

Stop the Bleeding – Natural Options to Heal the Colon from Crohn’s Disease and Colitis

My hope in writing this is to ease the suffering of those who join me in struggling to be free of Ulcerative Colitis or a related IBD condition. After a long and at times painful journey I am now free from that diagnosis. I have found ways to finally heal my colon.

I must share that I have no formal medical training. This **book is based on my personal experiences only, contains only my own opinions**, and lays out the results of my choosing alternatives to the options offered by the mainstream medical profession. It does not suggest a definitive cure for IBD-related issues, only suggests options to try that have worked for me personally.

My personal feeling is that I am cured of all the symptoms I had at the time of diagnosis. My doctor tells me that the way one is diagnosed is by way of a colonoscopy when the patient is bleeding and having other Colitis symptoms. My diagnosis was; severe Ulcerative Colitis, after my first colonoscopy.

I must stress, if I went back to my old ways the symptoms may, and I feel would return, that is my **personal** feeling. At which time I would be diagnosed again with Colitis.

I’ve always been interested in how our bodies work and have read a lot on the subject, from medical journals to dense texts to health related newspaper articles. Not everyone may want to do that, so I’m hoping that by sharing what I’ve learned and how it helped me, I can help others inform themselves. I am not telling you what to do, that is and should be a deeply individual decision only you can make. But as they say, knowledge is power and nowhere more so than dealing with the beautiful, complicated, frustrating miracle that is our body. This is my story.

FIRST DAYS: DIAGNOSIS BUT FEW ANSWERS

My sister Diane a nurse from Vancouver had been staying in Toronto to be with me ever since this all started. We had thrown a big bash for our Mom’s 100th birthday, with relatives from all over coming to Toronto for the celebration. It was a lot of work organizing hotels, food, etc, coupled with my work schedule. I was so stressed, and had been eating really badly for quite some time as well as drinking too much red wine at night. As the party was approaching I started to feel really sick, but not all the time, and then I started to bleed from my bowel.

You who suffer from these conditions have, I’m sure, read about others who have had the same experiences as you: all our stories are pretty much the same. The

constant running to the bathroom, the weakness, the cramps, the bloating, the blood...and the fear.

After the party was over and everyone went home I went to the hospital with my husband and my sister. I was weak and passing more and more blood. I had an emergency CAT scan and they told us I had Colitis in the last 4 inches of the large intestine. They gave me antibiotics and within one day my body crashed and the cramping and bleeding became constant. The next colonoscopy I had after the antibiotics showed the Colitis was all through my colon. Now the diagnosis was Ulcerative **Pancolitis**. Pan means it is everywhere in the large intestine.

Colonoscopies are one of the ways and means the doctors have to see what is going on. They show you the pictures of your colon when you are back in your room.. I could see it looked terrible, all red and raw. I knew from the samples they'd taken earlier that I didn't have cancer... it was Ulcerative Colitis, but it was very scary to see.

Seven days later, the doctor said we needed another colonoscopy, to see how the bowel was doing. My son Jeff had asked if they thought it would aggravate the situation and the response was probably not. Jeff said, "Mom, 'probably not' is not a good answer." He told the doctors no, to another colonoscopy; he said "We know how her colon's doing...not well". He told them we want to leave it alone, no more aggravating it. " It makes my mother sick with severe cramps and pain." I will never forget how pleased I was that Jeff said no to that colonoscopy. I was too weak to be my own advocate and the support of my family was critical.

IBD sufferers typically have a common experience of drugs, reactions to those drugs and the doctor's talk of taking out our bowel. The condition takes you to hospital for a long or short stay; dropping many pounds, getting severely run down, so very depressed, and weak, having test after test, drug after drug. Sometimes you feel like you are too weak to get to the washroom. We spend more time in the washroom than most in the living room. Weakness necessitates multiple visits to the hospital. While you are there the symptoms don't stop and answers don't come.

I asked a lot of questions but it seemed the response to all of them was the same: surgery to remove my colon. With regard to the surgery, all I will say is while I was in hospital twice, I saw the aftermath of those bowel operations on teenage girls and children and their sad parents standing by with their support and love. My heart went out to every one of them. I personally just could not and still cannot get my head around no bowel, no rectum... the thought scares me to death. The refusal to consider other alternatives from the medical doctors, even temporary ones, was very frustrating and I felt sure that there had to be more information somewhere that I was not getting.

Though I felt I didn't learn anything in the hospital that helped in the long run, I did learn I had choices to make. The decisions me and my family needed to make, most often not what the doctors suggested would be best, seemed daunting as we had little information to go on. Rule Number One when in the hospital is that you and your support network must be strong advocates and participants in your path to health. Ultimately it becomes your responsibility to do the research, ask the questions, find the answers so you can finally make your own decisions as fully informed as possible.

For now, it felt to me like I had a choice of door number one, door number two, or door number three. The first door is to take out the colon (the hospital staff actually told me this was the only cure). Door number two is a choice of drugs. Door number three is to go home and see what happens next, now that you are stable....the wait and see door. So I chose a combination of doors two and three.

I was now home, thin and weak, bowel intact. My vital signs were good, unlike when I went into the hospital, which was a great thing I must say about hospital care. The hospital had kept me alive so that I could start my research and hopefully get myself better somehow.

I read all the blogs, searched the internet and read everything I could find. I found most of the medical information confusing and contradictory. I found a few people who were coping through diet but the diets varied.

BACK HOME AND THE LEARNING BEGINS

DR. BORODY AND FECAL IMPLANTS

My dear sister Diane, who had stayed with me since this began, and each night had left the hospital to research the disease and treatments. The first sign of hope was something she, and a nurse, Gerry, at my mum's long term care facility, found on the internet. A doctor in Australia named Thomas Borody, along with a very few other doctors around the world, were experimenting with fecal implants to cure Clostridium Difficile (C. Difficile), and Methicillin-Resistant Staphylococcus Aureus (MRSA).

The technical term is fecal implant but it is better described as a rather small enema.

This research was prompted by the number of patients who were contracting superbugs like C.Diff or MRSA during their stay in hospital. The doctors' first response to a bacterial infection was to administer antibiotics, yet the patient's condition was only getting much worse. We now hear the term 'antibiotic-induced C.Difficile'. The treatment wasn't working because antibiotics indiscriminately kill all bacteria, including those that work with your immune

system. This is true even for gut-healthy patients taking antibiotics: be cautious about them. And if you have children, there are medical studies showing that early reliance on antibiotics can cause problems, and make any intestinal issues so much worse.

The doctors needed to find a way to get rid of the bad bacteria while preserving the good ones.

So Dr Borody and his colleagues thought about the idea of fecal implants. This procedure had actually been used in some parts of the world for years; veterinarians use it with very expensive race horses that develop Colitis or Crohn's. The findings of these few forward thinking doctors were consistent. In order to rid the bowel of invasive bad bacteria, which cause these deadly diseases, such as C. Diff., one needs a hefty dose of healthy bacteria from the bowel of someone uninfected, which can then fight the bad bacteria. One hospital in my own city of Toronto pioneered the idea of a 'poop bank' by having patients, when first admitted and as yet uninfected by C.Diff., bank a small stool sample, which is then frozen. It's your own personal antidote, from your own body, that can be implanted if you later contract these bacterial infections.

I called so many doctors' offices to find out more about these bacteria, which seemed to be causing the problem. The people, who were applying this for C. Diff and other super bugs, told me that so far in their research there have been no adverse side effects, at all, for the patients. Fecal donors were screened to ensure their 'donations' were healthy.

I learned more about how this could actually impact my situation from one wonderful lady I found on the internet named Sky Curtis. Her philosophy was the same as Dr Thomas Borody's from Australia; in fact, she had learned about fecal implants from him when her son contracted Crohn's.

Sky has now authored two publications available via Amazon that I highly recommend; 1. *A Gut Reaction: A True Story about a Mother's Fight to Save her Son's Life and his Remarkable Recovery from Crohn's Disease* 2. *The Fecal Implant Guidebook*

While I wasn't sure yet about the implants, I found out a lot about the colon from her. I learned how the bacteria in the colon is 'out of whack' for those who suffer from any form of I.B.S., like Colitis and Crohn's, which can become chronic and debilitating, as well as C.Diff. or MRSA, which are fast-acting and can be quite deadly.

