

# Triggering, Entering and Copin...

## Result Details

**Question 04** What do you think TRIGGERS your UC flares? Is it always the same thing, or do different things trigger your colitis flares? (*Mandatory*)

Answers  
**776**  
100%

Skips  
**0**  
0%

187,756,435	Stress, food, illness	Sunday, Nov 19th 10:19PM
187,756,348	Not always one thing. That would be too easy. i suspect I always have low level inflammation. Doctor seems to agree. Triggers seem to be the things that make symptoms worse and include all typical stressors (lack of sleep, no exercise, bad food etc. , missing meds for a day or two is very noticeable However, when in remission, those same things don't seem to cause a degrading of condition.	Sunday, Nov 19th 9:57PM
187,755,626	Different things trigger flare up in me - 1. Going without water for couple of hours. ( So I carry whatever wherever I go.) 2. I take four meals a day. Delayed or skipping a meal causes flareup. 3. Even a small bite of outside restaurant food which may be contaminated or stale. 4. During mensuration cycle. 5. Stress and guilt. 6. Staying up late in the night. 7. Exposure to mid day sun and scorching heat in the Indian summer. 8. Certain kind of foods like - chickpeas etc.	Sunday, Nov 19th 8:46PM
187,755,266	before I had my colon removed I believe it was food / too much food.	Sunday, Nov 19th 9:36PM
187,754,495	Stress	Sunday, Nov 19th 9:07PM
187,754,267	-antibiotics -too many raw fruits and vegetables -eating too much - getting too full	Sunday, Nov 19th 8:59PM
187,752,129	Different things	Sunday, Nov 19th 7:42PM
187,751,578	Sadness, stress, disrupted sleep	Sunday, Nov 19th 7:23PM
187,751,218	Stress (this is a biggy) . Too much 'bad' food	Sunday, Nov 19th 7:05PM
187,748,556	stress diet	Sunday, Nov 19th 5:53PM
187,746,970	Unsure. Think hormones are a trigger for me. Biggest flares have been post pregnancy.	Sunday, Nov 19th 5:04PM
187,742,658	1- Stress. 2 - Foods cooked in oil (canola ) Like potato chips. deep fried foods 3 - pushing stoles out . ( thats a no no )	Sunday, Nov 19th 2:37PM
187,739,498	Stress, food but I don't know which foods.	Sunday, Nov 19th 1:46PM
187,738,888	dairy foods	Sunday, Nov 19th

187,738,095	dairy foods	1:13PM
187,735,322	Same thing. Curry foods.	Sunday, Nov 19th 12:06PM
187,734,209	Flares always occur during winter months.	Sunday, Nov 19th 11:40AM
187,733,614	Stress	Sunday, Nov 19th 11:24AM
187,731,775	I think maybe stress brings mine on.	Sunday, Nov 19th 10:30AM
187,731,556	Stress , not continue the drugs that my doctor prescribes, to make flares less likely	Sunday, Nov 19th 10:28AM
187,730,353	Stress level plays a factor in triggering flares. Also if I get a little to lax in my diet by eating things that I know can cause a trigger such as of carbs (potato, bread, pasta) anything spicy and dairy. But the biggest flare I ever had was triggered by taking an antibiotic. It took a long time to gain control back and I avoid them like the plague. Also I am faithful in keeping up with my supplement regiment which I feel has given me a layer of protection to cut flares to a minimum.	Sunday, Nov 19th 9:50AM
187,730,151	Usually extreme stress, but I had one mysterious flare when I wasn't stressed at all.	Sunday, Nov 19th 9:42AM
187,730,144	Food, stress and time of year	Sunday, Nov 19th 9:56AM
187,726,930	Stress, anxiety, peanuts, kale	Sunday, Nov 19th 8:23AM
187,726,523	It is totally random	Sunday, Nov 19th 8:09AM
187,726,487	Not sure, if I try to lose weight I get flare ups, stress,	Sunday, Nov 19th 8:07AM
187,725,414	Stress	Sunday, Nov 19th 7:41AM
187,721,975	too much insoluble fiber in my diet (e.g. fruit and vegetable peels), too many sweet snacks, excessive stress.	Sunday, Nov 19th 5:55AM
187,721,185	Stress, foods especially gluten, dairy and coffee.	Sunday, Nov 19th 5:32AM
187,712,535	Gluten. Dairy. Combination of lack of sleep, stress, in the past before I found a diet that works for me I'd always revert to standard healthy recommendations from RDA, which had gluten and dairy and other things (processed foods, soy, industrial seed oils, etc).	Sunday, Nov 19th 12:26AM
187,710,094	Eating stuff in not supposed too.	Saturday, Nov 18th 10:33PM
187,708,963	It just depends. They are pretty random.	Saturday, Nov 18th 9:49PM
187,707,038	Stress and poor eating	Saturday, Nov 18th 9:04PM
187,705,164	Sometimes it's the change of seasons. Usually it's stress and poor diet	Saturday, Nov 18th 7:50PM
187,704,569	STRESS!!!	Saturday, Nov 18th 7:31PM
187,704,159	Stresschronic	Saturday, Nov 18th 7:14PM
187,703,115	Food I eat	Saturday, Nov 18th 6:30PM

187,701,355	Anything with coffee in it, so I make my own "Starbucks" frappuccinos with almond milk. And it seems going out to eat really messes with my colitis. I can eat just about anything at home but going out to eat effects me sometimes badly. Went to red lobster yesterday, had the shrimp lettuce wraps, made it home but not to the bathroom in time. Also anything fried and salads sometimes effect me in not a good way.	Saturday, Nov 18th 5:38PM
187,687,411	Stress or certain foods	Saturday, Nov 18th 1:10PM
187,687,319	For me it's eating food containing wheat like bread, cake, cookies and pasta	Saturday, Nov 18th 12:47PM
187,686,092	Stress and illness, family issues and depression. Stress. Travel, unusual or unexpected changes in dietary habits, taking antibiotics for infection, colds, uti 's flu all have resulted in ER and hospital stays. I have kept a running diary over 10 years cataloging my days. Logging activiies, food, emotions , interactions with others, even movies watched and I have seen it happen with other crohnees in my group have flares occur during movies that bring out certain high emotional reactions. The most common relative factor is high stress and physical trauma, I know beyond a doubt flares will occur during or after such events.	Saturday, Nov 18th 12:17PM
187,684,259	I've had one long-lasting flare and I'm not sure what caused it. For insurance reasons, I had to change from Asacol to Apriso about three to four months before the flare started. I don't know if that could have caused it.	Saturday, Nov 18th 12:05PM
187,684,004	Infections	Saturday, Nov 18th 12:12PM
187,682,903	Stress, I got a very bad cold before it started and I had changed jobs.	Saturday, Nov 18th 11:52AM
187,682,468	Pizzas Jalapeno Chicken spicy any types of chili sauce lettuce red cabbage ( worst ) Tomatoes	Saturday, Nov 18th 11:51AM
187,675,629	Certain foods and stress.	Saturday, Nov 18th 11:01AM
187,674,425	Stress, being a high school teacher	Saturday, Nov 18th 11:16AM
187,673,554	Stress mostly work related. Any change in schedule, as my work schedule changes sometimes.	Saturday, Nov 18th 10:59AM
187,656,887	Usually stress. If I'm way off of my diet and eating a lot of breads and pastas I will get a flare (but I usually eat poorly when I am stressed - so stress is the main culprit.)	Saturday, Nov 18th 10:13AM
187,656,733	Stress, Lack of sleep, hard foods, problem with medicine potency I think different things.	Saturday, Nov 18th 9:09AM
187,655,614	Stress and eating small seeds like chia, strawberries, kiwi and popcorn. Otherwise, I'm not sure what triggers it. I no longer eat those food items.	Saturday, Nov 18th 10:04AM
187,646,617	Same thing	Saturday, Nov 18th 9:39AM
187,642,014	Junk food, not exercising, lack of vitamin d from sunlight, and stress	Saturday, Nov 18th 9:22AM
187,631,070	different things like food, spices, stress not sure what all else	Saturday, Nov 18th 8:36AM
187,624,938	NOTHING NOW.	Saturday, Nov 18th 8:13AM

Saturday, Nov 18th

187,598,060	stress	Saturday, Nov 18th 5:58AM
187,589,454	Tiredness Stress Some foods seem to make it worse	Saturday, Nov 18th 4:49AM
187,583,355	Stress, too much sugar and too much dairy cause imbalances in my gut	Saturday, Nov 18th 3:10AM
187,583,035	Stress, fiber and fructose, dairy and wheat!	Saturday, Nov 18th 3:09AM
187,582,729	Seasonal changes, usually around winter time, starting October. Also sometimes around the time of my period.	Saturday, Nov 18th 2:44AM
187,581,632	Stress	Saturday, Nov 18th 2:27AM
187,580,607	Spice, condiments. Tomato and stress.	Saturday, Nov 18th 1:53AM
187,579,957	When any variables of the juggling act get thrown off-stress, sleep, diet, allergies, med compliance etc	Saturday, Nov 18th 1:26AM
187,579,552	same things	Saturday, Nov 18th 1:18AM
187,578,278	Stress each time, and gluten (bread). I don't usually eat bread, but I love it so much and I eat here and there, and sometimes I get a flare sometimes not. Stress gives me a flare each time.	Saturday, Nov 18th 12:40AM
187,576,981	- Can be stress or diet	Saturday, Nov 18th 12:03AM
187,573,319	Change in medication	Friday, Nov 17th 10:55PM
187,570,424	I don't know of anything that triggers my flares. They seem random.	Friday, Nov 17th 10:14PM
187,569,305	Stress, spicy foods, raw foods like big salads	Friday, Nov 17th 9:59PM
187,565,870	Different things	Friday, Nov 17th 9:24PM
187,559,930	Stress	Friday, Nov 17th 8:33PM
187,559,414	Foods and stress.	Friday, Nov 17th 8:31PM
187,558,400	Creamy/cheesy food.	Friday, Nov 17th 8:21PM
187,544,151	Not sure what triggers it	Friday, Nov 17th 6:51PM
187,537,547	I'm not sure what triggers the flares, foods or stress.	Friday, Nov 17th 6:12PM
187,536,095	Stress that upsets my core. Not being in balance, meaning, exceeding daily, sleeping enough, keeping my life even. Eating green beans, corn, the cabbage family, meat, all milk products causes flares. Certain medications cause flares.	Friday, Nov 17th 5:59PM
187,535,751	Stress, certain foods	Friday, Nov 17th 6:00PM

187,533,636	Stress, and then once there in a flare dairy products are bad but only in larger quantities	Friday, Nov 17th 5:47PM
187,533,407	Stress	Friday, Nov 17th 5:47PM
187,525,361	Eating the wrong foods, stress,	Friday, Nov 17th 5:02PM
187,522,702	Stress, change in seasons, vaccinations.	Friday, Nov 17th 4:40PM
187,519,379	My triggers are: 1. Travelling 2. Certain foods 3. Hormonal 4. Stress	Friday, Nov 17th 4:25PM
187,516,764	Stress.	Friday, Nov 17th 4:14PM
187,513,427	Mostly Sstress, sometimes changes in diet	Friday, Nov 17th 3:55PM
187,511,405	Stress is the number one trigger! Then a weakened Immune System (from a cold of other illness ).	Friday, Nov 17th 3:40PM
187,509,868	Some of my triggers include eating foods that I should not be eating; when I am under a bit of work-related pressure; not getting enough rest/sleep; or worrying about stuff that I have no control over.	Friday, Nov 17th 3:32PM
187,509,523	Typically anti-biotic treatments Milk products and spicy foods. I don't drink much alcohol. Also, any virus I pick up will set the process in motion.	Friday, Nov 17th 3:25PM
187,507,809	Spicy foods Raw foods Dairy	Friday, Nov 17th 3:13PM
187,507,441	I think the reason for my UC for ibuprofen (medicine brand name Ibalgin).	Friday, Nov 17th 3:05PM
187,506,189	Mainly it is when I reduce Rx meds (bc I've built up my immune systems strength). When I'm at a low dosage, the Mental/emotional/physical stressors lead to flares.	Friday, Nov 17th 2:29PM
187,504,726	Food i have given up , coffee dairy, raw fruit and veg, all gluten ,eggs ,all fried food and i am in remission at the moment	Friday, Nov 17th 2:07PM
187,503,576	I'm really unsure, it seems to be nearly random so i'm starting to wonder if it's stress of maybe a factor of myself that i can't observe on a daily basis.	Friday, Nov 17th 1:46PM
187,502,827	Mostly the wrong foods	Friday, Nov 17th 12:54PM
187,500,763	Not taking medication in a timely manner. Certain foods.	Friday, Nov 17th 1:09PM
187,497,701	Because I am a mild case, it seems I can eat the same things which have been shown now to be the trigger in themselves - but when things are calm, they are calm through medication. However, while in the midst of a flare I find it prudent to avoid too many vegetables and fibre in general and keep to eating foods which slow the gut: such as rice (plain), chicken, probiotic yoghurts, baked potatoes, tuna and salmon - keep away from crisps, too many sweet goodies, spicy foods, limit cereals to small portions only - otherwise the gut starts to react!!	Friday, Nov 17th 12:33PM
187,497,375	Stress not listening to my inner brain. My gut. When I'm out of balance. And also who the hell knows sometimes	Friday, Nov 17th 12:27PM
187,497,071	Stress, not being consistent with my medication, and especially a combination of the two.	Friday, Nov 17th 12:24PM

