As Dr. Robert Canani summarized: “In children with active Crohn’s disease, exclusive nutritional therapy shows a more rapid effect than steroids in inducing clinical remission and is markedly more effective than steroids in producing healing of mucosal inflammation.”²

It’s an important distinction to keep in mind that whilst steroids and other drug-induced remission can result in a cessation of symptoms - so the person feels the disease is gone and they’re healthy – it does not necessarily mean the intestinal mucosa is healed and no longer inflamed.

Different Types of Elemental Diets ~ Elemental, Polymeric, Semi-Elemental ~

In the years following the publication of the First edition of *The IBD Remission Diet*, I received a few emails from people suggesting that only products with free-form amino acids as their protein source qualify as “elemental” diet products.

Back when I first formulated Absorb Plus (in 1998), cold-extracted

why protein isolate was considered one of the best protein sources for an elemental diet – because the common allergens (like casein and lactose) were removed and the whey protein was not denatured by heat or chemical extraction methods. At that time, the clinical studies on “elemental diets” varied between using free-form amino acids, whey isolate, whey concentrate, egg albumin, etc. and all were considered acceptable ingredients in an “elemental” shake.

However, I’ve since conducted a review of the current medical literature and it seems that the definitions are shifting, but as yet, are still not clear as to what constitutes an “elemental diet” in today’s usage. Following is a summary of the data.

According to the Medical Dictionary:

Elemental Diet – contains nutrients as small molecular weight compounds, i.e. proteins as amino acids or peptides, carbohydrates as oligosaccharides or monosaccharides, and fats as medium-chain triglycerides. Used in the treatment of gastrointestinal disease. Called also monomeric diet.

So according to that definition, Absorb Plus (which contains whey isolate) would qualify as an “elemental” product since whey isolate is a protein peptide.

However, according to an article by gastroenterologist Diklar Makola M.D, PhD, at the University of Virginia, Absorb Plus would be considered “semi-elemental” and a “specialized formula”:

“The EN [elemental nutrition] formulas differ in their protein and fat content and can be classified as elemental (monomeric), semi-elemental (oligomeric), polymeric or specialized. **Elemental** formulas contain individual amino acids, glucose polymers, and are low fat with only about 2% to 3% of calories derived from long chain triglycerides (LCT). **Semi-elemental** formulas contain peptides of varying chain length, simple sugars, glucose polymers or starch and fat, primarily as medium chain triglycerides (MCT). **Polymeric** formulas contain intact proteins, complex carbohydrates and mainly LCTs. **Specialized** formulas contain biologically active substances or nutrients such as glutamine,

arginine, nucleotides or essential fatty acids (Table 1). Although elemental and semi-elemental formulas cost about 400% more than polymeric formulas they are still widely used because they are believed to be 1) better absorbed, 2) less allergenic, 3) better tolerated in patients with malabsorptive states and 4) cause less exocrine pancreatic stimulation in patients with pancreatitis.”³ [emphasis mine]

In terms of taking this into the realm of practical application, I stand behind what I first discovered using elemental diets for myself and consequently wrote about in the first edition of *The IBD Remission Diet*, which is that whilst free-form amino acids are considered more ‘hypo-allergenic’, they are not often useful for inducing disease remission – because the person cannot gain weight and address malnutrition using only free-form amino acids. This becomes especially important when dealing with children on an elemental diet, who need to also make up for lost growth and height.

I searched high and low to find the answer as to why people would not gain weight ingesting only free-form amino acids as the protein source and finally learned why from a PhD in nutrition, who specialized in treating athletes: He said that the body will use free-form amino acids more as a supplement (hormone pathways, mucosal lining healing, etc.), but it cannot use them to build muscle unless they piggy-back on a di-peptide (or higher) bond protein (like whey isolate). A really good paper that goes into this in detail is *Protein digestion and amino acid and peptide absorption* By D. B. A. SILK et al, Department of Gastroenterology and Nutrition, Central Middlesex Hospital, Proceedings of the Nutrition Society (1985), 44, 63-72