The normal colon is an eco-system which has a fine balance of its very own. We all have both good and bad bacteria, and these bacteria have a symbiotic relationship, meaning they live off one another in an orderly fashion when we are well and balanced. But for some people, this balance is not perfect. The ratio of

good and bad bacteria is often off with sufferers of Colitis; Crohn's and most forms of IBD. Even if there isn't a significant majority of bad bacteria, we may be more sensitive to what is there, and the bowel overreacts. These people, like me, develop cramps which don't stop, and diarrhea, most often with bleeding. It may just be that as our bodies try to rid us of the bad bacteria by flushing them out, this extreme effort results in the diarrhea and bleeding. This last idea is just my personal view of what is going on and also the view of other lay people who have written on the subject.

I must tell you, the average doctor would say this way of thinking is insane I'm sure.. Doctors believe U.C is an auto-immune disease. They say there is no real reason why anyone gets this disease... the body for some unknown reason, starts attacking it's self. (One other disease they compare Colitis to is Arthritis, where the body starts attacking the patient's joints, again for no reason.) Though they advocate removal of the bowel in many cases like mine or try to sedate the body with drugs, so the cramping will stop and the attack will be less severe.

The hospital I was in the first time had no clue about fecal implants and thought I was a bit daft I think. One doctor told my son Jeff we would just be asking for more trouble with infection and god knows what else. Thanks to my strong support network (husband, son, sister) a level head was kept at all times. I just kept telling them, "I don't feel safe here".

SKY CURTIS AND REAL HOPE

One day back at home, I was so weak I could barely stand. I didn't really want to go back to the hospital, where there seemed to be no constructive answers or help. In desperation, as nothing else had worked and we felt we had nothing to lose, my husband Doug and I decided to contact Sky Curtis. I sent her an email and she responded quickly, and my husband asked, since I was in such bad shape, if she could come over to our home right away (we were fortunate that Sky lives in our city, not far from us). She agreed and was very shortly at our door.

In she came, having stopped off at a hospital supply store, with everything I would need for a home enema. My husband Doug promptly reimbursed her for the supplies. We were so grateful to her. She was such a ray of sunshine, and so kind to us.

I was shocked after learning more about these bacteria from Sky. So much has been researched and written about the G.I. tract, flora, eco-systems and bacteria that had not been discussed during my hospital experiences. So many friends emailed me with new information that has come to light in the past two years. Of all the tests I'd had in the hospital, no one mentioned a test for bacteria, except C-Diff. No one even spoke of bacteria. Always they told me "it just happens to some, it's just bad luck". The specialist said I got hit by a Mack truck. I asked,

“Can I not get better?” and he replied, “Not on your own. You will most likely need surgery.”

Sky's son, who developed Crohn's, went through the same thing as I did. He came home from hospital 65 lbs. lighter and 'half dead'. The surgeon also told him they needed to take his colon out, he chose two profound words instead and went home the next day. Sky then found Dr. Thomas Borody's work and learned everything she could. She eventually found a way to help her son heal his condition with his colon still intact.

She said to me, Cathy you can heal your colon. I cannot tell you how wonderful I felt hearing those words.

All I can tell you is, being with Sky that day was the first thing that happened to give us hope and to help get me to another day. For the first time, we now had an option beyond surgery, something to at least try, something proactive to do beyond waiting for another attack.

We listened to Sky and we had hope.

She left us and we were happy and giddy, thinking of this process. Doug said, “Do we care that this crazy thing sounds too weird? What do we have to lose? It's all we have and it really makes sense to me. We can do this.” My husband is the best guy in the world for me. He took all of this on, as if it were he himself who was suffering from Colitis.

MY FIRST IMPLANT (which is really an enema)

The next morning we worked the magic preparing our first implant, with Doug as the donor. My feeling and Sky's, is that it is just as safe, or more so, to use a family member or another donor for a fecal implant, as long as they are sure they do not carry Hepatitis C or H.I.V., one can be tested. We felt we didn't have time. Doug said he was positive he didn't carry the aids virus nor have Hepatitis. Sky told me some single people use friends and have the baggy on ice, taxied to the recipient.

All you need to create the enema is a blender, saline solution and 1 to 2 tablespoons of fresh 'poop'. Just a whip, a strain, and then put into an enema syringe for insertion. That is the big picture.

It's important to follow Sky's precise instructions regarding the amount of saline. I recall about 4-5 ounces of saline. She calls it a slushy...so funny.

You can find her Guide Book on Amazon. She is very detailed and this is a must.

It was so weird I can't tell you. Everything was going through our minds. In my bed with that first implant in, reading the newspaper, was the most restful,

peaceful and comfortable, pain-free time I had spent in over 2 months. The cramping stopped almost immediately.

Early on, this exercise became a healing time for Doug and I, as all pain subsided during the 2 hour treatment. You lay with your head low and your butt on 3 or 4 pillows in order for the implant to work its way up the colon and it does. You must lie still and peaceful and try your very best to keep it in as long as you can manage at first. I had absolutely no problem with this ...it's only about 2 ounces of mixture. The purpose for the 2 hour stay is for the implant to heal your colon with the donor's good bacteria, which is full of wonderful probiotics. Those were the words Sky used to explain this to us. Once you get up from the two-hour stay in bed, if possible it's even better if you can keep the implant in all day; it gets absorbed into your colon and almost disappears in a few hours. It seemed like my bowel was happy to do this.

What is happening here is the donor implant is giving you all the healthy probiotics you do not have in your colon from the constant bleeding and diarrhea....all the good bacteria to help heal your colon. No drugs, no surgery, just using the body to heal the body naturally. Sky has worked with people who healed completely over time: some more quickly and some who take longer.

Once we started the implant regime, I got great pain relief and long periods of little or no blood or cramping at all. Eventually, according to Sky's instructions, we did them less frequently and then not at all. At times we needed to start them up again, as the blood came back. In these early days, I found this quite disheartening and didn't understand why, but Sky explained this bacterium is very stubborn and actually has the ability to change itself in order to fight back. She said you will have bad days amid the good days as this fight goes on but to persevere.

THE MIRACLE OF DIET

BROTHS AND SOUPS

Dr. Boggio is a great and brilliant guy. I have seen him for over 30 years. He is a chiropractor and a wealth of information about anatomy and reading bodies. He seems to have a communication with his patients' bodies. He can tell you what your body needs and what it is having trouble dealing with.

When I started to bleed he told me, "Something you are eating is making your colon very unhappy". He explains that the world is full of stressors on our bodies. Most we have little control over, like the air we breathe. Stress itself comes in many forms and affects our bodies in different ways. He says the main way we can cut down on stressors for our bodies is to govern what goes in our mouths...this we have control over. He said my body was having difficulty with many foods.

He suggested I make what he called a stone soup. This soup consists of lots of filtered water in a big pot. Put in lots of vegetables like celery, carrots, Brussel sprouts, broccoli, red, yellow and green peppers, whatever you like...just vegetables, though no potatoes, parsnips or other carb-heavy veggie. You can add a little white onion but omit garlic and spices. Bring this to a boil and then simmer for most of the day on a very low heat. Drink the broth only, do not eat the vegetables. This soup heals the colon. It heals most things as vegetables are medicine with lots of minerals and vitamins. I drank this broth and the bleeding slowed down considerably. I highly recommend this soup. When I got much better my husband Doug made a wonderful chicken broth soup I lived on for days. These two soups really helped heal my bowel...these two soups are medicine.

THE SPECIFIC CARBOHYDRATE DIET

Much later down the road, I found Elaine Gottschall's book on the internet. It's called "Breaking the Vicious Cycle: Intestinal Health through Diet". Many refer to it as The Specific Carbohydrate Diet or SCD book. It had occurred to me over the past 6 months or so, that what I was eating was having an effect on my bowel and making it bleed intermittently.

Elaine's own journey began when her five year old daughter Judy was diagnosed with Ulcerative Colitis. Watching a child go through this is, she says is worse than having it yourself. It must have just been so painful for her and her wee child. She describes how she sat up night after night with her daughter, comforting her and rocking her in a chair. Her daughter had been in hospital and doctors were saying she may need to have her bowel removed. So Elaine literally searched all over the world, (this was in the '50's, way before computers) to find someone, anyone, who understood what was happening to her daughter. She has degrees in biology and chemistry, so studying this scientifically came naturally for her. She traveled to Germany to a Dr. Haas, who had made it his life's work working with children with IBD. The first thing he said to her was, "What are you feeding the child?" He taught her about the importance of diet to these conditions. She cured her child, who grew up with no recurrences, and now Elaine Gottschall has a foundation doing wonderful work. She dedicated her book to Dr. Hass. Elaine herself passed away at 90 some odd years, after dedicating her life's work to her foundation. I understand her daughter Judy helps run the foundation today.

I found her book on Amazon also. This book would become my bible. As I started eating the way she says you must, I noticed right away the small amount of blood I was seeing in the morning greatly diminished and most often was not present at all..