187,495,370	Sugar..any food that turns into sugar of any kind...just starch	Friday, Nov 17th 11:48AM
187,495,301	Change of weather (from season to season)	Friday, Nov 17th 11:47AM
187,494,056	<ul style="list-style-type: none"> <li>- Alcohol</li> <li>- Dairy</li> <li>- not enough sleep</li> <li>- Stress</li> <li>- Fried foods</li> </ul> <p>These are my 4 triggers.</p>	Friday, Nov 17th 11:15AM
187,493,722	I have only been in remission once since the diagnosis in 2008. Remission lasted about 8 months.	Friday, Nov 17th 11:11AM
187,493,370	perhaps ibuprofen did	Thursday, Nov 16th 11:01AM
187,492,846	<ul style="list-style-type: none"> <li>Spicy food</li> <li>Chillies</li> <li>Stress</li> <li>Antibiotics</li> <li>Statins</li> <li>Different things too.</li> </ul>	Friday, Nov 17th 10:50AM
187,492,154	Though my Doctor disagrees, I think when I bend and do heavy lifting.. I have cramped afterwards and bleeding starts within 12 hours. I also think when I've eaten larger meals for a few days, because heavy bleeding always precedes. If I eat foods I have intolerance to. I have a lot of food intolerances.	Friday, Nov 17th 10:37AM
187,491,580	Stress and certain foods, anything spicy, wholegrain breads, dairy.	Friday, Nov 17th 10:21AM
187,490,868	If I drink to much alcohol and my diet I have really been helped by discovering Kombucha	Friday, Nov 17th 10:07AM
187,490,837	Trying to figure it out nerves or diet	Friday, Nov 17th 10:12AM
187,489,801	Unsure at this point. There seems to be no common cause.	Friday, Nov 17th 9:50AM
187,489,207	<ul style="list-style-type: none"> <li>Stress</li> <li>Anxiety</li> </ul>	Friday, Nov 17th 8:36AM
187,488,417	Not sure if there's a pattern or certain trigger	Friday, Nov 17th 9:23AM
187,487,821	Stop taking meds	Friday, Nov 17th 9:10AM
187,486,881	Oct Nov..these months	Friday, Nov 17th 8:53AM
187,486,244	No reason at all it just decides to flare	Friday, Nov 17th 8:37AM
187,485,664	Stress seems to be the big one. And lake of sleep. The more on interrupted sleep the better	Thursday, Nov 16th 2:35PM
187,485,544	Stress	Friday, Nov 17th 8:19AM
187,485,406	<ul style="list-style-type: none"> <li>Different foods</li> <li>Stress levels</li> <li>Not taking enemas or medication on time</li> </ul>	Friday, Nov 17th 8:16AM
187,485,303	Usually an illness such as cold or flu	Friday, Nov 17th

187,485,385	Usually an illness such as cold or flu....	8:16AM
187,485,073	Different things	Friday, Nov 17th 8:11AM
187,484,389	Physical / emotional stresses.	Friday, Nov 17th 7:57AM
187,483,626	don't really know but stress does not help	Friday, Nov 17th 7:32AM
187,483,617	No idea.	Friday, Nov 17th 7:40AM
187,483,541	Stress	Friday, Nov 17th 7:38AM
187,482,468	Not sure what triggers it. I have been in flare mode for one year.	Friday, Nov 17th 7:06AM
187,481,772	Stress	Friday, Nov 17th 6:52AM
187,481,604	Stress & certain foods.	Friday, Nov 17th 6:42AM
187,481,415	1. Stress 2. Lack of sleep & Exhaustion 3. Eating the wrong kinds of food	Friday, Nov 17th 6:41AM
187,480,740	Stress and lack of rest.	Friday, Nov 17th 6:24AM
187,480,381	I haven't had a flare for almost 2 years now.	Friday, Nov 17th 6:15AM
187,480,293	Stress	Friday, Nov 17th 6:07AM
187,480,083	no idea	Friday, Nov 17th 6:07AM
187,479,260	Hard to be specific....it seems to be a gradual process, I cannot give any one good reason	Friday, Nov 17th 5:37AM
187,478,924	Different things	Friday, Nov 17th 5:30AM
187,478,175	No idea	Friday, Nov 17th 4:57AM
187,476,674	Stress is the number one trigger for me and when I don't really follow the diet that's good for my gut.	Thursday, Nov 16th 2:47PM
187,476,602	Unknown.	Friday, Nov 17th 4:34AM
187,476,387	I dont know what causes my flare. But it gets worse when i eat insoluble fibre. Also banana gives me tummy cramps.	Friday, Nov 17th 4:26AM
187,476,299	Stress, food, medication (last one was statins)	Friday, Nov 17th 4:23AM
187,475,999	Eating multigrain crackers. Sometimes when I've eaten a lot of broccoli in a week. Eating corn. Not taking my medication at the same time every day & forgetting to take the medication for a day or, after two consecutive days.	Friday, Nov 17th 3:59AM

I'm following the SCD and as I am slowly heading to a remission, I start introducing new foods into my diet that I previously could not tolerate e.g. white bread, spaghetti. However all of the items on the list below trigger IIC flares

	previously could not tolerate e.g. white bread, spaghetti. However, all of the items on the list below trigger UC flares each and every time I accidentally consume them:	
187,474,611	1. Dairy (even in trace quantities) 2. Grains (especially oats and rice) 3. Caffeine 4. Chocolate 5. Stress	Friday, Nov 17th 3:32AM
187,474,206	Don't know	Friday, Nov 17th 3:30AM
187,473,858	Sugar, carbs, salt, oil	Friday, Nov 17th 3:24AM
187,473,694	I am not too sure what triggers my UC. ...	Friday, Nov 17th 2:35AM
187,472,182	Stress occasionally - but mainly my diet.	Friday, Nov 17th 2:00AM
187,471,433	Definitely sugar. Specially from candy and all sorts of sweets. Too much fruit with fructose is not good either. max for me is 3 fruits per day. Also cereals - specially grains are hard to digest for me. Even if I soak them and use them for homemade bread I cannot eat too much of any cereals and grains. I am sure that starch and sugar are my worst triggers Any raw food I cannot eat since I cannot digest it. I will bloat like a whale and cramp.	Friday, Nov 17th 2:08AM
187,471,083	Stress	Friday, Nov 17th 2:09AM
187,470,919	I don't know what starts ir	Friday, Nov 17th 2:03AM
187,470,792	Mainly stress, when busy or have a lot on	Friday, Nov 17th 2:01AM
187,470,532	Have no idea. Too much food at the same time is not good though but I cant say it tiggers a flare	Friday, Nov 17th 1:53AM
187,470,330	STRESS AND SPICY FOODS	Friday, Nov 17th 1:45AM
187,469,802	mainly foods with high fibre, ie. fruit and veg.	Friday, Nov 17th 1:27AM
187,469,794	Colonoscopy	Friday, Nov 17th 1:26AM
187,469,494	Not sure. I normally eat the same food over and over. I'm a real picky eater. I do drink lots of milk, ice cream, brownies without any problems	Friday, Nov 17th 1:10AM
187,469,280	Stress and food are consistent triggers. The stress of a painful liver biopsy caused a flare that lasted 4 months. Stress from busy schedules, missing a meal, and getting too hungry cause careless eating. Eating high fat foods, sweets, high fiber, and wine always trigger symptoms.	Thursday, Nov 16th 10:53PM
187,469,261	Stress, taking antibiotics	Friday, Nov 17th 12:47AM
187,469,081	Not sure. It's been almost 4 years since last flare.	Friday, Nov 17th 12:58AM
187,468,319	Definitely eating certain foods. Stress.	Friday, Nov 17th 12:28AM
187,468,280	Sweet things, tension, insomnia, green leafy veggies, oats, milk...	Friday, Nov 17th 12:28AM
187,468,276	Food habit	Friday, Nov 17th



187,468,270	Mental Tension	12:35AM
187,468,174	Stress	Friday, Nov 17th 12:30AM
187,467,800	Stress is major cause; neglecting diet	Friday, Nov 17th 12:16AM
187,467,513	Mainly certain foods, red onions, spicy stuff.	Friday, Nov 17th 12:06AM
187,467,505	Not sure but think it may be to do with season changes.	Friday, Nov 17th 12:06AM
187,467,294	Seasonal (Spring and Fall) and Stress	Thursday, Nov 16th 11:59PM
187,466,862	Maybe too much non gluten grains like rice and stress.	Thursday, Nov 16th 11:39PM
187,466,737	different	Thursday, Nov 16th 11:38PM
187,466,252	Emotions, food....	Thursday, Nov 16th 11:18PM
187,466,236	Stress and certain foods	Thursday, Nov 16th 11:10PM
187,466,131	Mainly stress level plays a bigger part on it. Whenever my stress level rises, there is a good chance to trigger a flare. I have read lot of articles regarding UC, and according to them there are foods that can trigger flares. But I have never identified any food that trigger UC.	Thursday, Nov 16th 10:26PM
187,466,101	Sometimes it's food related but can never tell which food it will be. We call it the "shit or miss" flare. Stress is also a huge trigger.	Thursday, Nov 16th 11:09PM
187,465,986	Virus and diet or over tired	Thursday, Nov 16th 11:08PM
187,465,975	Starch and all sugars	Thursday, Nov 16th 11:06PM
187,465,956	Every time I quit smoking I have a flare up	Thursday, Nov 16th 11:06PM
187,465,896	Change of seasons ( Spring to Summer and Summer to Fall) Certain Foods not enough rest/sleep Stress	Thursday, Nov 16th 11:01PM
187,465,513	Stress primarily	Thursday, Nov 16th 10:52PM
187,465,430	Medication failure Aspirin Too much popcorn	Thursday, Nov 16th 10:46PM
187,465,411	Diet, Stress, Alcohol	Thursday, Nov 16th 10:40PM
187,465,389	White sugar, stress and anything that causes Diarra... Milk, too much fresh fruit	Thursday, Nov 16th 10:44PM
187,465,341	I can eat any kind of food but have problems when eating too much food at one meal.	Thursday, Nov 16th 10:33PM
187,465,163	Going off uc friendly diet combined with stress.	Thursday, Nov 16th 10:36PM

187,465,130	Stress and sometimes I think when I wear myself too thin and don't take care of myself	Thursday, Nov 16th 10:22PM
187,465,129	Stress and sometimes I think when I wear myself too thin and don't take care of myself	Thursday, Nov 16th 10:22PM
187,465,050	Fast food, alcohol, overeating	Thursday, Nov 16th 10:32PM
187,465,029	I have no idea.	Thursday, Nov 16th 10:26PM
187,465,017	Usually it is acute stressful situations.	Thursday, Nov 16th 10:32PM
187,464,828	Stress Trigger foods (raw citrus of any kind, etc.) Meds for other conditions Anything that says that diarrhea MIGHT be a result Big schedule changes	Thursday, Nov 16th 10:21PM
187,464,823	Stress, stress and stress	Thursday, Nov 16th 10:22PM
187,464,604	seasons, and nerves	Thursday, Nov 16th 10:09PM
187,464,468	I honestly have no idea. I had thought it might be certain foods but it doesn't fit.	Thursday, Nov 16th 10:03PM
187,464,348	I have no idea.	Thursday, Nov 16th 10:03PM
187,464,062	Not being on biologics like Remicade or Entyvio causes me to flare. Sometimes stress causes mini flares. Gluten causes mini flare for me also.	Thursday, Nov 16th 9:51PM
187,463,894	Mainly stress although antibiotics do which is why I haven't taken any for years.	Thursday, Nov 16th 9:44PM
187,463,877	I have never stopped flaring since my diagnosis in January 2012	Thursday, Nov 16th 9:45PM
187,463,848	Stress, certain foods	Thursday, Nov 16th 9:48PM
187,463,830	Stress, getting run down, gastro bugs like Adenovirus or CDiff.	Thursday, Nov 16th 9:45PM
187,463,829	Usually long stretches of eating lots of raw broccoli, Rice Krispies, black beans, and cabbage.	Thursday, Nov 16th 9:43PM
187,463,543	It's not always same thing.	Thursday, Nov 16th 9:34PM
187,463,333	Stress, illness, medications.	Thursday, Nov 16th 9:25PM
187,463,330	Different	Thursday, Nov 16th 9:26PM
187,462,988	I had flares no matter what I ate, did not eat, drank, did not drink, stress, no stress, took medication, did not take medication, etc. bloody, runny stools.	Thursday, Nov 16th 9:08PM
187,462,941	change in weather in spring and fall stress	Thursday, Nov 16th 9:06PM
187,462,916	Excessive stress, careless dieting, too much sugar, wheat etc.	Thursday, Nov 16th 9:03PM