Yet more evidence that a semi-elemental diet is preferable to (what is now called) a strictly elemental diet is provided in numerous clinical trials, like this one with Crohn’s disease:

“A controlled trial was performed to compare enteral feeding with either an amino acid based feed or a whole protein feed as sole treatment for active Crohn’s disease.” In the group given the amino acid feed, 69% achieved remission within 3 weeks. In the whole protein feed, 72% achieved remission.”⁴

But the interesting thing was, when researchers then switched the groups over onto the other diet (i.e. the amino acid group were switched to whole protein and the whole protein group were switched to amino acids only) 43% in the group switched to amino acids relapsed, but NONE of the group switched to whole protein relapsed.

So, as to whether Absorb Plus is an elemental or semi-elemental product, the jury's still out. However, I would say the literature is evolving to eventually classify it as "semi-elemental". But that will not take into account that back when many of the clinical trials were conducted on elemental diets, Absorb Plus was at that time considered elemental and so can reference these results for expected outcomes. Although, not really.

Because keep in mind that the IBD Remission Diet is NOT just a straight elemental diet, like those used in the medical clinical trials – it is more of an intensive healing spa and overhaul of your foundational gut flora. Likewise, Absorb Plus contains significantly higher quality ingredients (and no artificial ingredients) from the pharmaceutical elemental products used in clinical trials – so in my opinion, the outcomes are likely not comparable; I would think using Absorb Plus and the IBD Remission Diet would result in much higher remission rates than current clinical trials indicate.

Then there is yet another ambiguous term in play in the world of elemental diets: hydrolyzed whey protein, or, hydrolysates. Again, it is difficult to pin down a consistent definition of this substance, that is used consistently throughout the literature. Here are two definitions that are pretty similar, but again, one includes peptide proteins and the other only free-form amino acids:

“Protein Hydrolysate – a sterile solution of amino acids and peptides prepared from a protein by acid or enzymatic hydrolysis and used intravenously for the maintenance of positive nitrogen balance in severe illness, after surgery of the alimentary tract, in the diets of infants allergic to milk, or as a high-protein dietary supplement.”

OR

“Protein Hydrolysate - a mixture of amino acids prepared by splitting a protein with acid, alkali or enzyme. Such preparations provide the

nutritive equivalent of the original material in the form of its constituent amino acids and are used in special diets or for patients unable to take the ordinary food proteins.”

Sounds like protein hydrolysates would be highly tolerated and nicely hypo-allergenic if used in an elemental diet shake, right? But again, we have the same problem with it being difficult to build muscle from these formulas. And the other huge problem is that hydrolysates are incredibly bitter in flavor, thus difficult to ingest and usually paired with lots of synthetic, artificial flavoring agents to make them palatable. Many however, are just pumped in via a stomach shunt, or intravenously. So again, using protein hydrolysate as the protein source for a self-administered elemental diet may not produce the best results.

If, for some reason, you cannot tolerate Absorb Plus and you must use a free-form amino acid elemental formula, then the best ones (natural, no nasties added) I've found are the Alpha formulas from Nutramed. Most of the mainstream pharmaceutical formulas contain a lot of sugar, really high oil content and artificial flavors, colors, etc. – so although they can be cheaper, they are not what I would call a 'health product'.

Alternatively, if you can tolerate whole milk, then you may also be able to use raw (unpasteurized) milk, from pasture-fed cows, or goats, for the elemental shake component of the IBD Remission Diet. Although raw, whole milk is not technically elemental, since it also contains the live enzymes and bacteria needed to digest it properly, it does behave somewhat like an elemental shake product when ingested. The only way to know for sure is to test it and see.

If you are allergic to casein (the milk protein that many people are allergic to), then it will be unlikely you can tolerate raw cow's milk, but raw goat's milk may be fine for you. Absorb Plus does not contain any casein or lactose and so is often fine for people with a dairy allergy. But again, always start with a small amount and test first to establish tolerance.