Elaine's book arrived on my birthday and what a gift it was! This book is a **must** if you want to further understand the biology going on in your body. In the first 50 odd pages, she explains in terms easy for the layman to understand the

significance of food, in particular sugars, to those who suffer from various intestinal/bowel issues. The balance of the book is the actual diet and recipes.

As time went on I would learn that the only times I saw blood was when I had unknowingly made a mistake.

The SCD diet is very strict: essentially you must give up all refined sugars and most carbohydrates. A lot of people have a hard time giving up so many of the foods they love. It is a major commitment to your health, to being free of the constant stress to your body and your mind that comes with these conditions.

It's also a learning curve. Your body tends to 'crave' flavours and textures, so you will experiment, try things, and when you find something you like, you may tend to go a bit overboard. I did that with fruit, maybe to satisfy my sweet tooth; I was eating it for almost every meal and for snacks. Most fruits are not 'illegal' on the diet, but eating them all day long was too much for me.

I eventually learned I needed to do both therapies: the implants and the diet, together to encourage more healing to take place and steadily improve. Colons do heal, though it takes time. Many heal with just the fecal implants and generally eating little or no gluten, and cutting dairy out of the diet. Sky said my case was very tough. I had done so well the first three months and then I got a GI flu that set me back. This was also the time I was eating a great deal of Kefir and many blueberries. I assumed Kefir was fine so I indulged frequently. My sister in law would check for me on the various websites which foods were "legal" or "illegal" from Elaine's foundation. I asked her to look up Kefir, she did and we found out it is totally "illegal", as it is a grain. No wonder I got sick.

This website <http://www.breakingtheviciouscycle.info/legal/listing/> is a fabulous resource. You can look up foods to see if they are legal or illegal, and it is updated regularly as new foreign and exotic foods are brought on stream.

I got very weak **with this** GI flu and my hospital stay was for 2 weeks. This time I went to St.Michael's in Toronto. I found they had a much more supportive approach.

I had one doctor who was just in training, he agreed diet was key. I think the younger doctors are more hip to nutrition. He told me doctors don't even have to take a course on nutrition in all of their studies. While I was there I met their dietician. This woman was a saint. She was very familiar with the SCD and encouraged me every step of the way. She personally prepared foods for me and even shopped for me at a Health Food store on her day off.

I was so pleased no doctor spoke to me about taking my colon out. I had many room mates who had had the operation at some point and were back they told me, sometimes twenty times with complications from the surgery.

Yes, the diet is a commitment, but every day I saw improvement, adding the new way of eating, along with the implants, once I got home....a one two punch to heal the colon.

In the beginning of my recovery I would wake up very early in the morning and in the night 3 or 4 times having to go to the bathroom. It would come on as cramping and I could hardly make it to the bathroom. Sometimes I had bad headaches. As time went on I could sleep longer and eventually I just had to get up once about 7 in the morning and the headaches went away. I tried not to medicate myself as most meds for pain relief have rice or sugar or soya as a base and some are blood thinners. It took months for this to come to an end but it did, slowly but surely along with constant improvement. Elaine, the author, says you must not have ANY sugar, rice, soya, potatoes, sweet potatoes, parsnips, pasta, rice, or grains of any kind, as they all nourish the bad bacteria, All of these foods eventually are turned to sugar in our bodies.

She explains that the food or drink we consume cannot be evaluated for sometimes days, as it can take that long after consumption for it to convert. It is difficult to tell the effects of foods, as they can be much delayed...up to three days. (I kept a journal so I could check back.)

VEGGIES, NUTS AND HONEY

The first year I steamed all my vegetables as recommended in several books. The reasoning is RAW is too difficult for a damaged colon to deal with. Elaine I don't think says this. Even though my condition was very severe I was able to eat raw sooner than most I read about. I now have a huge salad almost every day with four or five kinds of vegetables including lettuce, cucumber, (which is one of my best vegetables, peeled, by the way), hard boiled eggs, mushrooms, avocados, and a little onion, with lemon and olive oil for my dressing and nuts, usually pecans. One dish I make is called fried rice cauliflower. You simply steam the cauliflower and then add it to a fry pan of olive oil or coconut oil which you have added onions and garlic to taste and fry it up slowly, not to overcook it. It tastes great and is a substitute for rice or any carb. Elaine does say to stay away from gassy foods in the early stages...but cabbage and the entire cabbage family is very good for colons when tolerated.

Nuts are great and believe me if weight is an issue, they do not put weight on with this way of eating. I eat a lot and I cannot get above 118 lbs....no matter how hard I try. My standard dessert is fruit with organic peanut butter. I also alternate with almond butter, which is both legal and probably better for you than peanut butter, both organic. I do eat plenty of raw cashews. All nuts must be raw not roasted. Do not eat any that have a powder on them like curry or garlic powder as powders are made with carbs. Avoid any nut soaked in soya, best to stick with raw untreated nuts.

Using honey instead of sugar is allowed. Get a good liquid honey, organic and/or as pure as possible. If it's not in a liquid state in a jar, then it has been processed and is not legal. Honey is anti-bacterial itself, so very popular in Elaine Gottschall's book. If you hear bad press about honey think sugar lobbyists....huge business.

PROTEINS

I enjoy all preparations of eggs, on or with, spinach, mushrooms, tomatoes, salads, avocado, most vegetables...but squash from the oven is my favorite. Mostly I eat organic grass-fed chicken and all meats: very fresh hormone- and antibiotic-free meats. Fats I do believe are good. I have no problem with skin on the chicken or fatty lamb, in fact I think my body likes it as I am thin...115-120 lbs. 5' 5" inches. I don't eat much red meat but sometimes yes. Rack of lamb is a favorite. Organic calves' liver with mushrooms, fried onions, red, green and yellow peppers, all in the fry pan, using grape seed or coconut oil, as they are good at high temperatures unlike olive oil. I love this meal and it is a great source of iron. At least once a week I have very fresh wild salmon or trout. You must be so careful of smoked meat as it can cause problems because in most smoking they use sugar. Once early on, I ate some smoked bacon and got very sick, very fast.

I haven't eaten a lot of dairy since the mid 1980's. I stopped due to stomach aches. Elaine does list a few cheeses as legal in her book. She has a recipe of her very own allowable yogurt. Her way of preparation takes every bit of sugar from the yogurt, which you cannot find in a store-bought version (some labels will look good, but they are not). The only note I need to make here is the fact that earlier this year I started to see traces in the toilet after eating Elaine's yogurt (the next morning), the specially made yogurt. I stopped it and the traces went away. My take away from this is that I never did well with dairy so now my body was saying no again.

BREADS

Elaine's last half of her book is full of recipes. My dear sister-in-law, and great friend, Susie, makes me almond muffins and bread from the book's recipes. No wheat, rice or soya flour, but ground almond flour, they are so good. I toast them and put an egg on them, or just some peanut butter.

FRUIT – PROCEED WITH CAUTION

Though most fresh fruits are allowed on the diet (and some dried, once the diarrhea clears), too much of even good things is not helpful. Especially when you first start the diet, the elimination of so many flavours you have become used

to will make you seek new substitutes from the legal foods, and when you find one you like, it's so easy to over-indulge. The temptation with fruit is to over-use it to satisfy your sweet tooth in place of all the cookies and treats that are no longer part of your diet. I was enjoying apples with organic peanut butter, yet I was having some bleeding. It took me a while to realize that I was eating 3-4 apples a day: it wasn't the fruit, it was the quantity. However, I switched from apples to hard Bosch pears, something I never really liked before, and I now enjoy quite a bit. Blueberries and slightly unripe bananas are also fruits of choice.

I find if I eat more than 3 servings of fruit a day I still will have occasional traces of blood. Elaine's foundation says some children and even some adults don't get blood, just diarrhea. If I see any blood I cut out the fruit for a few days, except for a banana with peanut butter for dipping. This took me a very long time to figure out as I was introducing new foods from the diet every day....so which one was it? It helps to try to reduce the number of new foods you introduce during at least a three day period, giving the food time to interact with your gut, and know if there is a problem or not. I also suggest keeping a food journal, especially at the beginning, so you can track this. For me it has always mostly been the fruit that cause a disturbance.

Do be very careful with fruit, watch if you have symptoms with apples, melons, whatever you try. I have no issues with Bosc Pears or bananas and blueberries in moderation. You will find what fruits work for you by trial and error. You can freeze bananas and then blend them; they taste like banana ice cream; we also do this with blueberries, to hand out to the grandkids, they love them. Simply blending these two ingredients together creates 'nicecream', one of their favourite treats.