187,462,891	Stress and no sleep	Thursday, Nov 16th 9:06PM
187,462,864	Always stress.	Thursday, Nov 16th 9:02PM
187,462,828	I believe it's almost always related to more stress.	Thursday, Nov 16th 4:59PM
187,462,769	Stress and too much sugary foods.	Thursday, Nov 16th 9:00PM
187,462,639	I have noticed that foods with refined sugar as well as foods with gluten tend to make me feel fatigued. If I eat these foods continually, I have more serious symptoms.	Thursday, Nov 16th 8:54PM
187,462,487	Different	Thursday, Nov 16th 8:48PM
187,462,455	missed sleep, high stress, certain foods	Thursday, Nov 16th 8:47PM
187,462,453	Stress Certain foods Antibiotics medicine	Thursday, Nov 16th 8:43PM
187,462,408	Have not found any particular reason	Thursday, Nov 16th 8:46PM
187,462,317	Stress	Thursday, Nov 16th 8:44PM
187,462,264	What is the definition of a flare? Maybe I'm 100% in a flare all the time	Thursday, Nov 16th 8:38PM
187,462,215	Stress, exercising hard, not enough rest.	Thursday, Nov 16th 8:37PM
187,462,113	C-diff	Thursday, Nov 16th 8:33PM
187,461,988	Stress, diet, lack of sleep	Thursday, Nov 16th 8:26PM
187,461,899	one trigger is definitely wheat, am still trying to figure out the rest.	Thursday, Nov 16th 8:20PM
187,461,833	I THINK MY SEASONAL ALLERGIES OFTEN TRIGGER A FLARE SINCE I USUALLY HAVE A FLARE EVERY SPRING..	Thursday, Nov 16th 7:55PM
187,461,766	Spice,gluten,lactose	Thursday, Nov 16th 8:19PM
187,461,684	My suspicion is that antibiotics to treat dental issues and my uninformed dietary habits triggered my first major flare.	Thursday, Nov 16th 6:12PM
187,461,679	Not eating the right foods. I am a strong believer in eating good food	Thursday, Nov 16th 8:12PM
187,461,584	Although I've not experienced a flare-up, having had IBS for 50+ years I'm observant of the different symptoms. Was very ill from last Sept. to New Year with UC (luckily no bleeding), hospitalised twice but seem to've recovered. Although 11 Oct. specimens showed 1.1/2x more inflammation than May's Specialist hasn't suggested a return visit since that of 6 Oct. At 76 I shall remain vigilant; am on (?rest of life) 4g Pentasa granules daily.	Thursday, Nov 16th 8:00PM
187,461,554	Unknown	Thursday, Nov 16th 8:10PM
187,461,548	Last time it was Chinese food. This time I think tooo much white sugar. I made oatmeal/raisin cookies and chocolate chip and ate them like i don't have UC.	Thursday, Nov 16th 8:10PM

187,461,534	The last flare up occurred from consuming a bad Seafood marinara. Once the 'bug' left my body, my condition settled down very quickly. I can confidently say that UC is in remission, not bad condering I have had it for 29 years.	Thursday, Nov 16th 8:05PM
187,461,397	Different things. It's hard to pinpoint what triggers my flares.	Thursday, Nov 16th 8:02PM
187,461,246	I don't know what triggers them	Thursday, Nov 16th 7:44PM
187,461,202	Taking dairy Not taking medications for one month + Drinking coffee Drinking coke	Thursday, Nov 16th 7:57PM
187,461,158	Stress. Alcohol. Skip medication.	Thursday, Nov 16th 7:54PM
187,461,118	A lot of stress. Eating tomato sauce, greasy hamburger, or raw vegetables.	Thursday, Nov 16th 7:43PM
187,461,039	Too much raw vegetables and gluten.	Thursday, Nov 16th 7:38PM
187,461,037	Coffee, sugar, alcohol, stress.	Thursday, Nov 16th 7:51PM
187,460,886	No trigger, other than inflammation in my blood and exhaustion. Ended up in hospital with dehydration, infections and a concentration of inflammation in my back causing severe pain.	Thursday, Nov 16th 7:38PM
187,460,767	I am currently getting over my first flare up since being diagnosed last June. No idea what set it off.	Thursday, Nov 16th 7:37PM
187,460,624	Stress, quite often, and, I since have learned, taking ibuprofen, and having carbonated drinks (it was a hot summer!)	Thursday, Nov 16th 7:27PM
187,460,565	Usually it's the same triggers that I've tracked for as long as I've had UC. Those triggers are stress, poor sleep and certain foods.	Thursday, Nov 16th 7:27PM
187,460,380	Not taking meds	Thursday, Nov 16th 7:22PM
187,460,372	Stress and high gluten/processed carbs	Thursday, Nov 16th 7:22PM
187,460,345	Stress, foods, lots of different things	Thursday, Nov 16th 7:21PM
187,460,120	Stress is the biggest issue for me. This can be personal, work-related, or often physical stress like toxins in my environment.	Thursday, Nov 16th 7:11PM
187,460,032	I was in a continual state of active flare for several years - no periodic triggers, just continual.	Thursday, Nov 16th 7:07PM
187,459,848	Stress	Thursday, Nov 16th 7:00PM
187,459,809	I'm honestly not sure.	Thursday, Nov 16th 6:56PM
187,459,798	The food choices that I make, and the quantity that I eat	Thursday, Nov 16th 7:00PM
187,459,679	Stress (Job) and wrong food	Thursday, Nov 16th 6:54PM

187,459,648	stress and my depression being overweight certain food not enough sleep viruses	Thursday, Nov 16th 6:23PM
187,459,598	Not always the same thing. Stress is a huge trigger. And so is the occasional glass of wine.	Thursday, Nov 16th 6:49PM
187,459,373	Stress or not having my medicine	Thursday, Nov 16th 6:38PM
187,459,360	Different things trigger	Thursday, Nov 16th 6:38PM
187,459,341	Stress; Some foods Air lol as I don't know sometimes	Thursday, Nov 16th 6:37PM
187,459,318	I wish I new! I am not sure if it is something I am eating, or blood type B+, or emotions. Wish I new and that is why I am anxious to read the results of the survey.	Thursday, Nov 16th 6:38PM
187,459,245	Maybe excessive caffeine, lack of sleep, maybe gluten. I'm also lactose intolerant. All of these seem to be common factors at times of flare up, but I haven't pinpointed anything exactly.	Thursday, Nov 16th 6:27PM
187,459,093	Eating the wrong or an SCD illegal food or too much of it. Stress makes digestive system upset.	Thursday, Nov 16th 6:26PM
187,458,962	don't know is the short answer, sometimes if I have had the flu or a cold, or if I have been overdoing things I will have a flare up a week or so later. Other times I just have them when I am happy, not stressed and living sensibly!	Thursday, Nov 16th 6:04PM
187,458,803	I don't know but I think 2 things Quitting social smoking Stress	Thursday, Nov 16th 6:19PM
187,458,726	Different Things	Thursday, Nov 16th 2:55PM
187,458,658	Food, type/volume, and maybe stress?	Thursday, Nov 16th 5:29PM
187,458,649	I have never been able to identify a trigger	Thursday, Nov 16th 6:14PM
187,458,603	I don't think. I know. NSAIDS trigger my flare ups. It clearly states on Valtoren gel and Mobic patient inserts that these drugs can cause gastrointestinal disorders, and they do, for me. My first bout with UC was because I had taken 2 courses of clindamycin for an upper respiratory infection and that wiped out my gut flora. So beware drugs.... they may do some good but can harm just as well.	Thursday, Nov 16th 6:10PM
187,458,528	No idea	Thursday, Nov 16th 6:11PM
187,458,451	Stress. Gluten and Dairy seem to be triggers.	Thursday, Nov 16th 5:56PM
187,458,413	Spicy food, corn, wheat bran, eggs	Thursday, Nov 16th 5:20PM
187,458,409	Stress and diet	Thursday, Nov 16th 6:04PM
187,458,361	Not entirely sure.  This past summer, there were terrible forest fires and thick choking smoke hung in the air for months. I saw blood and had a bit of looseness for the first time in years...it all went away after the fires died down and the smoke in the air disappeared.  Strange.	Thursday, Nov 16th 5:58PM

	Other flares have happened in years prior, after I got a flu shot, after I took advil, and / or after consuming an alcoholic drink.	
187,457,969	Different things.	Thursday, Nov 16th 5:52PM
187,457,951	Stopping medication	Thursday, Nov 16th 5:56PM
187,457,723	don't know for sure....different things always	Thursday, Nov 16th 5:49PM
187,457,645	Stress, certain foods	Thursday, Nov 16th 5:40PM
187,457,415	Stress, lactose	Thursday, Nov 16th 5:37PM
187,457,402	No flares in over a year after I started taking humira	Thursday, Nov 16th 5:34PM
187,457,400	Bad food choices, too much alcohol and stress	Thursday, Nov 16th 5:34PM
187,457,336	The prep for the colonoscopy is a big offender. Sometimes, unwittingly taking certain meds that can cause flare. I also have scleroderma and find it difficult to navigate the meds without causing a flare. I can't be certain of the other triggers, though I know once in a flare, fruits and veggies exacerbate it considerably.	Thursday, Nov 16th 5:32PM
187,457,187	Stressful situations that rise sometimes and forget to stay on track with meds.	Thursday, Nov 16th 5:24PM
187,457,161	onions cottage cheese oatmeal	Thursday, Nov 16th 5:29PM
187,457,131	Spicy food, stress , alcohol	Thursday, Nov 16th 5:29PM
187,457,003	Many medications, especially antibiotics will trigger a flare. Many foods, especially spicy or acidic foods will trigger a flare also.	Thursday, Nov 16th 5:18PM
187,456,861	Stress	Thursday, Nov 16th 5:18PM
187,456,859	I am never quite sure - but I tend to think the same few food/drink items are to blame.	Thursday, Nov 16th 5:21PM
187,456,715	Major stresses I. Life that I have no control over but affect me personally.	Thursday, Nov 16th 5:17PM
187,456,691	The season (sept-oct), steaks, vaping pot in a small pipe, raw spinach as a salad, not eating until late at night, junk food like candy bars and M & M's, pizza, and BBQ.	Thursday, Nov 16th 5:00PM
187,456,621	Certain foods abs stress	Thursday, Nov 16th 5:15PM
187,456,429	Stress and getting run down.	Thursday, Nov 16th 5:09PM
187,456,151	Stress and certain foods	Thursday, Nov 16th 5:03PM
187,456,046	I have no idea. But with me, as time goes by, the flares get longer in duration and much more difficult to get under control.	Thursday, Nov 16th 4:51PM
187,456,005	?	Thursday, Nov 16th 4:30PM
	Certain foods like lentils beans chickpeas fried fatty and sweet dishes make my symptoms worse. Yes it is almost	Thursday, Nov 16th