I have written extensively about a Raw Milk Diet in my blog posts and in the subscription infoletter at JPT Wellness Circle (including teleseminars and podcasts with raw milk experts), so if this interests you, there is plenty of information available and many of my readers

(including myself) have experimented with it. Just be sure to use milk from pasture-fed animals only (no barn or oat/grain-fed animals) and ensure the farmer tests regularly for pathogens to ensure the milk is clean and healthy.

So, to clarify, the “elemental diet” referred to in this book, and the one I have utilized myself is one that uses Absorb Plus (the product I formulated, based on my own experiments and requirements) for the elemental shake component. But as you have seen above, you can use a variety of elemental, semi-elemental and sometimes even polymeric formulas, according to your body’s specific needs and preference.

A Half-Elemental Diet

There is one other treatment option in this grouping that I want to discuss, as it may be applicable to some readers. A half-elemental diet is a relatively new experiment in the gastroenterology community, where patients derive half their daily calories from an elemental shake, and the other half of their calories from regular food.

In a perfect world, everyone would be able to take the time off work, school, etc. to go on the IBD Remission Diet and really rejuvenate themselves – and would have enough money to be able to afford to do so. But, for various reasons, sometimes people just cannot commit to a full course of a completely elemental diet. With children in particular, sometimes they will refuse to drink an adequate number of shakes per day – so they don’t get the proper benefits of the Diet, because they are still malnourished and their bodies are not taking in enough protein and calories to heal, grow taller and put on weight.

In these cases, you may want to try a half-elemental diet instead. The remission rates are not as high as a full elemental diet, but they are certainly high enough to be considered a serious treatment option.

In a clinical trial, the doctors assessed 26 patients with Crohn’s Disease, who used a combination of an elemental diet for half of their food intake (900 – 1200 calories per day) and then whatever they wished for the other half (“free diet”). The control group consisted of 25 patients who also had Crohn’s Disease, who just consumed an unrestricted diet; whatever they wanted to eat (100% free diet).

Then, they measured the recurrence of relapse (symptom flare-up) over a two year period. The relapse rate in the half elemental diet group was significantly lower – only 34.6% – versus a relapse rate of 64% in the free diet group.⁵

Although this is a rather undefined study, with lots of unknown variables and many of the patients were also taking some kind of drug, it does still provide an interesting scenario to explore and test.

What I would suggest though, if you want to try a half-elemental diet, is that instead of eating ‘whatever you want’ for the free diet portion, you use the Food Reintroduction Chart given in Chapter Five and try to stick to the foods listed in Phases 1 and 2. These foods have a history of being well tolerated, yet nutritious. If that’s too difficult, then at the very least, stick to the Maintenance Diet guidelines given in Chapter Seven and also avoid these top allergen foods: dairy, wheat (gluten), corn, soy, sugar and refined carbs. I suspect this will further improve relapse rates from those listed in this clinical half-elemental trial.

What would be even better, is to just drink as many Absorb Plus shakes as you can, and then use the ‘free diet’ for whatever calories remain. Another option: many of my readers also use Absorb Plus intermittently - when they feel themselves getting run down, or in danger of a flare, they go on Absorb Plus shakes and bone broths exclusively for 3-7 days and then gradually go back to their well-tolerated foods.

The important thing to keep in mind, is to just do the best you can. If you have severe financial challenges, or a child who just won’t cooperate, then it may actually work better for you to reduce your stress levels, lower your expectations and just do the best you can. At the end of the day, you’ll still be further ahead than if you never made any positive changes at all.

What Is The IBD Remission Diet?