EATING IN RESTAURANTS

I don't eat in restaurants much now, but it is possible. I have a couple of great places that can give me a wonderful meal of meat, cooked vegetables and a salad with not a trace of sugar. So if you are in a restaurant ask the server, you will be surprised how helpful they can be. You just have to explain that when you talk about sugar, it's not simply about desserts: many things added as a matter of course to main dishes for flavouring are full of sugar themselves. And generally sauces, condiments and dressings are out, like ketchup, balsamic vinegar, most commonly used mayonnaise, etc. By the way, Elaine says you can make this diet work if you are vegan...you will find everything in the book.

THE TRADEOFFS ARE WORTH IT

My family was so worried for me. Seeing and feeling the impact my sickness had on them, and what the result could end up being for them, made me take a long look at what I was willing to do, and what was most important in my life. What was I willing to give up, to have what I wanted? The way I see it, if I had died because of this condition, and many do, with or without the surgery, all my loved ones' would be without a mom, a wife, a sister, a friend, and a GaGa for my grandchildren. It's a small price to pay to give peace to the people who love you, not to mention how good I feel compared to how I use to feel. I will not say it has been easy, but it is worth it.

I realize how difficult it is for people to give up their gastronomical loves, like ice cream, or chips or alcohol, but being free from worry and feeling so well, is just so much more rewarding than anything I put in my mouth. Knowing we can make things better is so empowering. I take this on as a godsend and feel blessed in knowing my loved ones don't have to worry anymore and I don't have to worry so much about me. I may stay with this way of eating for the rest of my life...I just say, no thank you now to the addictive foods and drinks I know I can't have...and I really don't miss them.

I read blogs from people who have this condition, and they say things like: 'I have tried Elaine's book but I still cramp and bleed, not as much as before I made the changes, but I just can't give up my chips" My mom use to say some people enjoy ill health. I used to think this was crazy, but now I know it must be true.

I was in Jamaica two years ago and our sweet maid asked about my diet, so she could cook for us. I told her I eat most vegetables, fruits, meat and eggs...just nothing that has any sugar added or sugar substitutes in the food. She said, "Oh, you can eat all God's food"...so true. Nothing man makes or tampers with by refining or changing is now on my menu.

I was doing very well before the diet, doing the implants, but after a night of lots of rice or potatoes I would have blood and diarrhea again in the morning or the next day. I just couldn't figure what was going wrong, as I was determined to get myself well. Elaine explains scientifically why it takes sometimes days for a problem to show up in the bowel...accumulation. This is the reason why it takes so long to figure this out entirely. I'm hoping I can help you to get here faster.

Understanding all this new information gave me so much power. The depression lifted. I recall a philosopher I read once, said, "When you come upon new information, sit down like a small child and listen."

Yes, the diet was a tough commitment, but every day I saw improvement, adding the new way of eating, along with the implants, once I got home...a one-two punch. I was so determined to keep my bowel if at all possible.

I don't drink anymore, but the book says I could have a dry wine in time...not sure I want to take any chances.

The book says you can slowly introduce forbidden foods after two years; it's shorter for Crohn's. Colitis takes the longest to cure. Yes, Elaine says these conditions can be cured. My feeling is I love this way of eating as I now have no cramping at all whatsoever, no bad bowel movements (unless I eat too much fruit I get a bit of blood, but this is easily managed by adjusting my diet for a day or two). Actually I believe I now have a new and improved bowel, the best in my entire life.

At first I was thinking...what can I eat? Now I know, I, and you, can eat so well. The diet is healthy, full of minerals and vitamins and one has many many choices. Today this way of eating is making headlines as the healthiest way to eat.

MISTAKES, SET BACKS AND MORE VICTORIES

You will have set backs as I did, which are very disturbing when you are trying so hard to heal. Elaine Gottschall explains in her book why these happen and the philosophy behind them is much the same as Sky explained them to me, which is comforting. My explanation and Elaine's is that this particular, so called, bad bacteria which the body is trying to rid itself of, is very very stubborn in most cases, and in some cases like mine, it will take time. Elaine says we must starve the bacteria by cutting off its food supply, which consists of all sugars, except naturally occurring sugar in fruits and vegetables, but no potatoes or parsnips, for instance, which contain too much starch: as we know, starch turns to sugar.

Crohn's is the small intestine inhabited with too much bad bacteria and Colitis is the large intestine. Mine was the large intestine and Ulcerative Colitis was my diagnosis. Evidently, these bacteria try many ways to survive and make us feel very sick while we are killing them off. You will have a severe lack of appetite. You must eat, but only what Elaine tells you to eat in her book.

I sure wish I had known this when I was in hospital the first time for over a month. I didn't have much to choose from in the way of food, so I just couldn't eat for the longest time, as whatever I ordered made me feel sick and then the cramping would start...it just never went away. This first time in hospital was the worst, as nothing was working for me and I had no idea what to do. Some girls were coming from the operating room having had their bowels removed and in so much pain. I was desperate to keep my bowel, all twelve feet, so I tried all the drugs they prescribed. I had over a month of just cramping and blood and nothing else during that first hospital stay. I felt so bad with cramps and pain after

I ate the hospital food, so that I didn't want to eat at all. If I had known about diet then my sickness wouldn't have been so terrible. I asked the doctors, "could it be what I am eating" and they all said, "diet has NOTHING to do with this disease".

They put me on Remicade, a drug therapy. Although, in the long run, it was not good for me (I developed lung issues from the drug after my 3rd session), in the short run, it may have saved me. About 2 weeks after I got the first IV of Remicade, I started to have some gas, not having one bit for all the time I was in hospital. I was having weekly x-rays to see if there was a sign of any gas whatsoever, so this was cause for celebration, And then, about ten days later, I saw a wee chocolate in the toilet. It was better than seeing a diamond looking back at me...a real little poop. Shortly after, I went home.

However, months later I was sent to three different respiratory specialists as I was having trouble breathing. No one could say why. I had CAT scan after CAT scan and finally this top lung guy they sent me to, said you have "Remicade induced Interstitial Lung Disease." No one had bothered to mention this common side effect of Remicade to me when I first started taking it. Again, Rule #1: inform yourself; I'm not saying the medical profession deliberately withholds info; they just don't always volunteer it.

Almost a year later, I had discovered the SCD and had done so well for the first 3 months on the diet then I got that GI flu that set me back. Also the time I was eating too much fruit, as well as indulging in the Kefir, thinking it was SCD approved.

The website again, <http://www.breakingtheviciouscycle.info/legal/listing/> is a fabulous resource.

After managing through that setback, a few months later I was telling a friend, whose sister has colitis that I was experiencing bleeding again and ended up in the hospital. For some unknown reason to me I had stopped eating the Tamari almonds, I just had no appetite for them at all. She said Cathy hadn't you been eating a great deal of Tamari almonds? I said yes, for months, I ate them when I needed some energy and was hungry and on the road. In fact, I kept a stash in my car and my purse. We were talking only a few minutes when it hit me that the day this started up I had been eating the nuts quite a bit and suddenly got the dreaded cramping and rushed home to my bathroom. I didn't know much about these nuts when I bought them in the health food store. I asked if they had any sugar in them...and the guy said no sugar. My friend pointed out that they are soaked in Soya Sauce. Elaine's book says definitely no soya, at all. All I could think was "Oh my god, I'd been eating huge amounts of these for months before I went to hospital!" I will never eat another Tamari almond. I loved them before but after what they did to me I think my brain told me not to have any more. I find it's very easy to give up food choices that prove to be harmful.

If you still cramp or see blood cut the fruit back and check all foods on the legal and illegal lists, only this week did I eat a tangerine for the first time in three years. I find I'm very nervous about introducing anything new, even if it is on the

diet. Elaine speaks of legal and illegal foods all through the book, so you need to look them up on the web-site mentioned earlier. I tried a cantaloupe about two years ago and had a 'showing' the next morning so I never ate it again. I try more and more legal foods slowly.

When you are in a state of bleeding and cramping, you must only eat what you can tolerate from the diet. Many of the foods that have honey or fruit are just too much at this time.

Yes, you lose weight. I was down to 97 lbs. again, but you can always gain the weight back once you can tolerate more and more foods. As long as you are not weak and your vital signs are pretty good you can do fine just eating what you personally can tolerate as spelled out by Elaine. You are the only measure for what you can tolerate. We are all different. The book is full of healthy food choices. When I saw my Gastroenterologist last year he asked why I thought I was doing so well without any medication. I said it's the new way I eat. He said, "you are making me laugh." I just laughed too and said, "See ya next year". He just doesn't get it.