187,455,938	Certain foods like lentils, beans, cherries, rice, soy and sweet dishes make my symptoms worse. Yes, it's almost always the same foods that make it worse.	Thursday, Nov 16th 2:32PM
187,455,902	Stress, having a virus or cold, eating gluten	Thursday, Nov 16th 4:55PM
187,455,868	Not sure. If my general immune system is low I can suffer from pain and other symptoms.	Thursday, Nov 16th 4:52PM
187,455,512	Different things. Not eating right. Not enough water.	Thursday, Nov 16th 4:45PM
187,455,474	Stress	Thursday, Nov 16th 4:44PM
187,455,420	Sometimes it seems unprovoked. But junkfood definately has an effect	Thursday, Nov 16th 4:42PM
187,455,368	Stress, dietary changes, seasonal changes	Thursday, Nov 16th 4:36PM
187,455,325	Have not been able to pin down what causes a flare up, pretty sure it is not food related though as I eat the same thing most of the time and flareups come no matter what food I eat. I think that stress is the predominant factor in flare ups, but who really knows.	Thursday, Nov 16th 4:39PM
187,455,183	Mainly intense, long periods of stress.	Thursday, Nov 16th 4:36PM
187,455,180	Stress	Thursday, Nov 16th 4:16PM
187,454,912	1 stress 2 alcohol 3 food 4 menstrual cycle	Thursday, Nov 16th 4:18PM
187,454,843	Stress is the main factor or forgetting my meds	Thursday, Nov 16th 4:28PM
187,454,708	Stress, overeating, and raw vegetables	Thursday, Nov 16th 4:29PM
187,454,688	Diet stress	Thursday, Nov 16th 4:28PM
187,454,624	Alcohol, caffeine	Thursday, Nov 16th 4:28PM
187,454,589	Food groups, sugar, gluten, alcohol, caffeine, corn, E numbers. Stress - stability issues base chakra - Home money work	Thursday, Nov 16th 4:23PM
187,454,530	The last flare up was caused by my gastro Dr taking me off Imuran. Other causes have been not watching my weight, to much alcohol and stress.	Thursday, Nov 16th 4:27PM
187,454,519	The last flare up was caused by my gastro Dr taking me off Imuran. Other causes have been not watching my weight, to much alcohol and stress.	Thursday, Nov 16th 3:57PM
187,454,343	Usually stress.	Thursday, Nov 16th 4:14PM
187,454,326	Different things.	Thursday, Nov 16th 4:18PM
187,454,100	Stress and over working	Thursday, Nov 16th 4:02PM
187,453,983	Stress Diet	Thursday, Nov 16th 4:09PM

187,453,952	Different things	Thursday, Nov 16th 4:11PM
187,453,880	Just skipping meds	Thursday, Nov 16th 4:09PM
187,453,822	Varies	Thursday, Nov 16th 4:08PM
187,453,796	Food, stress full and new moons	Thursday, Nov 16th 4:02PM
187,453,788	Medicine will stop working. Stomach bugs possibly blown up into a flare?	Thursday, Nov 16th 4:04PM
187,453,766	Stress, physical activity	Thursday, Nov 16th 4:05PM
187,453,673	Impossible to work out. Stress, seasonal changes, sometimes dietary lactose	Thursday, Nov 16th 4:02PM
187,453,618	Stress mainly. Dodgy diet.not taking enough care of myself,I guess	Thursday, Nov 16th 3:58PM
187,453,438	Not entirely sure. Sometimes too much sugar, but sometimes it just seems to come out of nowhere.	Thursday, Nov 16th 3:53PM
187,453,252	I believe one flare was triggered by a stomach bug. I haven't had many since diagnosis.	Thursday, Nov 16th 3:44PM
187,453,227	Gluten	Thursday, Nov 16th 3:54PM
187,453,163	-Raw vegetable diet -Moldy food -Fever / acute sickness	Thursday, Nov 16th 3:53PM
187,453,090	Not 100% sure exactly what "triggers" the flare-ups. But I believe that stress seems to be a factor. (Even though I have had flare ups when I am not too stressed out as well)	Thursday, Nov 16th 3:35PM
187,452,887	Stress and lack of sleep	Thursday, Nov 16th 3:48PM
187,452,882	Chocolate seeds. Spicy food.	Thursday, Nov 16th 3:47PM
187,452,803	I have no clue what triggers them. They appear to be random.	Thursday, Nov 16th 3:47PM
187,452,788	In order of importance: 1) Lack of sufficient sleep for more than two days. 2) Lack of exercise for more than five days. 3) Disruption of normal dietary routine for more than two days. 4) Becoming dehydrated.  Or, if I accidentally eat onions in any form (white, yellow, red, purple, or anything with onion powder in it). Eating in restaurants is challenging (mostly for the wait staff!) due to the many questions I must ask and then have the answers confirmed by the chef or management, etc.	Thursday, Nov 16th 2:55PM
187,452,673	I have very few issues but I have been taking Lialda for nine years. Although I do have a prescription plan. My med is too expensive for any average person. Luckily I have been eligible for a plan to get it for free from manufacturer other than that I would have switched many years ago.	Thursday, Nov 16th 3:45PM
187,452,665	Not clear. Fatigue? food? medication (one time took Medrol dose pack to head off flare and it triggered the worst flare I have had)?	Thursday, Nov 16th 3:43PM
187,452,244	hard to tell exactly what triggers the flares but i would say its different things. sometimes on the diet side and sometimes stress and lifestyle side.	Thursday, Nov 16th 3:21PM
187,452,098	Stress Hormones	Thursday, Nov 16th 3:34PM



187,451,923	I think stress is a factor	Thursday, Nov 16th 3:29PM
187,451,516	Eating processed foods and stress.	Thursday, Nov 16th 3:21PM
187,451,403	Foods, antibiotics, stress.	Thursday, Nov 16th 3:09PM
187,451,348	If I knew, I would avoid it! Think stress contributes.	Thursday, Nov 16th 3:16PM
187,451,335	Stress, anxiety. Lack of sleep.	Thursday, Nov 16th 3:14PM
187,451,320	Foods...meals out...???spices used Stress Presently passing kidney stones & pain etc brings on diarrhea within half hour of pain starting	Thursday, Nov 16th 3:11PM
187,451,168	Stress, sugar, big life changes, travel, these are things that seem to challenge my immune system.	Thursday, Nov 16th 3:03PM
187,450,859	I am no convinced that my flares are seasonal, usually appear late autumn/early winter.	Thursday, Nov 16th 3:06PM
187,450,767	Stress	Thursday, Nov 16th 3:07PM
187,450,349	When I stop or reduce my meds. And some foods like spicy foods and dairy	Thursday, Nov 16th 2:58PM
187,450,206	stress, stress, stress; not taking my medicines on a daily basis, some kind of food.	Thursday, Nov 16th 2:45PM
187,450,181	Various reasons	Thursday, Nov 16th 2:56PM
187,450,135	Stress and eating too much at one meal. Also, too much sugar.	Thursday, Nov 16th 2:36PM
187,450,099	Stress	Thursday, Nov 16th 2:55PM
187,450,074	Stress	Thursday, Nov 16th 2:54PM
187,449,939	Stress. Alcohol. Too much rich foods. Also some correlation with doing strenuous exercises but not sure if this is an actual cause.	Thursday, Nov 16th 2:46PM
187,449,692	Not sure.	Thursday, Nov 16th 2:43PM
187,449,667	Weather - changing of seasons, March and November.	Thursday, Nov 16th 2:42PM
187,449,453	Stress main offender...then Diet...or beer	Thursday, Nov 16th 2:34PM
187,449,366	Pretty much any complex carb.	Thursday, Nov 16th 2:33PM
187,449,167	Taking neurofen ibrofen Eating too much gluten food	Thursday, Nov 16th 2:37PM
187,449,145	Stress	Thursday, Nov 16th

187,449,173	SCD	2:36PM
187,449,079	Stress, medication change.	Thursday, Nov 16th 2:35PM
187,448,969	Stress is a big one for me. Not sticking as strictly to my SCD diet (with some tweaking in what has worked and not worked, I've got a good plan). I think if I overeat sugar which I'm not supposed to have but if doing really well, I'll cheat. It has contributed I'm sure.	Thursday, Nov 16th 2:14PM
187,448,967	Being run down seems to be the reason	Thursday, Nov 16th 2:31PM
187,448,893	Stress and time of year correlate for me.	Thursday, Nov 16th 2:32PM
187,448,559	Red meat. I know for sure now that it is all sorts of red meat that cause me to flare. After 1st diagnosis and treatment to get me back to normal and living on a very plain diet I started to introduce meat starting with chicken and fish then beef. It was the beef that started my 2nd flare up. After 6 months of treatment I was clear again and started the process all over introducing meat but minus beef. I tried lamb which caused my 3rd flare up! I'm clear of that now and only eat chicken and fish and I've been free of any flare ups since (2 years). It may not seem like long but it's good enough for me. I was diagnosed 7 years ago.	Thursday, Nov 16th 2:08PM
187,448,514	Stress	Thursday, Nov 16th 2:28PM
187,448,422	Stress number one, food, and then of course the blindsides out of nowhere flare ..	Thursday, Nov 16th 2:24PM
187,448,385	Stress is always a trigger. I always get sick at the end of every year (I ease into the flare in October and by February will sometime have under control).  Certain foods can start a controllable flare. Flavored chips are one of the worst triggers. Coffee is now a no-no. I do not do gluten, which helps the ulcers in the mouth stay at bay.	Thursday, Nov 16th 2:17PM
187,448,366	sugar	Thursday, Nov 16th 2:25PM
187,448,327	Different things. Sometimes I may eat a Caesar Salas the next time it makes me ill. But stress is an undeniable factor in my case. During the hurricane I was in the fetal position from fear and pain.	Thursday, Nov 16th 2:22PM
187,448,292	Stress, spicy food , too much wine .	Thursday, Nov 16th 2:19PM
187,448,289	It's often more than one trigger and can include: Car pollution Being pregnant Coincides with my period starting Distress Chemicals Dental treatment	Thursday, Nov 16th 1:58PM
187,448,265	When I get the flu, don't eat well and a lot of mismanaged stress.	Thursday, Nov 16th 2:21PM
187,448,253	Stress and sugary treats :-)	Thursday, Nov 16th 2:19PM
187,448,210	Stress and antibiotics	Thursday, Nov 16th 2:23PM
187,448,134	Stress, very poor diet	Thursday, Nov 16th 2:22PM
187,448,113	no idea - it used to flare a bit with weather changes, but really mildly this past year, I have taken huge steps to improve my health through diet, exercise, lifestyle changes and had the worst flare of my life - so maybe my gut really doesn't like change??	Thursday, Nov 16th 2:07PM
187,448,092	Not sure, but I would guess it happens when I'm stressed	Thursday, Nov 16th 2:17PM

187,448,077	Stress	Thursday, Nov 16th 2:20PM
187,447,984	I have noticed flare-ups and false starts (mini flare ups??) after too much stress, any illness like food poisoning or a nasty cold even, too much caffeine or alcohol, too much bread or pasta, or very oily food. And definitely with the time of the month.	Thursday, Nov 16th 2:06PM
187,447,942	Stress Diet Winter	Thursday, Nov 16th 2:18PM
187,447,909	Different things.	Thursday, Nov 16th 2:13PM
187,447,632	more or less the same.. Alcohol, stress, normal food, fruits	Thursday, Nov 16th 2:10PM
187,447,628	I have no idea. still learning. I'm always not well. unless on steroids then I'm little functional	Thursday, Nov 16th 2:11PM
187,447,391	Stress, packaged and processed foods, alcohol, caffeine, fried foods, gluten.	Thursday, Nov 16th 2:07PM
187,447,367	I am having a flare up now. This time I went far too long between meals without eating; repeatedly. They say no hurry, no worry, no curry if you want to help yourself but lately I've had all three. I've learned from painful experience that I need small regular meals..missing meals or going 6 hours before eating something is a definite no no.	Thursday, Nov 16th 1:53PM
187,447,289	Stress is an underlying factor but usually something occurs that sets it off. ie, tummy bug	Thursday, Nov 16th 2:06PM
187,447,225	I think it is food related.	Thursday, Nov 16th 2:07PM
187,447,110	Stress. Maybe food	Thursday, Nov 16th 2:05PM
187,446,867	My latest flare was caused by a lapse in my Humana meds.	Thursday, Nov 16th 1:59PM
187,446,785	Stress, certain foods, definitely getting sick, going on any trips that mess with my internal clock.	Thursday, Nov 16th 1:56PM
187,446,724	Stress, was not on the right medication at the time, I think asacol worsened my symptoms. Also had IBS.	Thursday, Nov 16th 1:59PM
187,446,588	Seems to be different things - no obvious pattern that I can detect	Thursday, Nov 16th 1:58PM
187,446,386	I HAVE COLITIS NOT UC. My flare ups, and the original cause is down to my auto immune system. I have experimented on myself, and now have no problem with flare ups, why? because I am sure my condition was caused by a series of treatments where three different anti-biotics were used, killing my gut flora. Repair begins with that realization, then stage two, involves ditching all medication, and suffering, then drinking sources of butyric acid, my preference is goats milk, then adding tumeric, and black pepper, in a small drink. Stage three is to eat capsules of garden soil for one week, then assess the result, stage four is to drink sea water, three times a day for a week, then assess the result, stage four is to drink unpasteurised goats milk every day for a week. The last stage is to procure a fecal implant, to replenish the last group of bacteria, that cannot be imbibed, or eaten, because they are oxygen sensitive (F Prausnitz) I reckon I will be cured in Jan/Feb next year.	Thursday, Nov 16th 1:43PM
187,446,348	Stress. Sometimes eating eggs. Usually stress	Thursday, Nov 16th 1:51PM
187,446,335	Stress	Thursday, Nov 16th 1:48PM
187,446,283	Don't know	Thursday, Nov 16th 1:54PM

