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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Treating Crohn's Disease With Nutritional Change

By "Sarah K. Jenkins"

It should be understood that Crohn's Disease can not be cured or treated with nutritional change.

Food intake or allergies also do not cause Crohn's Disease. However, after the disease is present, certain foods may aggravate the effects of Crohn's and may be eliminated to reduce side effects.

There is no special diet Crohn's sufferers should follow. For the most part, you should monitor your diet and the results of such on your body. One way of doing this is by utilizing a food diary in which you log such information. This way, you can keep track of any negative effects certain foods may have. Furthermore, the part of your intestine that is affected by Crohn's may determine how your body reacts to certain foods and these results may change as time goes by.

Certain diets are being advertised as being effective in treating Crohn's disease, such as "The Specific Carbohydrate Diet". However, diets that make such claims are only supported by testimonials and have no scientific support. This should be considered in the validity of the diet. However, certain claims of the diet may be accurate, such as reducing gas and bloating by eliminating hard to digest foods. It should be understood that while certain side effects of the disease may be reduced, it does not actually lessen inflammation or cure the disease.

However, there are certain factors that should be kept in mind in regards to Crohn's Disease and nutrition. One of which is malnutrition. Due to inadequate food intake, poor absorption, and a combination of diarrhea and vomiting, sufferers often do not have proper nutrient levels in their body. Therefore, special care should be taken to either take supplements or to maintain a proper diet. Also, dehydration is a very serious concern. Excessive diarrhea, as a result of the emptying of the intestines and inadequate absorption of liquids in the large intestines, may lead to dehydration which, in turn, can cause dysfunction of the kidneys or excessive weakness.

A possible treatment to aid in proper vitamin and mineral intake, nutritional support may be utilized. This is the use of a feeding tube through the stomach or small bowel to assure adequate nutrition.

New research is being done in the area of nutritional therapy. The use of fish or flaxseed oils has been shown to decrease inflammation in the digestive tract. The use of probiotics, or good bacteria, has also

shown promise in restoring balance to the intestine.

Sarah is an acclaimed writer on medical matters, and has written extensively on the subjects of Attention Deficit Disorder, Bird Flu and Cohn's Disease. For more of her articles, go to

<http://www.imedicalvillage.com>

now.

Crohn's Disease and Stress

By Ed Kalski

It was so tough in those early years. Not knowing what was wrong. I didn't know what to think. Was I going crazy? The doctor said I have a nervous stomach. I'm not a nervous person.

Then I was diagnosed with Crohn's Disease. Even though it's a chronic disease without a cure, it was a relief to know what was wrong. But then the reality set in. How was my life going to change?

And change it did. In 1985 I was admitted into a hospital suffering from a stomach obstruction. A surgeon had to remove a foot and a half from my small intestines. The pain was terrible. I never, repeat never, want to go through that pain again. Ever.

After going through the pain of an operation, knowing that people with Crohn's Disease can have more than one operation, I couldn't help but wonder what I could do to help my situation? It occurred to me that, in the least, I could learn to handle the stress from the disease and the stress from life itself. I knew that stress, in and of itself, could cause my symptoms to worsen.

No, the stress didn't cause Crohn's Disease, but it sure could affect the amount of pain I would experience. I knew it was possible for me to deal with my stress better than I had dealt with it in the past. Before the operation, I was fairly motivated to work at controlling my stress. After the operation, I was highly motivated. I was determined to do everything in my power to improve my situation.

So how could I handle life's stress better? I had to learn what I could about dealing with stress and to then develop the necessary skills to make it happen. I learned about the close relationship between relaxation and stress relief. I learned to meditate, I learned to set reasonable expectations about my life and desires, and I learned to be more objective about what was happening to me physically and mentally.

I've come to the conclusion that people with Crohn's Diseases can do a lot to help themselves with the stress in their life. Not only can we do a lot to help ourselves, but we can also get support from loved ones as well as others going through the same circumstances.

I have three steps to offer others to help them control the stress in their lives. The first is to learn to meditate, the second is to learn visualization and the third is to get support.

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By watching my emotions closely, I could know quickly when the stress in my life was building up too fast. I could then take a little time to meditate. I learned the different strategies of meditation and found one that worked good for me.

In addition to meditation, I learned visualization. Whenever I felt myself getting stressed out, I could visualize myself at St. Simon Island, a place I love and go to once a year. Just thinking of the different locations on the Island, I could feel myself relax. And with practice I've got quite good at visualization.

Finally, there's the Crohn's Disease message boards on the internet. What a wonderful resource they are. To be able to talk with people who are going through the same situation. You can't put a price on that. It's invaluable. I highly recommend everyone with Crohn`s Disease to use this resource.

I believe that anyone with Crohn's Disease (or any chronic disease) can improve their life by taking the time to learn and implement the three part strategy I've outlined above. It's has worked wonderfully for me and I believe it can work for others as well.

Ed Kalski has had Crohn's Disease for over 25 years. He has created a website for people with Crohn's Disease that provides a lot of valuable information and links to many resources.

Visit the website at:

<http://www.crohns-disease-and-stress.com>

Crohn's Disease and Stress
Crohn's Disease
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Possible Treatments For Crohn's Disease

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