SUPPLEMENTS

Even vitamins were a problem for me. I have spent thousands of dollars on vitamins, and am only now very slowly finding some I can tolerate. I found iron was the worst. It made me bleed after about three days of taking it. Calcium and Vitamin C were also very difficult for me to tolerate. Start very slow and take only one for a time and see the results. I have read that people who are A blood type are much more sensitive to vitamin C tablets.

I bought one and it made me bleed right away. There are many excellent brands available in health food stores and they will be highly recommended to you as very organic or healthy or clean or free from this and that. You may even easily establish that there is no sugar. However, there are a lot of hidden ingredients and these can be what can cause you problems. For instance, soya is popularly used as a binder for many pills. No one thinks to mention it as it is generally considered a very healthy and safe ingredient. You may actually have to go to the manufacturer directly to find out if it is in your vitamins.

We are all different and I found for me personally vitamins need to be introduced slowly. Keep in mind too, that the legal foods are plentiful and very high in minerals and vitamins as they are all natural, not processed or tampered with in any way.

I would go to my Naturopath/M.D. family doctor for vitamin I.Vs, in order to regain my strength when I had difficult times. He was also instrumental in me taking probiotics after I came home from hospital, which is a very good thing.

However, he did, like the other doctors, tell me to take a lot of supplements and drugs. He sells the supplements in his office. Most of these made me bleed either a little or a great deal. For this reason, I must say, I was generally worse after my visit. He insisted I take calcium as he had prescribed Prednisone for me many times and it is tough on the bones.

He was also very concerned about how low my iron was after two years of so much blood loss (though I had no physical signs of iron deficiency), and was encouraging me to get some iron into me. Every time, I left his office with supplements in hand and feeling pretty well, but the next day after the supplements...more blood. At one point, I had more blood, but no cramping. I finally figured it was this iron supplement that was making me bleed. He insisted I try various brands, to just, "Get it into you" somehow. I have now learned from more researching that iron supplements can feed bacteria and give the bad bacteria strength. It took me a while to figure this out, as he insisted it wasn't the iron...probably stress.

It takes some time years to build up iron once you have lost it: I learned this from the Hematologist he sent me to. He also suggested instead of pills, I try an I.V. of iron, since it doesn't go through your digestive tract, just straight into the blood stream. Now I go to St. Michael's every two months for an I.V. of iron (I did this four times at the time of publishing this was corrected). This procedure is really helping me, and my iron is coming up.

My naturopath also gave me a very low dose of DHEA (a naturally occurring hormone produced by the adrenal glands), in order to give me strength, plus a very small dose of testosterone in a cream. Both of these come from a compounding pharmacy and are as pure as possible with no sugar...believe me, you will find sugar in everything...read those labels. The DHEA dissolves in your cheek. To be honest, I have no idea if either is having an effect but he mentioned he found a study on Colitis and Crohn's and they felt these hormones helped.

BE YOUR OWN ADVOCATE

When I was in the first hospital, the night nurse would come round with a big needle for my nightly injection of Heparin, a blood thinner. I asked why and she explained that it prevented blood clots. I asked a lot of questions about it, and said no thank you. The nurse said "But we" (the hospital) would be liable if you got a blood clot and died." They just assume they can give it to you. They do not ask if you would like to have it. Eventually the doctor came to ask why I was refusing the Heparin shot; I guess most patients, except me, take it without questions. I told him, if the only reason I need it is to protect the hospital from a law suit from lying in bed too long, I'll walk around. He made me promise I would walk at least one hour every day. My sister would come and we and my I.V.

stand would walk the floor. Still every night there would be harsh words around this injection.

I have since learned from my research, people with this condition (and many other conditions), should not take blood thinners. If you are suffering from internal bleeding, as I was, blood thinners are hardly a sensible treatment...except from the perspective of a hospital's legal department. I urge everyone to question, as Jeff and my entire family did, and to do your own research. Many times it's to protect the hospital, not necessarily the patient. You always have the choice to refuse, although they don't always tell you this.

Also, think about who's telling you what. One day my sister was with me in my room and the dietician came in. He was telling us it was a good idea to have the bowel out, because then I could eat whatever I wanted: a dietician, of all people, recommending extreme surgery just to avoid any dietary restrictions. My sister was furious with him and called him many things including old school, which he was, as he claimed to have worked for the hospital for over 20 years. My sister told me to ignore everything he said; she didn't want anything he thought to get in my head.

One thing I learned while seeing so many doctors and sitting in waiting rooms is that I could learn as much or more from the patients as I did from the doctors themselves. I like people and have always been interested in sciences, so I tend to ask questions and strike up conversations about health with others in the waiting rooms and have learned a great deal.

FINAL THOUGHTS:

The Crohn's and Colitis Foundation say these diseases most commonly strike people between the ages of 16 and 25. Although any age can experience I.B.S. conditions, those are what the stats say. They speculate it may be due to the anxiety around the school years. The foundation has told me it may be stress. My feeling having had it, is stress will certainly aggravate the situation to no end, (the stress of simply having it) but I'm sure for me personally, it did not cause it to happen initially. Stress was a trigger perhaps but not a cause. Babies get it as do some older people... but not many. The medical people have told me they generally see it in school aged children. They don't know why.

My take-away about this condition, simply my opinion, is that we who have Colitis or Crohn's, have intolerance to a bacterium that everyone else has and tolerates. Hospitals don't check for this bacterium as they don't know what it is and they don't believe the problem is a bacterium...at least that is what they tell us. Hospitals do in fact do tests for bacteria for 'known' bacteria illnesses like, C-Difficile but are generally not receptive to investigating it as a factor in others, especially what has been classified as auto-immune.

We have trillions of bacteria so “they” have no idea what they are or how to test for the unknown.

Elaine believes this is a bacterium that needs to have its life force taken by starving it. Her diet takes all the nourishment the bacterium lives on out of our diet. I will eat this way for the rest of my life as I have seen what happens to me when I make a mistake.

I would be more inclined to say that while this may not be a cure, as, if you go back to the way you ate before, the bacteria may come back. I feel if I stay on this new way of eating, the colitis is in remission. Elaine feels in time you can start eating some grains etc. and see how you tolerate them.

I’m so happy with this new way of being in the world, I don’t imagine I will be doing much of that. I feel great and I don’t cry any more on the toilet.

I certainly do not have all the answers but there are a few things I have learned from having Colitis and also a few issues I have with the medical profession regarding how and why they treat Colitis and Crohn’s in the way that they do.

The very first time I went to a hospital with slight bleeding, I was told I had colitis but very slightly, about four centimeters from the rectum. They administered antibiotics and within two days I had pan ulcerative colitis of the entire large intestine.

They discharged me that day. I waited around until the specialist came to speak to me as I had requested a visit. I asked what should I eat? She said, Oh, I have no idea ask at your health food store. Again...not a good answer. My doctor at St. Mike’s, Dr. Moore, is a nice man. He is now again baffled by my good health. He says he cannot believe how well I am and asked my secret. I told him diet, again, and implants. He laughed at the diet part and said that was simply crazy but did believe in the new research with implants.

I have since heard of antibiotic-induced Ulcerative Colitis: the Gastroenterologist I saw at the previous hospital said that was the worst thing they could have done, the first time I was in hospital, giving me anti-biotics, as that will wipe out all the good bacteria with the bad bacteria and sets one up for C. Diff. This doctor seemed to “get” it.

In January, 2016 Glen Fry from the Eagles died of Colitis, arthritis, and pneumonia. I caught Sanjay Gupta from CNN being interviewed by Anderson Cooper. Cooper asked why a person can die from these conditions. (Elaine in her book talks about Arthritis coming from bad bacteria; some say the same bacteria as Colitis.... again, an auto-immune disease.) Dr Gupta responded with something like this, which is the same explanation we all get:

Arthritis and Colitis are “auto-immune” diseases (itis’s again), which means, the body, for some unknown reason, is attacking itself. He goes on to say that we have no idea why this happens to some people. The body attacks joints also, the colon, and sometimes the entire digestive system. We try to slow the immune system down by giving drugs that do that. In some cases, we give antibiotics. Sometimes the patient dies from the treatment.

I have trouble following the logic here. None of the medical people and none of the medical literature I have read about auto-immune diseases has ever mentioned anything about a bacterial cause, so why in the world do they prescribe antibiotics? They have no other use than to fight off bacterial infection. So, either they are just resorting to the usual medical panacea of antibiotics when they don’t know what else to do, or they in fact do suspect there is a bacterial factor at work. And if this is the case, why won’t they admit it, or advice the patient who of all people has a right to know?

And even if they are using antibiotics to treat a bacterial infection, still the treatment doesn’t make sense to me. They are now killing all that is left of the good bacteria, and only the antibiotic resistant bad bugs survive.