187,446,189	Different things; stress, diet	Thursday, Nov 16th 1:52PM
187,446,181	No flares, not applicable. However, I have developed another systemic autoimmune condition, not yet diagnosed, ?GCA, within less than a year of being diagnosed with UC.	Thursday, Nov 16th 1:52PM
187,446,120	Gluten Alcohol Lifestyle Stress	Thursday, Nov 16th 1:50PM
187,446,106	Wa triggered by my ulcers.	Thursday, Nov 16th 1:51PM
187,446,008	Different things, stress doesn't help but sometimes get a flare for no obvious reason	Thursday, Nov 16th 1:48PM
187,445,764	Change of medicines, certain foods and stress	Thursday, Nov 16th 1:30PM
187,445,695	Stress, diet, antibiotic use.	Thursday, Nov 16th 1:44PM
187,445,614	Lack of sunshine and stress	Thursday, Nov 16th 1:44PM
187,445,473	Foods containing sugars, including grains and some dairy. Maybe stress	Thursday, Nov 16th 1:34PM
187,445,465	I'm not sure. Most flares have started during stressful periods of my life, but then some have just occurred randomly. I've been in remission for almost 2 years now and have had a lot of stress, but thankfully remained flare-free.	Thursday, Nov 16th 1:29PM
187,445,276	Unknown	Thursday, Nov 16th 1:37PM
187,445,258	Stress, alcohol, dairy	Thursday, Nov 16th 1:35PM
187,445,168	Not always the same thing. But I do get a flare in the fall when the season changes it's a guarantee!	Thursday, Nov 16th 1:34PM
187,445,115	I don't know	Thursday, Nov 16th 1:36PM
187,445,063	Stress, some food changes	Thursday, Nov 16th 1:32PM
187,445,048	Stress. Time of year.	Thursday, Nov 16th 1:34PM
187,444,917	Mostly due to worries and tension particularly for those for which certain solutions are not visible.	Thursday, Nov 16th 1:25PM
187,444,875	Currently in first flare since June 2016. For now I feel stress is root cause.	Thursday, Nov 16th 1:32PM
187,444,759	Seasonal allergies, stress	Thursday, Nov 16th 1:26PM
187,444,719	I think it's mainly stress	Thursday, Nov 16th 1:30PM
187,444,690	Seems to vary. Mostly seems stress or travel is biggest culprit	Thursday, Nov 16th 1:28PM
187,444,656	Different things	Thursday, Nov 16th 1:28PM
187,444,633	Time of year normally Autumn, or January is when my symptoms get worse or I flare. Don't really know what triggers a flare	Thursday, Nov 16th 1:20PM

187,444,608	I don't know. Different things.	Thursday, Nov 16th 1:28PM
187,444,497	I think that they're mostly triggered by stress. That is certainly true for the two most recent flares	Thursday, Nov 16th 1:23PM
187,444,438	I suspect some foods, I used to drink a lot of V8 Juice and went into remission after stopping it	Thursday, Nov 16th 1:24PM
187,444,325	I am not completely sure, but maybe stress and hormone changes.	Thursday, Nov 16th 1:23PM
187,444,293	99% stress	Thursday, Nov 16th 1:22PM
187,444,232	Corn (also an allergy), stress, NSAIDS.	Thursday, Nov 16th 1:18PM
187,444,120	Hard to tell. Diet, stress, exercise, physical exertion all seem to play a roll	Thursday, Nov 16th 1:18PM
187,443,988	Forgetting to take medication consistently, stress, stomach virus	Thursday, Nov 16th 1:19PM
187,443,911	I made too many dietary changes at the same time, so I don't know which change triggered the disease. It's been in remission for five years until now. I added pumpnickel bread, a pasteurized Kirkland greens drink made in Turkey, soft-boiled eggs, kombucha beverage, lemon juice, sprouted seeds, and a Chinese herb or two. And now my ulcerative proctitis is out of remission.	Thursday, Nov 16th 1:13PM
187,443,503	Different. Red wine?	Thursday, Nov 16th 1:14PM
187,443,401	Stress mainly but sometimes some foods	Thursday, Nov 16th 1:09PM
187,443,396	Not sure.	Thursday, Nov 16th 1:14PM
187,443,395	Stress, antibiotics, too much sugar	Thursday, Nov 16th 1:14PM
187,443,321	Stress! I also am not sure if my meds were strong enough at the time of my first flare after my very first period of remission. I got 3 months of remission before I flared. I wonder if, while increased stress really pushed it, it was inevitable anyway.	Thursday, Nov 16th 1:11PM
187,443,289	I'm not sure, one thing may trigger a flare today, but next week it could be something entirely different.	Thursday, Nov 16th 1:07PM
187,443,287	Stress and the typical ebb n flow if the disease.	Thursday, Nov 16th 1:10PM
187,443,277	For every flare since diagnosis nothing has been consistent. At first it was thought to be season/weather change. Then it was thought to be the apartment I was living in during college. But I have not been able to correlate it with any one specific thing, every time something different seems to set off my flare symptoms.	Thursday, Nov 16th 1:05PM
187,443,191	Stress	Thursday, Nov 16th 12:39PM
187,443,132	Never could pinpoint any trigger	Thursday, Nov 16th 1:07PM
187,443,112	I think food triggers a flare. I am on a low sugar/low carb diet and haven't been this "regular" in years - total remission. I also think stress triggers a flare. I have made a conscious effort to minimize stress, and I think that has contributed to my remission. I find myself "not feeling well" in general after a stressful occurrence, and that causes me to worry about a flare. I have done hypnosis specifically for Crohns/IBS/UC and that seems to have had a very positive affect.	Thursday, Nov 16th 1:05PM
187,443,088	Stress	Thursday, Nov 16th

187,442,988	Stress	1:10PM
187,442,973	I dont know what triggers a flare (bleeding)	Thursday, Nov 16th 1:09PM
187,442,908	Seasonal, hormones	Thursday, Nov 16th 12:53PM
187,442,904	My eating habits	Thursday, Nov 16th 1:06PM
187,442,900	Can't identify triggers--but I never can eat spicy foods anymore.	Thursday, Nov 16th 1:07PM
187,442,840	Different Mostly stress	Thursday, Nov 16th 1:08PM
187,442,822	Stress	Thursday, Nov 16th 1:07PM
187,442,808	Stress, grains, sugar, too much fruit, starchy veggies	Thursday, Nov 16th 1:05PM
187,442,676	Stress Poor sleep patterns Lack of sleep Stomach virus	Thursday, Nov 16th 12:55PM
187,442,622	I believe that it is prednisone dependent. When I'm weened off the flare starts about 2-3 weeks later. E	Thursday, Nov 16th 1:04PM
187,442,576	Food	Thursday, Nov 16th 1:05PM
187,442,470	I'm not really sure, but I think stress is a trigger. And sometimes my medication just wont be controlling it well enough	Thursday, Nov 16th 1:03PM
187,442,430	Usually an extreme stress and/or a miss dose of my Humira weekly dose	Thursday, Nov 16th 12:51PM
187,442,234	Can never pin it down to one cause	Thursday, Nov 16th 1:01PM
187,442,158	Stress, certain types of food and alcohol	Thursday, Nov 16th 12:56PM
187,442,157	Anxiety and stress seem to trigger then it doesn't come under control.	Thursday, Nov 16th 1:00PM
187,442,126	Run down, exhaustion, lack of sleep, viruses, maybe.	Thursday, Nov 16th 12:55PM
187,441,904	Haven't had a true flare in a very long time. But the "wrong" food will bring on bad cramping, nausea, urgency and diarrhea, which may last anywhere from one day to a few days.	Thursday, Nov 16th 12:46PM
187,441,800	red meat, stress and anxiety	Thursday, Nov 16th 12:56PM
187,441,659	It's a combination for me. Stress definitely plays a big role, but I've noticed that sleep has a lot to do with it too. If I'm not consistently getting enough sleep (8 hours most nights), I can feel a flare coming on. Any time I fly, I believe the altitude can trigger inflammation. Seasonal changes may play a part too.	Thursday, Nov 16th 12:42PM
187,441,548	Different things-dairy, cabbage, stress	Thursday, Nov 16th 12:47PM
187,441,513	Stress in the main trigger. Eating some foods, but those flare ups are short in length	Thursday, Nov 16th 12:52PM
187,441,426	Stress and winter weather	Thursday, Nov 16th

187,441,430	Stress and winter weather	12:46PM
187,441,140	Stress mainly, Spicy Food. Drinking to much Coffee.	Thursday, Nov 16th 12:44PM
187,441,128	Differant things. Extreme stress, virus, cold, flu, sudden extreme temperature changes (especially heat waves), injury like a sprained ankle, vinegar based salad dressings, eating to much of certain foods (lettuce based salad, dairy, fatty foods).	Thursday, Nov 16th 12:24PM
187,441,064	I have been in an active flare that has progressively gotten worse from May 2012 through present day. I have been on several biologics and have either been allergic to them or built antibodies to them.	Thursday, Nov 16th 12:36PM
187,440,860	Stress	Thursday, Nov 16th 12:42PM
187,440,827	Cheating on the Specific Carbohydrate diet.	Thursday, Nov 16th 12:40PM
187,440,785	There are different triggers, Sugar overload, candy, gluten in excess too much alcohol.	Thursday, Nov 16th 12:37PM
187,440,777	Stress BIG TIME. Certain foods for sure. A lack of sleep. PMS. A change in my medication - recently, Lialda's generic became available and my body did not like that change.	Thursday, Nov 16th 12:42PM
187,440,749	Pienso Estrés principalmente y falta del medicamento	Thursday, Nov 16th 12:36PM
187,440,663	periods of stress.	Thursday, Nov 16th 12:40PM
187,440,608	never got a great handle on the triggers- combo of foods, alcohol, stress	Thursday, Nov 16th 12:38PM
187,440,566	stress, alcohol , foods with sugar, post surgery or illness	Thursday, Nov 16th 12:37PM
187,440,397	Stress	Thursday, Nov 16th 12:37PM
187,440,391	Monsoon Antibiotics	Thursday, Nov 16th 12:23PM
187,440,332	Stress	Thursday, Nov 16th 12:33PM
187,440,254	Stress and foods that are difficult to digest	Thursday, Nov 16th 12:33PM
187,440,234	Gluten and stress	Thursday, Nov 16th 12:32PM
187,440,175	different kinds of food	Thursday, Nov 16th 12:34PM
187,440,170	Unsure. Ive only experienced 2 flares in 20 Years. Stress and stopping smoking are the only real memorable things associated with the flares	Thursday, Nov 16th 12:20PM
187,439,971	Alcohol and some vitamin deficiency	Thursday, Nov 16th 12:29PM
187,439,912	Diet, traveling	Thursday, Nov 16th 12:30PM
187,439,782	I'm not sure	Thursday, Nov 16th 12:28PM
187,439,761	No clue	Thursday, Nov 16th 12:29PM