The IBD Remission Diet is a comprehensive healing program that utilizes an elemental diet for the backbone of the program, but there are also other components included that are absolutely vital for healing the gut and inducing disease remission. These include the elemental diet combined with targeted supplements, homemade broths and natural anti-pathogens:

- 1. An Elemental Diet** – the elemental diet shakes provide the majority of the nutrients and calories. The shakes must be 100% natural and elemental, or semi-elemental in nature. A sufficient number of calories per day must be consumed, to address malnutrition, fuel wound healing and promote growth in children.
- 2. Targeted Supplementation** – a number of specifically chosen supplements must be added to the shakes on a daily basis. These supplements help to heal the mucosal lining of the intestine, reduce inflammation, repair tissue damage, support enzyme production and hormonal pathways, facilitate optimal cellular function, and balance the immune system.
- 3. Homemade Broths** – Bone broth (clear soup) made from the skin, bones and white connective tissue of animals, contains a wonderful healing substance called gelatin. French research until the 1950's shows that gelatin was used in the treatment of diseases such as ulcers, jaundice, diabetes, infection and cancer. Bone broths contain minerals like calcium, phosphorous, sulphur, silicon, magnesium and trace minerals – all in forms the body can instantly absorb and utilize. As the cartilage and tendons are broken down, substances like chondroitin sulphate and glucosamine are also made available to the body in highly absorbable forms. Mushroom broths provide beta-glucans to heal and balance the immune system and vegetable broths provide alkalinity and detox – thus benefiting the liver, adrenals and thyroid.
- 4. Anti-Pathogen Protocol** – a potent, full-spectrum, natural anti-pathogen is used to eliminate any gut infection from yeast, fungus, viruses and pathogenic bacteria. *Jini's Wild Oregano Oil Protocol* is combined with high dose probiotics (both orally and rectally) to eliminate infection and establish a healthy bio-terrain in the gut.

When you combine all these powerful healing tools together, I believe remission rates to be much higher than the clinical trials utilizing only pharmaceutical elemental shakes, but of course, we have no proof of

this. There is no financial reward for testing natural healing protocols. No matter, thousands of readers to date have experienced the following benefits from implementing the IBD Remission Diet:

- Provides natural, gradual, gentle detoxification
- Resolves malnutrition or delayed growth in children
- Reduces inflammation and heals the mucosal lining of the intestine
- Establishes a healthy gut flora
- Provides bowel rest and heals Leaky Gut Syndrome
- Supports enzyme production and hormonal pathways
- Balances the immune system
- Allows you to take a break from regular meal planning, shopping, cooking, and clean-up!

Interestingly, if medication is contributing to your constipation problem, you may find that fiber supplements actually worsen the problem rather than helping.

Jini's Own Experience With Elemental Diets

I have gone on the IBD Remission Diet twice in my life. The first time was due to intestinal haemorrhaging that left me at 99 lbs (I'm 5'7") and required a transfusion of four pints of blood. I had two objectives; stop the bleeding and gain weight. Continuing to eat regular food simply re-opened the wounds and started the bleeding again. Therefore, my nutrition needed to come from a completely pre-digested (elemental) liquid source, which my Gastroenterologist told me resulted in disease remission as often as Prednisone (steroids).

I sampled each of the elemental (pre-digested) products provided by the hospital, but found the taste and ingredient list unacceptable. All of the products contained artificial flavors and sweeteners, large amounts of sugar (in relation to maltodextrin) and high levels of oil - which resulted in painful intestinal spasming. Rather than drinking these, or, undergoing a surgical procedure to have a tube inserted in my stomach and the commercial elemental products pumped in, I set out to find a natural, healthy alternative.

After an extensive search of health stores and the Internet, I devised my own elemental formula by mixing together six different products. I did this 8-9 times a day to give my body the nutrients it needed in elemental (pre-digested for maximum absorption) form. Because all the food I ate (or more accurately, drank) was pre-digested, the elemental diet also gave my bowel a complete rest, which allowed my wounds time and space to heal.

In addition, I added numerous supplements to each shake to further facilitate my healing and recovery. Using this formula, I gained 36 pounds of solid weight (not fat) in six weeks and my albumin (blood protein) levels were restored to normal. I went from being so weak I could barely move around my apartment, to cycling and lifting weights at the gym at a solid weight of 135 lbs. One month later I got pregnant, had an excellent pregnancy and gave birth to a healthy baby boy named Oscar.