It is all very strange. I hope with all my heart they find this bacterium and name it and make it the first test among suspected Colitis and Crohn’s patients.

Fecal implants (really just an enema) are not scary or too yucky when you get going and they are so valuable. So much material is coming up now about them. Look up Fecal Implants and you can find much information. Know that it can be done right in your own bed at home with or without help. We did them EVERY day until it completely went away. It’s really no big deal and pleasant to relax and read the morning paper. Honestly, anyone can do it and I believe it saved my life.

My sister Diane, discovered, McMaster University, here in Ontario, has an outpatient treatment center which does fecal implants, but they are few and far between. Many researchers I have heard of or have interviewed tell me there is, or will be soon, a capsule one can take that may do what the implant will do. Research in this area is taking place now.

BUT, if you feel you could not do an enema, then go straight to the diet and stick to it like glue. Read and re-read the SCD book... most people have found this to work and have avoided surgery and drugs. Elaine calls this a “cure’. You must be vigilant...no temptations to cheat. You are not doing yourself or your child a favour to just “have a little bit”. Once you can eat honey, generally very soon, you can thrive on this way of eating.

I will never know why I got Colitis five years ago, but I do know how I made it go away. I’m working on having Faith in the fact that it will stay away, with just small

symptoms here and there....as long as I stick to my new way of eating and forever learning what makes my colon unhappy. I call this my Cure...my colon is a healthy colon now, most likely healthier than it ever has been in my entire life.

It has been over two years since I was last in hospital and I am doing so well. I know if, for whatever reason, things go south on me, I will do the implants again until I clear up the symptoms. It's a good feeling to know what to do to keep myself healthy and it is just as good a feeling to know what to do if something goes wrong, in order to get back on track. You can have control over your illness and your quality of life.

I think it goes like this; Hope, Faith then Charity. My family and friends provided me with HOPE when I was most vulnerable. With the SCDiet and occasional implant (enema) as needed, I have FAITH that I've found a way to make myself healthy and happy. Sharing this book and hoping it helps at least a few, even one, person...this is my CHARITY.

You will find much more information I have learned over the past five years in a section I provided after the Acknowledgements and Appreciation section.

ACKNOWLEDGEMENTS AND APPRECIATION

I want to thank my amazing support network. Without your guidance, love and support, my mission would have been daunting. Each one of you played your part perfectly...all different and all equally valuable.

I remember so clearly when Doug explained to our best friends and family, who didn't know about the fecal implants, the theory behind them, and why we were taking this route. How they all responded with almost the same words..."It makes sense...doesn't it". I was so pleased no one freaked out. You all have fine intellects and the ability to think outside the box. My people are all so kind, they all took the advice of the philosopher, I mentioned. "When you come across new information, sit down like a small child and listen". After which time, you can make up your own mind.

In particular my love and appreciation to....

My husband, Dougie, you are my pride and joy. Your deep caring is unforgettable. I had no idea any man was capable of this depth of character. You always have my back, you are my voice of reason not panic. You continue to encourage me to see this as a process and not something to be afraid of...just to be vigilant.

When I was little and cut myself and cried because it stung so much, my big sister Diane use to tell me "It's the good guys fighting the bad guys and the sting

means the good guys are winning". This childhood story helped get me through the rough patches. The good guys are winning. I can honestly say I have not felt this well for most of my life. Thank you to Diane who became My Hope as she tirelessly researched and advocated on my behalf.

Jeffrey my son, who is blessed with an intelligent level head and the ability to see truth when he has facts to work with. He can cut to the chase and make a great decision once he has gathered the information he needs. Jeff, you were always my voice of reason in the hospital.

Thank you to my best buddies Rosie and Michael for your constant love and support for Dougie and me. Thank you for the offer of Whole Food delivery to my hospital bed...you guys are the best friends a girl and guy can have....you always have our backs.

My sister in law, Susie, who would rather die than have a fecal implant, always supports me, and to this day makes my muffins. Also all your help in editing this little booklet for me. I feel so blessed to have a family who research, cook, and love and support me.

My big, big sister Gloria, who has been a nurse in mainstream medicine for over forty years, she had concerns about infection from the implants and worried I may not be getting all the nourishment I needed by omitting food groups in my diet. After I explained the concepts she listened and was a big supporter. She bought a copy of Elaine's book for her friend with Colitis. Gloria kept in touch from Arizona often and sent me lovely things and cards in the mail...always loving me and comforting me in the really tough times.

My Mom, who kept offering me her money, at 101 years old, in order for me to get well. Mom felt bad she was too old to clean or cook, so as she said, all I can do is give money. It felt like so little to her.

My Mom's sister, Aunt Barb, who always keeps in touch with me, along with my cousins Susan and John...thank you for your love and support.

My dear daughter in law, Jeff's wife, Cheryl, so kind and loving, also helps me to organize my thoughts to present this material to you in a comprehensive way..

To my hairdresser, Denise, who did her best not to notice how thin my hair was getting. I would complain about it and she'd convince me, it will come back...you have been very sick. Just recently she reassured me once again about how it is back to its old shine and thickness.

AFTER THOUGHTS:

This section is not needed to get you started but rather what I have personally learned so far.

In organizing the material I felt the pages I wrote which were my insights into who I am, and how I arrived at my beliefs, were better served by way of AFTER THOUGHTS.

In the spirit of keeping the material straight forward and easy to follow I decided to add my observations of life and what I have learned so far regarding health in this section.

Now, there is research going on comparing the brain to the intestines and how similar they are in appearance, and the profound connection they have to our well-being and our behaviour. What is going on in the gut is going on in the brain.

We are sensitive to what we ingest. With even the smallest amount of indigestible food or drink we can affect the neurons in our brains, resulting in mood changes, mental disorders, depression, and a brain that is having difficulty functioning and problem solving. Much of this research is coming from children's autistic spectrum disorder. We all seem to have all these things just in various degrees....some noticed, some unnoticed. Some parents are finding omitting or cutting back on certain foods is having a dramatic change in their children's behaviour...and the children with chronic diarrhea are more apt to have behavioral issues. Mainstream society calls these food allergies. I'd call them foods none of us tolerate very well. How often do we feel bloated, have sore stomachs, brain fog, headaches, bad moods...the list goes on and on.

THE NATROPATHIC OATH says: Let food be your medicine and medicine be your food.

CHAPTER NINE – SUGAR AND CHILDREN

One day, a few years back, I went to a little strip mall in a fairly well-heeled area of my city. A little boy came out of the convenience store, leaned against the outside wall and started eating his big chocolate ice cream bar. I was shocked at how fast he was eating, with the ice cream being so cold. He motored through, until about three quarters was gone and then he slid down the wall, he looked like he was falling to sleep. I thought, he looks like a little drug addict. His father came out of the store and tried to get him moving. The boy started flailing around and screaming and crying and really acting out. The dad picked him up; yelling at him, and telling him how bad he was and he'll never get another treat and fastened him in the back seat of his expensive SUV. I couldn't, not say

something, in the kid's defense. I went over to the dad and said, "That was an awful lot of chocolate ice cream for a little guy." The father replied, "Oh he's used to it".

I cannot help but ask myself, what is wrong with this picture? The parents are not idiots, this is not rocket science. It's a well-worn joke about kids high on Halloween or birthday treats causing chaos until their little bodies give out as they crash into a stupor. What part of too much sugar can't these parents see?

Another time I was in a drug store, in my neighbourhood, when a pack of young boys about 9 years old came in after school; each bought himself one of those monster energy drinks and a chocolate bar, paid and left. I could only think 'How sad'. When kids are their own boss out on the street and they are addicted to stimulants, they will get what they need. When I'd finished shopping, I encountered the boys in a park on my way home. Two were having a knock down serious fight and the others were just sitting there laughing. I broke up the fight. One little guy's nose was bleeding. I found out he lived close by and walked him home. I didn't want to tell his mom he was drinking an Energy drink, as 'they' like to refer to these drinks.... and eating chocolate, I didn't want to tell on him....so just made sure he was home safe. A couple of years later, while in hospital, the dietician told me they have kids in the hospital who have overdosed on those energy drinks; she knew of one who died. Why these drinks are even allowed for children I'll never know. When our kids are free to roam and they are addicted, they will get more and more of what they crave. I used to find wrappers my son would hide behind the T.V.junk, junk and more junk.

We need to teach our children right from wrong when it comes to their health so when they need to make decisions for themselves they make good choices over all. I see this all around me almost every day. So much time is spent on psychologists teaching decoding and encoding for behavioral issues and so little on how nutrition affects our brains and bodies. There is much work going on in this area but you need to look for it. I'm not saying don't let your kid eat sugar, I'm simply saying be aware of the effect it's having on them and don't blame them for all of their bad mood changes. We all have the wisdom in us to do this. My advice would be to ration the sugar and teach them young that too much sugar is not a good thing. It's not easy but in the long run you are doing them a great service.