187,439,641	stress and something I ate that I shouldn't have	Thursday, Nov 16th 12:24PM
187,439,625	unfortunately alcohol and sugar lead to flares as well as not getting proper sleep, being over tired or stressed.	Thursday, Nov 16th 12:24PM
187,439,486	eating meat, dairy or eggs will cause a flare. Also stress.	Thursday, Nov 16th 12:22PM
187,439,471	Not sure as I've not had a flare since my diagnosis.	Thursday, Nov 16th 12:24PM
187,439,450	I am not sure and that is what makes this so difficult for my doctor to help me. Take my meds religiously and then something (food wise) that works for me triggers the flare.	Thursday, Nov 16th 12:00PM
187,439,342	For me it is stress, and also trying to get off Imuran because I don't want side effects and thought I was doing well enough that I might not need any meds...I was wrong. Stress can be either work/life related, but also once due to surgery...shoulder surgery, not related to colon at all.	Thursday, Nov 16th 12:20PM
187,439,293	STRESS is the biggest factor. Also, diet & coffee has a big part	Thursday, Nov 16th 12:17PM
187,439,269	Not sure	Thursday, Nov 16th 12:22PM
187,439,094	Stress	Thursday, Nov 16th 12:19PM
187,439,082	I have not been able to pinpoint it	Thursday, Nov 16th 12:15PM
187,438,983	Stress is one trigger. Sometimes if I am eating too many nuts and seeds I can feel irritation in my colon	Thursday, Nov 16th 12:17PM
187,438,802	I believe stree is my trigger.	Thursday, Nov 16th 12:13PM
187,438,755	nothing no food drinks stress	Thursday, Nov 16th 12:16PM
187,438,737	Stress is definitely my biggest trigger. The mental component has been huge for me. I've had really bad anticipatory anxiety especially while traveling or participating in activities that I love where I know there won't be a bathroom nearby, like backpacking, where I know I've had problems in the past. External factors like what I'm eating or what supplements I'm taking don't seem to correlate to flares at all.	Thursday, Nov 16th 10:55AM
187,438,717	Regardless of what I try, I'm never in remission. Three years symptomatic.	Thursday, Nov 16th 12:14PM
187,438,696	Haven't been able to nail it down for sure but a lot of times it's after eating a big dessert	Thursday, Nov 16th 12:14PM
187,438,529	Different things, a course of antibiotics, stress, change of weather autumn to winter	Thursday, Nov 16th 12:10PM
187,438,376	Don't know	Thursday, Nov 16th 12:07PM
187,438,338	Stressful situations, sometimes my UC realises I'm stressed before I do!	Thursday, Nov 16th 12:01PM
187,438,336	Not sure what causes it, but sometimes its spicy food or too much green leafy veg.	Thursday, Nov 16th 11:59AM
187,438,315	Stress	Thursday, Nov 16th 12:09PM
187,438,100	Stress Coffee Spicy Foods Green peppers	Thursday, Nov 16th



187,436,100	During coffee, spicy foods, green peppers.	12:01PM
187,438,089	Last couple of years it's been the time of year. Late winter early spring. As far as I can tell.	Thursday, Nov 16th 12:00PM
187,438,069	Don't have a good fix on why I have flares, I see no real pattern. All of the following or a combination of them have been present in my flare experience: 1. Tinkering with meds and dosage 2. Foods -get familiar with what foods give you gastro distress and avoid them 3. Pay attention to the stress in your life, don't over exert psychologically 4. Get some rest, be rested and relaxed 4. Avoid over exertion physically	Thursday, Nov 16th 11:31AM
187,438,058	Seasonal flare ups in the autumn when there's not so much sun. Stress, bad diet i.e too much sugar, dairy and wheat.	Thursday, Nov 16th 12:02PM
187,438,031	Diet and streaa	Thursday, Nov 16th 12:05PM
187,438,026	Missed medication dose 3 days straight	Thursday, Nov 16th 12:04PM
187,437,984	Different things	Thursday, Nov 16th 11:56AM
187,437,981	I only had one flare up and I'm not quite sure what triggered it but I'm in remission for 3 years now. Had a Colonoscopy and Gastroscopy and biopsies were taken about a week ago and waiting for results. Dr said I have a hump in my colon. I don't know what it means. Thanks	Thursday, Nov 16th 11:54AM
187,437,979	Have no idea anymore. Thought it was food but have ruled this out.	Thursday, Nov 16th 12:04PM
187,437,772	Stress and emotions	Thursday, Nov 16th 12:03PM
187,437,749	Diet, stress, alcohol then others no reason.	Thursday, Nov 16th 12:00PM
187,437,687	Not taking enough medications. If I stop taking my medication then I get a flare.	Thursday, Nov 16th 11:50AM
187,437,635	Red wine, stress, constipation	Thursday, Nov 16th 11:59AM
187,437,618	Stress is definitely a main factor. I also seem to always experience a flare in the fall months. Every year for the last 8 years. Are seasonal flares a thing?	Thursday, Nov 16th 11:57AM
187,437,590	i have only one flare in 22 years. Im not sure what triggered it.	Thursday, Nov 16th 11:58AM
187,437,565	Food and lack of medicine. Biggest triggers are red meat.	Thursday, Nov 16th 10:59AM
187,437,473	ibprophen, travel, general stress not so sure really	Thursday, Nov 16th 11:57AM
187,437,460	Change of medication prescribed wrong antibiotics	Thursday, Nov 16th 11:57AM
187,437,425	Stress, certain antibiotics	Thursday, Nov 16th 11:57AM
187,437,392	Seems to be after/during high stress period; my doctor thinks has no effect	Thursday, Nov 16th 11:50AM
187,437,373	Stress	Thursday, Nov 16th 11:49AM
187,437,351	stress, dairy	Thursday, Nov 16th 11:56AM

187,437,346	Forgetting to take my meds (Lialda)	Thursday, Nov 16th 11:55AM
187,437,243	I do not know. Sometimes I believe it is something I have eaten, but the flare will occur many hours later or even the next day.	Thursday, Nov 16th 11:51AM
187,437,206	EVERYDAY STRESS. DIFFERANT THINGS KINDA HAVE TO TEST SEE WHAT TRIGGERS. AND WHAT DONT CAUSE FLAREUPS.	Thursday, Nov 16th 11:47AM
187,437,190	Maybe I ate something wrong or my stress is to high.	Thursday, Nov 16th 11:53AM
187,437,166	Not sure	Thursday, Nov 16th 11:53AM
187,437,119	Sometimes not taking my Lialda Too much gluten and junk food	Thursday, Nov 16th 11:48AM
187,437,117	I think food triggers it.	Thursday, Nov 16th 11:51AM
187,437,093	Stress and poor rest/sleep	Thursday, Nov 16th 11:50AM
187,437,034	<p>1) being physically tired - afterall I am 70 in three days</p> <p>2) Being stressed - this past year I moved to another state and even with the expected issues of moving, I basically packed and loaded, took to storage unloaded and stacked, found place to live loaded and moved two hour trip - numerous trips made with just boxes full. then rented and loaded a 28 ' Uhaul - when I got to new home I had to hire someone to unload (actually two guys) cause I was whipped from loading the truck in 100 degree weather.</p> <p>I find that stress and or anxiety especially when together will start a flare.</p> <p>3) If I have the wrong things to eat then it exacerbates the situation even more.</p>	Thursday, Nov 16th 11:32AM
187,437,010	I think the cold trigger my symptoms because I have a balanced diet.	Thursday, Nov 16th 11:48AM
187,436,965	Stress	Thursday, Nov 16th 11:50AM
187,436,889	Stress is my Number 1 trigger. Followed, I believe, by eating too much gluten.	Thursday, Nov 16th 11:43AM
187,436,842	Usually, some form of stress, or over doing it for awhile	Thursday, Nov 16th 11:46AM
187,436,821	Don't know as you know doctors may contribute many factors.	Thursday, Nov 16th 11:42AM
187,436,818	Stress, eating chocolate, eating wheat and soy, too much sugar	Thursday, Nov 16th 11:47AM
187,436,812	No idea	Thursday, Nov 16th 11:40AM
187,436,686	Don't know	Thursday, Nov 16th 11:43AM
187,436,672	I think the 2 big triggers are Stress and Diet. I believe those two factors are what led me to get UC.	Thursday, Nov 16th 10:58AM
187,436,628	Different things. Only wish I knew. Stress doesn't help, but can't for sure say it causes a flare.	Thursday, Nov 16th 11:45AM
187,436,627	Stress and sometimes a combination with hormonal cycles	Thursday, Nov 16th 11:41AM
187,436,555	Stress -- work or financial. Spicy food (red pepper)	Thursday, Nov 16th

187,436,503	spicy food (red pepper). Acidic food (such as tart fruit rich in citric acid).	11:42AM
187,436,518	Stress/food stuffs/annual flare at same time of year	Thursday, Nov 16th 11:42AM
187,436,514	Never been able to pin down an exact cause. I have think some foods may contribute and possibly stress but I've not been able to definitely say exactly what causes them.	Thursday, Nov 16th 11:10AM
187,436,493	Eating certain types of food. Onions. Stress is a big one I can feel the pain starting....flare begins	Thursday, Nov 16th 11:41AM
187,436,492	Sinus infection from fall allergies (1st one in 4 yrs...) Stress..physical and emotional Eating for comfort or eating very little	Thursday, Nov 16th 11:25AM
187,436,480	Eating the wrong food + increase in stress levels.The	Thursday, Nov 16th 11:27AM
187,436,477	Mostly same but scare to try new things	Thursday, Nov 16th 11:41AM
187,436,461	Certain foods can trigger Ii in my case if a smoke less than x4 ciggarettes a day.	Thursday, Nov 16th 11:41AM
187,436,458	Not drinking meds	Thursday, Nov 16th 11:42AM
187,436,440	stress, something Im eating perhaps, but not sure what, and sometimes I think that's where my body gets sick when I get any type of cold, flu or infection	Thursday, Nov 16th 11:41AM
187,436,437	Stress , beer	Thursday, Nov 16th 11:43AM
187,436,418	Stress at work.	Thursday, Nov 16th 11:41AM
187,436,299	Very random, but sometime extreme stress or weight gain	Thursday, Nov 16th 11:38AM
187,436,283	Unable to find d real cause	Thursday, Nov 16th 11:36AM
187,436,282	Stress definitely and one time a certain medication	Thursday, Nov 16th 11:32AM
187,436,258	Different things	Thursday, Nov 16th 11:38AM
187,436,199	Stress	Thursday, Nov 16th 11:37AM
187,436,100	Stress Certain foods	Thursday, Nov 16th 11:29AM
187,435,989	Haven't been able to pin down specific triggers yet.	Thursday, Nov 16th 10:39AM
187,435,906	Have not identified the triggers for sure but maybe an excess of bean fibre and insufficient fluids.	Thursday, Nov 16th 11:27AM
187,435,874	Not really sure. I know eating too much sugar can do it. Stress is a contributor. I also flared after each pregnancy.	Thursday, Nov 16th 11:33AM
187,435,868	Any thing can lead to flareup, even change in geography	Thursday, Nov 16th 11:31AM
187,435,782	Not really sure but it could be excessive alcohol.	Thursday, Nov 16th 11:32AM

187,435,724	Anxiety and some food? Still hard to figure out 2 years later. I know for sure : spicy food and alcohol. The rest are mostly theoretical.	Thursday, Nov 16th 11:26AM
187,435,690	As long as the Humira works, no UC flares.	Thursday, Nov 16th 11:31AM
187,435,656	No idea	Thursday, Nov 16th 11:30AM
187,435,591	Stress	Thursday, Nov 16th 11:25AM
187,435,563	Stress	Thursday, Nov 16th 11:27AM
187,435,539	Not sure	Thursday, Nov 16th 11:31AM
187,435,400	Dont know, cant get into remission	Thursday, Nov 16th 11:29AM
187,435,335	Stress, not enough sleep, improper diet	Thursday, Nov 16th 11:27AM
187,435,326	mental state - STRESS, anxiety, insomnia food - dairy, junk food, food with bacteria (we eat crabs in my country along with their guts, and this has flared me up in the past) certain supplements - candida supplements triggered a major flare for me	Thursday, Nov 16th 11:19AM
187,435,316	Stress/travel/change in schedule/weather	Thursday, Nov 16th 11:27AM
187,435,315	Stress, certain foods Blood	Thursday, Nov 16th 11:24AM
187,435,310	My immune system being down. Could be because of virus or simply stress/being wore down.	Thursday, Nov 16th 11:10AM
187,435,309	Dairy, meat, alcohol, caffeine and stress	Thursday, Nov 16th 11:27AM
187,435,259	Emotions, constipation, hemmrhoids, processed foods, inflammatory oils	Thursday, Nov 16th 11:21AM
187,435,250	Amoebiasis	Thursday, Nov 16th 11:26AM
187,435,243	Stress, dairy, gluten and alcohol	Thursday, Nov 16th 11:25AM
187,435,236	Stress and lack of meds due to financial situation	Thursday, Nov 16th 11:26AM
187,435,229	Same time every year in the fall I have a flare. It may be due to stress at that time of the year.	Thursday, Nov 16th 11:23AM
187,435,193	Stress	Thursday, Nov 16th 11:20AM
187,435,186	Skipping medicine, eating a lot of nuts over the course of a few days	Thursday, Nov 16th 11:02AM
187,435,177	Food and stress	Thursday, Nov 16th 11:23AM
187,435,153	I have recently identified tomatoes as a major trigger	Thursday, Nov 16th 11:26AM