As with most illness, it was a confluence of events and stressors that led to my second time on an elemental diet. Until I weaned him from night nursing at 18 months, Oscar did not sleep more than three hours in a row, so neither did I. We also went to Singapore when Oscar was eight weeks old, for six months. However, when we came back to Vancouver, the new condo we had bought was far behind its construction schedule. So we then spent the next five and a half months travelling around England, Hawaii and Arizona, living out of suitcases. In addition, Oscar has a voracious appetite (and high metabolism) so he breastfed full feeds about ten times a day. Combined together, the stress of transatlantic flights, no home, no routines for the baby, all the varied adjustments involved for new parents, and the severe extended sleep deprivation eventually became too much for me.

I gradually lost weight until I was 115 lbs and then I took a new calcium/magnesium supplement I'd bought that also contained something called Betaine HCL (Hydrochloride). About eight hours later, my colon started bleeding. After wracking my brain to try and figure out what could have triggered the bleeding, I finally remembered the mystery ingredient and looked it up in one of my encyclopaedias. There I discovered that Betaine is something that stimulates the production of stomach acid. It should never be used by someone with ulcers and even

people with normal digestive systems should start at a very low dose and stop if they experience any discomfort. Obviously, in a digestive system as sensitive as mine, that's all it took to trigger the bleeding and as I was so run down I knew the situation could deteriorate quite quickly.

I've found that you can use all kinds of herbal supplements to prop yourself up and keep going, but when your body becomes too run down and malnourished, it loses the ability to heal itself. So even though you give it the tools, your body has no energy or resources left to utilize those tools. Although the bleeding wasn't anywhere near the haemorrhaging I experienced prior to the first time I went on this IBD Remission Diet, I didn't want to risk it escalating to that point, so I immediately went on an elemental diet after three days of passing blood, ranging from about 3 tbsp. - 1/4 cup per bowel movement, with small blood clots the second and third day.

The good news is that I was also nowhere near as ill and run down as I was the first time round, so although my bleeding had completely stopped by day four, I remained on the diet exclusively for two weeks. I then continued drinking a few shakes a day for an additional ten days as I gradually re-introduced normal food (known as a half-elemental diet). I also didn't feel the need to gain weight as quickly as I did the first time, so I only consumed six shakes per day.

At the end of two weeks I'd gained seven pounds and by the time I was fully back on regular food, I'd gained a total of 14 pounds. When I feel I need it, I have a shake in the morning as it's a great nutritional boost and an excellent way to take all my supplements in an easily digestible form. During my first pregnancy, I had a shake every morning with all the supplements and flax oil added as it's a wonderful way to ensure excellent health for both yourself and the baby.

However, a word of caution to women: the IBD Remission Diet is such a great rejuvenator of health that your fertility will also become very healthy and robust, so be very careful if you don't want to get pregnant! I got pregnant again, with my second child, two months after my second time on the IBD Remission Diet - in spite of using birth control!

I was looking at a popular fertility supplement for men the other day, one that boosts sperm count and motility. As I read through the ingredient list I was surprised to see that most of the ingredients in

this supplement were also present in the IBD Remission Diet – who knew? But on the other hand, it makes perfect sense, because although allopathic medicine has taught us to compartmentalize the body, really, health is a holistic condition. You cannot have one part of your body healthy and another part not. If you trace back any dis-ease (cancer, MS, colitis, etc.) you will see that although the whole body dis-ease may be evidenced in a particular organ or system, there is actually a domino effect of linked causality that extends throughout the body (hormonal pathways, nutrient deficiency, nervous system, imbalanced flora or bioterrain, etc.)

So, if you want to have kids, whether you're male or female, the IBD Remission Diet will likely take your body (and hence your genetic material) to a new level of health, giving you the best chance of producing a healthy fetus.