MILK AND DAIRY

Now for a subject many will disagree with me on. I have learned much regarding milk and dairy products. All I am doing here is connecting life experiences and

doing my best to understand why some health issues occurred with me and what experience I had with my son Jeffrey. Most of my life I remember having stomach aches and constipation. My older sister, Diane had diarrhea most of her life and was equally uncomfortable. We use to joke that when God was making us, he gave me too much of one thing and her not enough, whatever it could be. My sister finally learned about lactose intolerance when she was in nurse's training. She found out she had no enzymes in her digestive track to digest dairy products, and this was causing her to have stomach pain and diarrhea. The lactose and other sugars in dairy products could not be digested. I, having the opposite problem, didn't think of dairy as being my issue. One day when I was in my mid-thirties I came home from work, yet again, with a big bloated painful abdomen. I lay on the sofa moaning and Doug, my hubby, said, "What did you eat today?" I told him carrot cake and crackers with Philadelphia cream cheese. He said, maybe you have trouble with dairy. I said no, my sister has that, and she has the trots when she eats dairy...not like me at all. I remember telling my dad once, when I was small that my tummy ached. He said all children's stomachs' ache. He said his always aches too. I asked my mom and she said her tummy never aches. My mom was one of those people who just didn't like milk, nor cheese. I loved drinking milk as did my dad. We would sit and have a nice glass of milk together. He would be up all night with pain but he had no idea why. Doctors at that time thought perhaps he had an ulcer so told him to drink lots of milk. He would get up in the night and chug milk right from the bottle to stop the pain. My dad died before he was 60 years old from colon cancer. My mom lived to be well over one hundred. My sister Diane didn't really like milk much at all, but after being tested she found even the slightest bit of milk or milk chocolate was causing her problems. To this day, my son will not buy into his mom's theory that milk is not a good thing.

Yet it was his own problems with milk as a young child that started me investigating the relative value of ingesting cow's milk. By the time Jeff was 3 months old, my breast milk was drying up. My family doctor suggested drinking more milk, which caused my breasts to get uncomfortably big and so sore, but didn't produce more milk for my baby. I'm sure the doctor meant well, but it was kind of a dumb assumption: that drinking more milk would produce more milk. If you wanted to pee more, would you drink pee? Anyhow, the decision was made to switch Jeff to a bottle. Unfortunately, he threw up after every feeding. Thus began a tough time for us. Jeff had to spend a week in hospital while they tested him, while I was working in another city a short distance away, and could only drive up to see him a few times in over a week. It was the longest week of my life. Visiting my baby boy, it broke my heart to see how unhappy he was. But fortunately my mom was working in the hospital and was able to spend a lot of time with him. They tried several different formulas but all were cow's milk based, and he continued to throw them up. At this time I just didn't put it together. His pediatrician was very highly regarded all over southern Ontario and babies came to her from far and wide. Her name was Dr. Petercan and she was a real mom. She explained to us that he was a healthy baby and every test came

back negative, so she really didn't know what to say. She suggested I stop feeding him formula and just give him water, as he had no trouble with water. They had been feeding him water the past few days and all was well.

Jeff really didn't have much milk again after his hospital stay, until he was about three and wanting it on cereal, when he began having recurring ear aches. Eventually it was decided that he needed to have tubes put in his ears to drain the inner ear of mucus buildup. He was in hospital for a few days, having had surgery to put the tubes in. I didn't know about ear aches and milk as no doctor ever discussed this subject. I was 23 years old when he was born, so through all these issues, I had little knowledge of my own to draw from. It was a long, slow learning curve. Then, at the age of 4 Jeff kept getting, what they thought may be bacterial infections around his penis. His poor wee area was inflamed, red and sore. He was not circumcised. His doctor now, new city, new doctor suggested that this was being caused by using a bubble bath product and it made sense to us. It was also decided that he should now have the operation to be circumcised (at the age of 4!), to which we also agreed. I remember my mom saying to me, "This child has been in the hospital more times than I have at my age". She adored Jeffrey...he was her very special boy. I need to tell you of one other piece to the puzzle at this time. My best girl friend suggested it could be dairy, (remember this was over thirty-five years ago) so after Jeff was back home from his circumcision, I didn't let him have much milk but he wanted it on cereal...so I diluted it. The reason my best friend was so astute about dairy, back then, was an incredible story. She gave birth to her baby daughter, in our hometown, where my Mom worked in the hospital. Her daughter was diagnosed as, "failing to thrive" as a wee baby and came close to dying. My Mom, knowing my sister Diane had a milk issue, said to my friend Trisha, "Tell the doctors to take her off milk formula". Trish insisted the hospital do this, and her baby began getting strong and well very quickly. Every time I see Trish's daughter, she says, "Your mom saved my life".

So on that day I came home feeling so lousy, and Doug suggested the dairy question to me, I decided to do some research into the milk issue for myself, once and for all. I was starting to get a very bad taste in my mouth about dairy for sure. My sister use to say, what is wrong with me that I can't eat dairy. I started thinking, what's wrong with dairy that Jeff is having such difficulty with it. He is big and healthy, but had mood swings and now headaches. I searched out books, and went to medical archives to find everything I could about digesting milk products; this wasn't as easy as today, before computers and the internet. It was around this time I read the quote from the philosopher, which resonated with me. "When you come across new information, sit down like a small child and listen". Today this is just the opposite; we tend not to listen, except the so-called pros....doctors. Jeff still maintains this "milk thing," is just something I've got stuck in my head with a few other people, but based on no proof. I sometimes wish he could remember how much he threw up and all those stomach aches, ear aches and infections and hospital stays. Many nutritionists maintain the food

you fight for the most is more than likely the one which is giving you the most trouble. Just because we crave a certain food and defend it does not mean it is good for us...often the opposite is true. My personal experiences with milk have convinced me (along with several published studies) that cow's milk products are not beneficial to some people, possibly all of us. I am not a scientist, a biologist, or a doctor, so can only state that my personal experiences with milk have convinced me that common cow's milk dairy is not beneficial for many, possibly all people. Now we have published studies that support this.

Once I started to search for answers, I came upon many pediatricians who do not believe cow's milk or any dairy is healthy for babies or children. Many claim children do not even have an enzyme to break down cow's milk. Cow's milk is designed to feed a calf, in order for that calf to become over a thousand pounds eventually with more stomachs than we have. Many pediatricians have written articles telling mothers and fathers to take their children off milk. They talk about cramps, diarrhea, constipation, infection, earaches, colds and mood swings I've been told Asian countries do not even have a word for osteoporosis, as it is not at all common or known in their countries. Their economy is rice not cows. They only get our diseases when they come to live in our countries. I briefly did a little survey on my own back in the 80's: when possible I started a conversation with little old ladies hunched over their walkers, and almost every one of them told me that they drank a lot of milk as a child, and adult, because it was 'good for bones'....their doctors told them this. It didn't appear to have done much for them...I didn't say anything, just continued my survey.

However, I also read about many people having various difficulties when accusing the dairy industry of any wrong-doing. One woman disappeared off the face of the earth. Another woman was offered big money by The Dairy Board to convince people otherwise, so she joined the dairy industry as a spokesperson...what a cop-out. Lobbyists have immense power in today's political and economic reality. Oprah Winfrey claimed that corpses of cattle dead from Mad Cow Disease were fed to other herds that made it to the food market, and was served with a defamation suit by the Texas ranchers. Even the Mighty Miss Winfrey was not immune to the power of food lobbyists. The huge corporate dairy industry, along with its lobby, is one of the most influential in North America. Any information that could cause a major drop in demand for dairy products will be severely opposed, suppressed if possible. We must realize that there are some things we have to learn on our own. We need to take responsibility for our own lives and those of our children. There have been challenges, however.

The Supreme Court of Canada told them they had to change their slogan, "Milk is nature's most perfect food". It clearly is not. "Milk builds strong bones" is another slogan that has been argued against in court as misleading. Milk is a beverage, plain and simple, nothing more or less. It produces much gas and

bloating, as it is difficult to digest. It takes a surprising amount of milk to make a small piece of cheese. It has been claimed it can cause children's diabetes and a myriad of other conditions. The next slogan the Board came up with was "Milk has something for everyone". Yes, I thought, that one is true...mucous, bloating, infection, gas...something for all of us. I'm sure there are children who do not react like my family and I did. My tummy started to ache hours after I ate cheese or drank milk and both would constipate me for days when I was little. Many people I know have told me they are so much better having cut it out. There are many who know more than I do and they do not believe in dairy either. In the 80's I eventually gave up most dairy, but kept on with ice cream, yogurt and butter right up until I got colitis, as I felt they were doing me no harm. Even though they could cause some bloating and gas, I loved the taste of them, and was willing to put up with these mild symptoms, not equating them as 'bad' dairy. The autumn I got sick, 2011, we had spent a few weeks during the summer at the cottage. There is an ice cream store next to the cottage and I was having a cone pretty much every day. Much as I love ice cream, it is not for me now.