187,435,143	Stress, bad or a lot of the wrong food, excessive high intensity training	Thursday, Nov 16th 10:44AM
187,435,085	bad food choices, anxiety, becoming immune to meds, lack of sleep, stress	Thursday, Nov 16th 11:08AM
187,435,084	Stress	Thursday, Nov 16th 11:25AM
187,435,046	Stress, food	Thursday, Nov 16th 11:22AM
187,435,032	Stress mainly	Thursday, Nov 16th 11:23AM
187,435,028	Stress and certain foods	Thursday, Nov 16th 11:24AM
187,435,026	I have not quite figured this out yet and would appreciate any help, stressful periods are triggers, I have been working on various foods and trying to figure things out	Thursday, Nov 16th 11:23AM
187,434,958	Not taking medication?	Thursday, Nov 16th 11:24AM
187,434,949	Diet & stress	Thursday, Nov 16th 11:22AM
187,434,915	Changing of the seasons, rich and creamy sauces, shell food.	Thursday, Nov 16th 10:59AM
187,434,913	Nothing that I can pin point	Thursday, Nov 16th 11:22AM
187,434,881	STRESS FOOD-fats meat roughage and more STRESS	Thursday, Nov 16th 11:18AM
187,434,851	Stress and food. I am still trying to narrow down which foods	Thursday, Nov 16th 11:21AM
187,434,838	Different things	Thursday, Nov 16th 11:21AM
187,434,760	Colds, allergies, fevers, stress, puberty , strep	Thursday, Nov 16th 11:16AM
187,434,753	Stress or maybe diet	Thursday, Nov 16th 11:19AM
187,434,716	Not sure	Thursday, Nov 16th 11:20AM
187,434,714	<ol style="list-style-type: none"> <li>1. Excess drinks .</li> <li>2. Spicy food.</li> <li>3. Gas forming food.</li> <li>4. Stress.</li> </ol>	Thursday, Nov 16th 11:17AM
187,434,696	<p>different things of course</p> <ul style="list-style-type: none"> <li>- how I handle stressful events</li> <li>- gluten</li> <li>- parasites</li> <li>- infection</li> <li>- bad foods(ie not safe - our refrigerator was only warm for a few days and I still ate food from there, dumb)</li> </ul>	Thursday, Nov 16th 11:19AM
187,434,684	Main trigger is stress.	Thursday, Nov 16th 11:10AM
187,434,679	Stress, too much sugar, spicy foods, pore sleeping routines, excessive physical exercise, solar flares (ok, not really)	Thursday, Nov 16th 11:14AM

Thursday, Nov 16th

187,434,650	Stress, certain foods	Thursday, Nov 16th 11:18AM
187,434,631	Stress	Thursday, Nov 16th 11:13AM
187,434,630	When I am overwhelmed with life or something is bothering me tremendously	Thursday, Nov 16th 11:18AM
187,434,561	Certain foods but not the same thing every time	Thursday, Nov 16th 11:18AM
187,434,541	Stress, dairy, horizons changes especially during the course of pregnancy and post partum. Certain sugary foods or fatty and spicy foods.	Thursday, Nov 16th 11:15AM
187,434,539	Stress, birth	Thursday, Nov 16th 11:17AM
187,434,496	It's been 18 months since diagnosis and was one continuous flare ...colon removed 11/1/17... out of options, entyvio remicaide did not work, got sicker and sicker, colonoscopy in September showed worsening of ulcers resulting I. The decision to remove the colon.	Thursday, Nov 16th 11:18AM
187,434,492	stress and busy schedules	Thursday, Nov 16th 11:15AM
187,434,438	antibiotics, stress, hormones	Thursday, Nov 16th 11:17AM
187,434,420	different things	Thursday, Nov 16th 11:17AM
187,434,418	Stress, alcohol, sugar, wheat, processed foods	Thursday, Nov 16th 11:13AM
187,434,351	Spicy foods, dairy, stress	Thursday, Nov 16th 11:12AM
187,434,330	Diet	Thursday, Nov 16th 11:15AM
187,434,299	Unpredictable	Thursday, Nov 16th 10:40AM
187,434,282	Diet - sugar and carbs.	Thursday, Nov 16th 11:10AM
187,434,264	Stress and the change in season to fall/winter.	Thursday, Nov 16th 11:10AM
187,434,252	Not sure yet.	Thursday, Nov 16th 11:04AM
187,434,169	I have not a clue. I've kept a food diary and it doesn't seem to be food.	Thursday, Nov 16th 10:59AM
187,434,165	Stress, mostly	Thursday, Nov 16th 11:12AM
187,434,156	Different	Thursday, Nov 16th 11:08AM
187,434,101	Stress	Thursday, Nov 16th 11:11AM
187,434,100	I strongly believe that stress is my trigger.	Thursday, Nov 16th 10:57AM
187,434,080	stress	Thursday, Nov 16th 11:11AM
187,434,070		Thursday, Nov 16th 10:55AM

187,434,079	Spicy or very greasy food. Alwayyys	TU:55AM
187,434,053	Stress!	Thursday, Nov 16th 11:07AM
187,434,050	Stress mostly but sometimes there is no reason	Thursday, Nov 16th 11:10AM
187,434,038	Ingredients in food such as emulsifiers, additives and other things I cannot see	Thursday, Nov 16th 11:09AM
187,433,983	Not sure but every October or November since diagnosed (2006) I have a very bad flare!	Thursday, Nov 16th 11:06AM
187,433,939	No idea!	Thursday, Nov 16th 11:09AM
187,433,927	For me it was the stress of losing my father to Cancer.	Thursday, Nov 16th 11:03AM
187,433,879	Stress and too much fiber	Thursday, Nov 16th 11:07AM
187,433,855	I never could pin it down to what triggered mine.	Thursday, Nov 16th 11:07AM
187,433,761	Different food consumption. Stress.	Thursday, Nov 16th 11:07AM
187,433,704	Stopping smoking after 40 years and anxiety	Thursday, Nov 16th 11:05AM
187,433,688	Stress is a major factor in my flares, also Raw vefies... and most cooked vegies	Thursday, Nov 16th 11:00AM
187,433,677	Different things	Thursday, Nov 16th 11:01AM
187,433,629	Psychology factors	Thursday, Nov 16th 11:02AM
187,433,624	Not sure, only had 1 flare up since being diagnosed.	Thursday, Nov 16th 11:00AM
187,433,608	Illness /virus Serious stress but not even sure	Thursday, Nov 16th 11:04AM
187,433,597	Prolonged use of Antibiotics and stress	Thursday, Nov 16th 11:04AM
187,433,589	Heavy drinking Alcohol Stress Winter time Eating out too much	Thursday, Nov 16th 11:01AM
187,433,532	Extreme Anxiety, major stress, and too much sugar.	Thursday, Nov 16th 11:01AM
187,433,526	It's pretty much always stress, very rarely some type of food.	Thursday, Nov 16th 11:03AM
187,433,525	Alcohol	Thursday, Nov 16th 11:03AM
187,433,515	no clue. but maybe sugar?	Thursday, Nov 16th 10:45AM
187,433,478	Seems to be lots of stress. Not certain though.	Thursday, Nov 16th 11:02AM
187,433,464	Not sure what causes the flare but when steroids are stopped or reduced to 25 mg from 40 can seem to come back	Thursday, Nov 16th

187,433,447	Not sure what causes the flare but when steroids are stopped or reduced to 25 mg from 40 can seem to come back	10:50AM
187,433,457	Improper eating mostly, not enough sleep	Thursday, Nov 16th 10:58AM
187,433,456	Beer, Spicy foods, a lot of wheat, too many processed foods	Thursday, Nov 16th 11:00AM
187,433,450	Seems to be a combination of diet, stress and environmental (allergies)	Thursday, Nov 16th 10:50AM
187,433,433	Not sure exactly, but it's probably any of the following: Stress Accumulation of poor sleep Haven't been eating well	Thursday, Nov 16th 10:56AM
187,433,413	1. Times during the year. Example I always have flare in summer June-July and again another one during Nov-Dec. 2. Stress 3. Unknown	Thursday, Nov 16th 10:58AM
187,433,381	Nothing specific	Thursday, Nov 16th 11:01AM
187,433,300	Eggs, leafy vegetables Stress	Thursday, Nov 16th 10:53AM
187,433,281	stress, certain foods	Thursday, Nov 16th 11:01AM
187,433,269	Stress and diet	Thursday, Nov 16th 10:57AM
187,433,232	No idea what triggers it	Thursday, Nov 16th 10:58AM
187,433,201	My worst flare was coming down off Prednisone. I stopped it too quickly, then fired my GI Dr. I then found a cure for UC and living a normal life.	Thursday, Nov 16th 10:52AM
187,433,195	Tough to say, because I've been flaring to one extent or another for the past 10-11 months despite multiple meds and diet changes after a few months of relief before that. Best guesses are: Stress Other physical problems (ex- something like a cold)	Thursday, Nov 16th 10:40AM
187,433,181	Unsure. Perhaps being overtired and stressed has been present for each flare (3 or 4, so far).	Thursday, Nov 16th 10:52AM
187,433,166	Stress.	Thursday, Nov 16th 10:58AM
187,433,155	Stress Reduction of script - Imuran from 150 to 100	Thursday, Nov 16th 10:55AM
187,433,153	Stress - lack of sleep - foods.	Thursday, Nov 16th 10:54AM
187,433,144	STRESS	Thursday, Nov 16th 10:53AM
187,433,130	Stress always triggers it. I can always tell that I'm going to have a flare because my stress sits in my gut which then turns into a flare up. That for me is the NUMBER ONE trigger.	Thursday, Nov 16th 10:37AM
187,433,054	Constipation. and too much fried foods	Thursday, Nov 16th 10:57AM
187,433,051	I was diagnosed with UC in 1991. I still have no idea what causes my flares. I can only speculate that it may be a result of life stressors.	Thursday, Nov 16th 10:54AM



187,433,029	Taking Ibuprofen ... biggest regret, the flare has not stopped its been 3 years	Thursday, Nov 16th 10:53AM
187,432,967	Sometimes I have no idea, it just happens. Other times, I attribute it to a holiday or some other festive celebration at which I ate and drank things I normally don't that have been known to upset the balance. Stress and lack of sleep seems to be another.	Thursday, Nov 16th 10:47AM
187,432,950	Stress, illness and environment.	Thursday, Nov 16th 10:44AM
187,432,943	For me, it has been very mysterious and no apparent pattern for why I have flares start or persist. Given the lack of obvious or logical pattern, I think there could possibly an unconscious component (perhaps some unconscious anxiety or fear is being stimulated at the time) in triggering the flares.	Thursday, Nov 16th 10:47AM
187,432,939	Stress, drinking alcohol, eating junk food.	Thursday, Nov 16th 10:51AM
187,432,892	Not sure. All I can say for certain that if I don't take medicine, I have a flare.	Thursday, Nov 16th 10:54AM
187,432,827	I think stress more than anything else.	Thursday, Nov 16th 10:51AM
187,432,823	Deep fried foods, alcohol, spicy food and carbonated drinks. Stress also.	Thursday, Nov 16th 10:53AM
187,432,820	Stress will always trigger a flare but sometimes they come without any triggers at all (that I can tell).	Thursday, Nov 16th 10:49AM
187,432,798	Not taking my LDN (low dose naltrexone).	Thursday, Nov 16th 10:52AM
187,432,797	Stress, my worst flares have coincided with labor and delivery of my two children.	Thursday, Nov 16th 10:50AM
187,432,770	Stress	Thursday, Nov 16th 10:53AM
187,432,738	I believe it is when I eat badly over a long period of time (ie. eating unhealthy foods and drinking wine every night), and my stomach gets a build up of fat and feels big. That's when I'm prone to get a flare up.	Thursday, Nov 16th 10:41AM
187,432,729	I only have one flare so far. Could be some level of stress at work combined with getting off SCD diet.	Thursday, Nov 16th 10:51AM
187,432,692	Stress, eating chili or tomatoes.	Thursday, Nov 16th 10:49AM
187,432,688	Stress and more stress. Certain food sensitivities.	Thursday, Nov 16th 10:52AM
187,432,613	Actually it is my daughter who have it! Tried to pinpoint the cause but no luck!	Thursday, Nov 16th 10:49AM
187,432,587	Different things	Thursday, Nov 16th 10:50AM
187,432,582	Stress, extended travel	Thursday, Nov 16th 10:51AM
187,432,580	Only had one	Thursday, Nov 16th 10:49AM
187,432,578	Stress, excess coffee, and viral illness triggered my most recent flare.	Thursday, Nov 16th 10:50AM