Studies have shown that the mother's nutritional status while the baby is in utero determines the health of the child up to 17 years later. I drank a shake containing all the supplements and flax oil 2 - 3 times/week throughout my second pregnancy as well. I am sure (along with a healthy, mostly organic diet and regular exercise) it's one of the principle reasons my children are so healthy. Oh yes, and I also don't degrade their immune systems with vaccinations. For more information on vaccination, see my blog for my article on the short and long-term consequences of vaccination.

Drug Usage On The Diet

I haven't included any specific instructions in this book regarding when to consult your doctor and/or how to integrate drug therapy with the IBD Remission Diet, as I leave each of you free to do what you feel is best for your body. I included an entire chapter on my personal opinion on medical/pharmaceutical drug protocols in my first book, *Listen To Your Gut*, so please read that if you want more information than I give you below.

If you wish, you can mix drugs (like Asacol, Prednisone, Salazopyrin, etc.) with the IBD Remission Diet; just give your doctor a full list of the supplements you're adding to the shakes so he/she is informed. In my

opinion though, it's much better to wean yourself off your drugs before starting the Diet and give your body the full chance to restore its natural balance. Drugs often deepen the very conditions the Diet is devised to heal. So if you mix the two, you may find yourself moving two steps forward, one step back.

You can also use the IBD Remission Diet as a tool to support your body whilst you wean off your medications, and many have used it this way. But in that case, keep in mind that you will then likely need to stay on the Diet for a lot longer to see the same healing results. For example, it may take you four weeks on the Diet to wean off your medication, then another six weeks on the Diet to actually heal the symptoms the drugs were suppressing.

You must do what you feel is safe and comfortable for yourself. But note that I say, WEAN off your meds. You need to check with your doctor as to which drugs you need to wean off (and which rate of weaning is commonly used) because there are many drugs that will actually cause a full-blown flare if you stop them suddenly. And there are other drugs that you can simply stop taking immediately, with no ill effects. So you need to check with your doctor, or research it yourself on the Internet, according to the particular drugs you are on. And don't forget to take into account all your meds. I had one reader stop her anti-anxiety, anti-depressant medication cold turkey and she nearly went into cardiac arrest. She thought it was merely a sleeping pill and so she didn't check the drug information before stopping usage.

Both times I went on an elemental diet I did not use any drugs, I consumed a variety of specifically chosen supplements and *Jini's Healing Implant Enema*, as well as the elemental shakes and homemade broths, along with full-spectrum probiotics (good bacteria for both the small and large intestine) - we'll get into each of these components in detail in the coming chapters. Therefore, I didn't just restore my weight but restored myself to great health as well.

For me, health equals freedom. The freedom to eat what I want, to earn good money, to travel and have adventures, and to have enough energy to share joy and good times with my family and friends - the freedom to enjoy all the wonderful things that life and relationships have to offer. From the bottom of my heart, I wish for you this same joy and freedom.

TAKE ACTION

List contributing factors (or a spiral of events) that led up to your last flare:

What are some things you could have done to halt or lessen the impact of these events? Use this knowledge to prevent a similar pattern/progression from occurring next time:

If you were healthy, what are some of the things you'd like to do/accomplish with your newfound state of health:

About Jini Patel Thompson



A former journalist, **Jini Patel Thompson** is an internationally recognized expert on natural healing for digestive diseases. She healed herself from widespread Crohn's Disease and has remained drug and surgery-free for over 20 years. Jini has appeared on numerous TV and radio shows throughout the U.S., giving people hope and vision for how they can heal their Colitis, Crohn's, Diverticulitis and Irritable Bowel Syndrome (IBS), using entirely natural methods. Her books on natural healing for digestive diseases have sold worldwide in over 40 countries.

She also has a DVD on natural healing for Colic - recommended in *Parents Magazine* (#1 in the U.S.). And a line of *Sleeptime Stories* on CD for children aged 2-6.

Jini's health articles have been published in magazines and journals in Canada, the U.S., U.K., and Australia. She lives with her husband and three children in White Rock, BC, Canada.

You can find out lots more about Jini and also subscribe to her blog, free reports, newsletter, etc. at:

www.ListenToYourGut.com