One book I used to hand out to my clients, who had babies who were really sick with bad head and chest colds (I saw babies in my line of work) was a book called Don't Drink Your Milk, by Dr. Oski, a pediatrician at Boston's Sick Children's Hospital. He took his young patients off dairy completely. He says he sees more infections from dairy products than any other food source; these bacteria can be anywhere in these small bodies...from head to toe. One thing I must say here: eggs are not dairy; they do not come from cows. I'm always surprised how many people say, "You don't eat dairy...so no eggs?" We are the only animal who drinks milk from another animal, and all animals quit drinking milk once their mothers wean them. Strange, we have been taught to drink it until we die. Some people say, "Well, cats do". If you feed a cat a lot of milk, that cat will die. My sister and I saw this in the farms we used to visit daily when we were kids... we knew all the cats and saw them get sick and die if the farmers gave them bowls of milk. There have been cases where people with Ulcerative Colitis and diarrhea have healed simply when dairy is taken out of their diet completely.

We are all so different, not a one size fits all society. We need to make the decisions that are best for us personally. We also need to be told the truth, not a "big white lie." We need to advocate for ourselves and our families. I remember as a child in Public School, having Canada's Food Guide posted in our school class room. We were told to eat dairy at every meal. Cottage cheese, milk, ice cream, chocolate milk...whatever had dairy in it. I also remember the little cow on the bottom. Our Canadian Food Guide was brought to us by the dairy industry/lobbyists.

It still is. I recently had a very bad fall and broke my arm. While I was waiting to see the doctor in the fracture clinic, a lady from the Osteoporosis Society came in and gave me booklets. Right away I noticed the little cow on the bottom of the

material. So once again I knew that her brochures were being brought to me by The Dairy Board...who's funding who? She even followed up a month later with a phone call, to make sure I had a bone density test (which I did and my bones were good) and that I was drinking milk, eating yogurt, and cheese, etc. I told her my beliefs are very different from the Osteoporosis Society's. I did explain to her why I was not a dairy eater. I got my calcium from other sources, instead mostly from green vegetables, among other foods. I know these other sources are much better choices that the body digests and utilizes more easily. She seemed to enjoy our talk and said she was going to see what she could find on the internet.

Dr.Oski says, "If your child has ear aches, tummy aches, frequent colds, or anything that cannot be explained, simply remove all dairy for 3 days and see for yourself." My feeling is there are many great nut or rice milks that do not come from animals, which are readily available today, and very good. One can dilute them if they feel heavy to the taste buds. It takes a bit of time, but you can learn to like this taste.

One lady I met in a homeopathic doctor's office said this doctor had cured her of cancer. Evidently, her mainstream doctors told her she was terminal and had not long at all to live. She came to Helga, the homeopathic doctor, and now, one year later she was cancer-free. When she tried to tell her cancer doctor how this woman cured her, he simply was not interested in her story. Helga told me cancer is a bacterium, and what she does is dissolve the bacteria over time, not harming the good bacteria. If the cancer has taken over a body she can do little. All of this fascinated me no end, so I started noticing articles about some cancer researchers who also believe this theory of bacteria.

I have read numerous papers on this subject. These researchers believe that sugars feed the bacteria which cause the cancers. My friend took her father, who had been diagnosed with lung cancer, to the Mayo Clinic for a second opinion, and one of the tests they did was to give him white sugar then x-ray his lungs to see if the cancer cells became more active in the presence of sugar. I read more about this in a January, 2014 column by Jane MacDougall in the Toronto National Post. She interviewed a cancer researcher with The Terry Fox Foundation in B. C. and asked him what he eats. He said he cuts way back on sugar and refined carbohydrates, as sugar is not a good thing for our bodies. His research tells him the sugars feed the cancer bacteria. They know this to be true as they watch cancer cells react actively when sugar is introduced. It was very detailed and if you can find it in their archives, read it. One of the most significant articles I saw was in The National Post again, February the 18, 2013. I still have this article. It is headed, "Sugar's Spurned Prophet." It starts with this statement: "Forty years ago, British professor John Yudkin warned us that sweet things can kill us.".... "He was right, and it all but ruined his career." Yudkin's findings that the extremely high sugar content in most processed foods, including the lucrative so-called 'healthy' products, was possibly contributing not only to the growing

numbers in diabetes diagnoses but also the increase in heart attacks, this was very inconvenient to not only the sugar industry but most of the food industry. His scientific methods were called into question, his findings ridiculed and his funding obstructed by the lobbyists and spokespeople who had the most to lose from the truth.

YOUR RESEARCH: Look up Dr. Thomas Borody in Australia on the internet. Find Sky Cutis's Fecal Implant Manuel on Amazon. Please do yourself a huge favour and order Elaine Gottschall's book, Breaking the Vicious Cycle.

I may have said this previously but worth repeating. Read all labels for soya, sugar, sugar substitutes, corn, corn syrups, anything that ends in ose is a sugar i.e. dextrose, fructose, sucrose...all very illegal...and not good for anyone. Find a good probiotic. The one I take is HMF Intensive Probiotic Formula by Genestra Brands.

Only eat what doesn't give you cramps at first, even if it is Legal...eat only what you feel you can tolerate in the beginning.

LOOK AROUND YOU, SEE THE CONNECTIONS: Just to give you insight in to my inquiring mind and the crazy way things add up for me, I'll share some observations I wonder about.

There is a commercial on T.V. for gingivitis and a particular brand of mouthwash. You see this girl brushing her teeth, she looks in the sink, sees blood and screams. The ad says something like, "Don't worry, you have gingivitis, bad bacteria. Listerine kills bad bacteria, so gargle every day." It occurred to me to wonder if the bleeding from the gums was an attempt to flush the bad bacteria away, just like my bleeding bowel. So I think blood, bad bacteria, why is the mouth bleeding? Maybe, just maybe, the body is trying to wipe the bad bacteria away with the blood, just like the bowel?

What about nose bleeds? Billy Crystal was on David Letterman and Letterman says, "We are great friends, Billy, yet you never told me about your nose bleeds". And they laugh. Billy explained, 'yeah, if I eat a chocolate bar I start to sneeze about 60 times and then my nose bleeds for about ten minutes. Billy says people have asked him to perform this nose bleed trick at house parties. Dave laughs, and asks does it hurt, and Billy says no, I feel much better after the nose bleed. So I wonder if the sugar in the chocolate bar brings on the sneezing and bleeding. Bacteria are strange bedfellows and we know so little about them. These things could all be unrelated, but I don't believe our bodies do odd things for no reason, and I think many times, the root cause is dietary.

Footnote to me: Gingivitis, Cystitis, Vaginitis, Colitis, Pancreatitis, all the

“itis’s”...Are they all bacterial? Ask nurse sisters.

Sisters say yes...they are all bacterial infections.

My mom used to keep copies of “Don’t Drink Your Milk” at her place also. She was tempted at times to give a copy to residents at her retirement home who drank milk. She was always a great supporter of my inquiring mind regarding health, and really thought this stuff over and started to take notice. She would see ladies and gentlemen in the dining room with glasses of milk with their meals. She said, “Cathy the ones with the milk are all bent over with their walkers by their side.” She was not fond of walkers, to put it mildly, and refused to ever have one. She gave the “Don’t Drink Your Milk” book to one man, who she discovered had a glass of milk with every meal, and was bent right over. She then felt it was too late to hand out the books and decided we better mind our own business.

My Mom may be encouraging me now as she is in another realm...she is a real trooper, that one.

ABSOLUTELY THE MOST IMPORTANT TP I HAVE FOR YOU:

Don’t let the setbacks get you down. They will happen as this s a process and you are killing off the bad guys if you stick to the diet. They eventually will go away and leave you be.

Stay strong and if you are weak go directly to the emergency and get I.V.s to make you strong again.

My intent in writing this book is to tell you colons do heal if you support them. My feeling is that this is true but it may take a long while for you to be free of drugs and to get your life back on track. This has been my experience and I do believe it can happen for you.

HOPE FAITH AND CHARITY

Life the beautiful struggle...we really need to help and support one another.