My first flare was when I was diagnosed. It was triggered by a supplement that was high in ginkgo biloba (prescribed by

187,432,555	an audiologist). Within days of starting the supplement, I became deathly sick, but when I quit the supplement the flare continued and got worse. I was then diagnosed. This was about 6 months ago. Luckily, with diet and medicine I went into remission within 2 months.	Thursday, Nov 16th 10:46AM
187,432,490	The last thing that triggered a flare was Extra Strength Tylenol. I knew not to take Ibuprofen, but was always told Tylenol was ok. Well, I had strained my back stacking up boxes and items to keep them from flooding during Hurricane Harvey and began taking the ES Tylenol. I didn't give it a second thought, and about 5 days later, I was in the middle of a flare. The stress from the hurricane certainly contributed to my situation, for sure- (we got flooded out, and as of 11/16/17, we are still living elsewhere, while our home is being rebuilt). Other than that, I am doing ok, seem to feel better on days when I take turmeric, though. I stay away from beef, dairy and anything spicy- ALWAYS now.	Thursday, Nov 16th 10:39AM
187,432,489	In the past severe flares have begun following periods of extreme stress - final exams at university. But also I have had situations where I think a flare has come out of nowhere and I can't be sure to link it with anything.	Thursday, Nov 16th 10:39AM
187,432,487	Not sure. I tried avoid certain food thinking that was a trigger but symptoms coming back with not warning	Thursday, Nov 16th 10:46AM
187,432,467	Stress/anxiety	Thursday, Nov 16th 10:48AM
187,432,442	not sure. Changes in diet did not effect. Activity level was always very high.	Thursday, Nov 16th 10:47AM
187,432,428	Stress, lack of sleep, lack of rest and relaxation; eating foods not on SCD/IBD-AID, eating foods in a texture that I cannot digest (key is not only eating the right foods but blending them)	Thursday, Nov 16th 10:47AM
187,432,418	Stress, and seasoning additives such as MSG and soy sauce.	Thursday, Nov 16th 10:45AM
187,432,388	Still have yet to figure it out	Thursday, Nov 16th 10:48AM
187,432,383	Stress was a big trigger for me when I was first diagnosed. Have had only minor flares in the 15 years I've been on Imuran. However, experienced my worst flare ever in January of this year when my Imuran levels dropped and I likely picked up some intestinal virus in Europe that caused my system to go into overdrive.	Thursday, Nov 16th 10:44AM
187,432,377	Stress Hard physical activity Certain foods	Thursday, Nov 16th 10:47AM
187,432,360	Stress. Not all stress though. Antibiotics. But again not every time I take antibiotics. Strange.	Thursday, Nov 16th 10:45AM
187,432,351	Stress	Thursday, Nov 16th 10:47AM
187,432,331	sugar raw vegetables	Thursday, Nov 16th 10:47AM
187,432,297	Sometimes seems cyclical. Also stress is a major factor.	Thursday, Nov 16th 10:38AM
187,432,280	Stressful situations	Thursday, Nov 16th 10:43AM
187,432,247	Different things. It's hard to really know what causes the flare up.	Thursday, Nov 16th 10:44AM
187,432,208	Stress, physical exhaustion, sometimes foods like onions, high fiber, extra spicy..	Thursday, Nov 16th 10:42AM
187,432,204	Before I got on Remicade, I would randomly experience a few flares per year. It wasn't really any one food because I eat the same things now and have maintained remission. However, lots of carbs (pastas, bread, etc.) and spicy food definitely have an adverse effect on me and I will usually go to the bathroom more the next day, but after that I am fine.	Thursday, Nov 16th 10:42AM
187,432,100	Periods of high stress are a common theme. add in alcohol and less careful diet and I'll flare	Thursday, Nov 16th

187,432,190	Periods of high stress are a common theme- add in alcohol and less careful diet and I flare	10:44AM
187,432,135	stress	Thursday, Nov 16th 10:45AM
187,432,121	Stress and anxiety	Thursday, Nov 16th 10:43AM
187,432,065	wheat based foods worst....just cannot do them. Have cut down to seasonal mouthful of mince pie, etc as just not worth it.....last flare 18 months ago :) and medication free for 5+ years after doing SCD diet.....live on my variant of it now	Thursday, Nov 16th 10:38AM
187,432,051	Diet and anxiety	Thursday, Nov 16th 10:43AM
187,432,029	The cold is definitely one--I would flare every winter in Pennsylvania. Now I am in FL and I do a million times better. Antibiotic use seems to have an effect, as well as stress. If I am under avlot of stress for a prolonged period of time, I'll have a flare.	Thursday, Nov 16th 10:37AM
187,432,018	Stress for sure. Aside from stress it's different things and different foods.	Thursday, Nov 16th 10:40AM
187,432,015	maybe diet? Not positive..	Thursday, Nov 16th 10:42AM
187,432,008	High stress( death, breakup, etc)	Thursday, Nov 16th 10:43AM
187,431,985	Different things	Thursday, Nov 16th 10:42AM
187,431,966	stress, cheese, fizzy wine	Thursday, Nov 16th 10:38AM
187,431,954	When my schedule all of a sudden changes. When I am nervous about doing something.	Thursday, Nov 16th 10:41AM
187,431,950	Stress and taking antibiotics	Thursday, Nov 16th 10:37AM
187,431,942	Mostly the same things, stress and food	Thursday, Nov 16th 10:36AM
187,431,940	stress	Thursday, Nov 16th 10:42AM
187,431,938	No idea! It seems random!	Thursday, Nov 16th 10:42AM
187,431,935	Unknown but Diet seems to have an impact along with stress, poor health and lack of exercise	Thursday, Nov 16th 10:38AM
187,431,919	Stress, seasonal changes, food, other non-related sickness like colds or flu	Thursday, Nov 16th 10:37AM
187,431,872	Stress, salad	Thursday, Nov 16th 10:40AM
187,431,869	I'm not sure	Thursday, Nov 16th 10:40AM
187,431,851	eating too much gluten	Thursday, Nov 16th 10:40AM
187,431,816	Not sure	Thursday, Nov 16th 10:38AM
187,431,813	Stress	Thursday, Nov 16th 10:40AM
187,431,793	Less diagnosed but this is consistent with my previous IBS and being very sensitive to anything I eat but I'm not sure if it	Thursday, Nov 16th 10:38AM

187,431,763	I got diagnosed early this year with moderate UC and have never reached remission. I dont know what causes it. I suspect it is food and or stress but I am still unsure.	10:38AM
187,431,781	Stess Immune system Food	Thursday, Nov 16th 10:37AM
187,431,768	Change in bowel movement consistency. The start of low dull pain. Just nags a little bit.	Thursday, Nov 16th 10:38AM
187,431,751	Leafy vegetables	Thursday, Nov 16th 10:39AM
187,431,502	Alcohol	Thursday, Nov 16th 10:36AM
187,429,178	Taking antibiotics.	Thursday, Nov 16th 9:39AM
187,428,726	the same ...stomach ache & dhairia	Thursday, Nov 16th 9:58AM
187,424,794	Stress. Always.	Thursday, Nov 16th 9:13AM
187,424,659	Have not been able to figure out what caused it, it is my first since being diagnosed June of 2016.	Thursday, Nov 16th 9:12AM
187,424,095	Travel, stress, anxiety	Thursday, Nov 16th 9:04AM
187,423,813	Different things and often a combination: stress, lack of rest, hormones (pregnancy, breastfeeding), poor nutrition	Thursday, Nov 16th 8:54AM
187,423,395	Stress is a major trigger for me - Mostly work-related, when the pace and pressure I put on myself (sometimes without even knowing) become too much I've also had a couple medications that just didn't work well, so I flare up and need Prednisone (which ultimately led to removing my colon two weeks ago, and I'm doing well so far)	Thursday, Nov 16th 8:45AM
187,423,194	Chocolates other sweet things	Thursday, Nov 16th 8:48AM
187,421,914	Poor diet (too many carbs/sugars), stress	Thursday, Nov 16th 8:16AM
187,421,907	Stress and diet	Thursday, Nov 16th 8:20AM
187,421,531	Typically after antibiotics	Thursday, Nov 16th 8:11AM
187,421,405	Stress, wrong food and a compromised immune system	Thursday, Nov 16th 8:08AM
187,420,251	stress	Thursday, Nov 16th 7:45AM
187,419,847	Stress, artificial sweeteners, some foods	Thursday, Nov 16th 7:36AM
187,418,614	Alcohol, stress	Thursday, Nov 16th 7:03AM
187,418,425	I have no idea what triggers them	Thursday, Nov 16th 7:04AM
187,418,326	Stress, certain foods, lack of sleep	Thursday, Nov 16th 7:04AM

Thursday, Nov 16th

187,418,100	Stress, bad diet, not taking meds on schedule, antibiotics, and cdiff.	Thursday, Nov 16th 6:58AM
187,417,883	Fall, prescription drugs, of course stress and every month or so 4 or 5 days before I have my periods	Thursday, Nov 16th 6:53AM
187,414,211	No idea!	Thursday, Nov 16th 5:36AM
187,412,800	Antibiotics, poor eating	Thursday, Nov 16th 5:13AM
187,412,593	Diet predominantly. Coming off steroids too fast.	Thursday, Nov 16th 5:11AM
187,412,524	Same time of year, steak, candy.	Thursday, Nov 16th 5:08AM
187,410,876	Not sure still what triggers me	Thursday, Nov 16th 4:31AM
187,410,559	Stress definitely does but this one so bad just seems like health deterioration	Thursday, Nov 16th 4:24AM
187,409,817	*STRESS!!!!!!! *Vacation (I believe it's because I tend to be walking a crazy amount and veering away from my diet even slightly)	Thursday, Nov 16th 4:03AM
187,409,647	Alcohol Spicy foods	Thursday, Nov 16th 3:55AM
187,407,648	Stress, possibly. Interestingly, each of my flares has begun in Sept/Oct- unsure why	Thursday, Nov 16th 2:32AM
187,407,041	Coffee, not being strict On SCD and stress. Also seems to be seasonal...	Thursday, Nov 16th 2:04AM
187,406,941	My diagnosis occurred when I was 30, 16 years ago, symptoms, which I had never had before, started after I taught a week long class in another state, got severe laryngitis, and caught strep so badly I had to have a high powered antibiotic shot and two rounds of antibiotics. Started bleeding within 2 weeks of stopping antibiotics. I do have psoriasis also, since childhood, so am not stranger to autoimmune problems. My gut instinct is that the antibiotics somehow triggered the uc and that periods of high stress have contributed to flares. I have always been prone to anxiety.	Thursday, Nov 16th 1:39AM
187,406,796	When I've eaten something I shouldn't have.	Thursday, Nov 16th 1:53AM
187,406,753	Stress is a huge factor with mine. Not just emotional but physical as well. I was running on empty and it would set off a major flair.	Thursday, Nov 16th 1:49AM
187,406,742	I got a stomach bug which caused a major flare. Eating a lot of junk and not sticking to my regular diet always makes me think I'm close to a flare up but so far I've been able to turn it around by eating very bland and healthy for weeks after.	Thursday, Nov 16th 1:47AM
187,406,716	Stress, eating the wrong foods when I feel really hungry. Sugars, starches, acidic foods, too much red meat. Certain vegetables and fruits.	Thursday, Nov 16th 1:41AM
187,406,553	Different foods	Thursday, Nov 16th 1:42AM
187,406,549	Different things	Thursday, Nov 16th 1:39AM
187,406,516	Stress, trigger foods such as alcohol, eggs.	Thursday, Nov 16th 1:41AM
187,406,478	Stress, fried food usually trigger a flare 95%	Thursday, Nov 16th 1:35AM

