



## What is Crohn's Disease?

Diarrhea is one of those uncomfortable ailments that arrives unexpectedly and sometimes without warning, and we all experience it at one time or another. However, for some people, **diarrhea is a daily occurrence** – and just one of the many symptoms of Crohn's disease. [Crohn's disease](#) is a chronic condition that involves swelling and inflammation in the intestines and digestive tract.

It can affect all areas of the gastrointestinal tract from the mouth to the anus, and can even involve the genito-urinary system. It is most commonly the lower part of the small intestine and the first part of the colon that is involved. When **swelling occurs in the intestine wall, abdominal pain and cramping** is experienced, leading to diarrhea.

Some people may experience only one episode, followed by prolonged remission without any symptoms - while others may have **recurring episodes of abdominal pain, diarrhea, fever, and bleeding**. While [Crohn's disease](#) is not fatal, it can have life-threatening complications.

Life-long medical care is required, as well as constant monitoring by a physician. With the help of a wide range of treatment options available, Crohn's sufferers can learn to manage their symptoms and live a productive life.

## What Does Crohn's Disease Affect?

[Crohn's disease](#) affects men and women equally. The disease usually develops at a young age, and research estimates that most people are diagnosed with Crohn's between the age of 15 and 35. It can affect any ethnic group, but is more prominent amongst whites, especially those of Jewish or European descent.

If you have a family history of Crohn's, your risk increases dramatically-- especially if the family member is a parent, sibling, or child. You are also placed at risk if you live in an urban or industrialized area, or if you live in the northern climate region. [Crohn's disease](#) increases your risk of developing colon or small bowel cancer, and this is proportional to the length of time you have had the disease and its severity.

[Crohn's disease](#) is very similar to other inflammatory bowel diseases (IBD) such as ulcerative colitis and irritable bowel syndrome, and it can be difficult to make an accurate distinction and diagnosis. Symptoms may be acute or chronic and vary from patient to patient, but commonly includes **chronic diarrhea associated with abdominal pain, fever, loss of weight**, and a feeling of fullness in the abdomen.

The symptoms and signs of [Crohn's disease](#) include:

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Abdominal pain and cramping, often in the lower right area of the abdomen
- Nausea and vomiting
- Chronic diarrhea
- Rectal bleeding
- Weight loss and reduced appetite
- Fever
- [Ulcers](#), fissures or fistulas in the peri-anal region

Other symptoms outside of the gastrointestinal tract are sometimes associated with [Crohn's disease](#), including arthritis, eye inflammation, skin problems, osteoporosis, urinary tract infections, and inflammation of the liver. Conversely in children with [Crohn's disease](#), it is often the non-GIT symptoms that tend to predominate, and this can often lead to a diagnosis of [Crohn's disease](#) being delayed or even overlooked.

## Diagnosing Crohn's Disease

The diagnosis of [Crohn's disease](#) is based on a thorough physical examination and medical history of the patient.

Various tests may be performed which include:

- **Blood tests** to check for anemia and signs of inflammation. Although these are fairly non-specific tests, they can be a useful adjunct to diagnosis, and can help to establish the extent and severity of the disease.
- **Testing a stool sample** to determine whether there is bleeding or infection in the intestines.
- **Upper GI series or small bowel X-ray** to look at the small intestine – the patient drinks a preparation containing barium (a contrast medium) and X-rays are taken to reveal inflammation or abnormality in the lining of the intestine.
- **Colonoscopy** is a visual exam of the colon. A thin, flexible lighted tube linked to a computer and camera is inserted through to the anus to examine the large intestine.
- **Sigmoidoscopy** is a similar procedure to the colonoscopy. It examines the lower part of the large intestine, and bleeding or inflammation in this area will be detected during this exam.
- **Barium enema** is used to test the large intestine by inserting a barium enema into your bowel, followed by an X-ray.
- **CT scan (Computerized tomography)** is a special X-ray that looks at the entire bowel and checks for complications such as fistulas, abscesses, and partial blockages.
- **Capsule endoscopy** is performed when all the other diagnostic tests are negative. During this procedure, the patient swallows a capsule that has a camera in it to determine [signs of Crohn's disease](#). Most diagnoses are made without having to employ this method.

## What Causes Crohn's Disease?

The **exact cause of Crohn's is unknown**, but there are several possible theories that suggest the disease may be associated with:

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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

## • **Abnormal immune system**

The body's immune system response is abnormal in people suffering from [Crohn's disease](#). It attacks bacteria, food, and other substances by mistake, causing white blood cells to accumulate in the lining of the intestines. This leads to chronic inflammation, resulting in ulcers or fissures, as well as a mal-absorption of nutrients. Because the intestinal wall is not absorbing and secreting substances as it should, diarrhea results.

## • **Hereditary factors**

Genetic factors also play a role, and it is estimated that 20 percent of Crohn's sufferers have a parent, sibling, or child with the disease. [Crohn's disease](#) may be as a result of the genes that the patient has inherited.

## • **Environment**

[Crohn's disease](#) is more prevalent in people living in urban or industrialized regions, and this has led to speculation that it may linked to a poor diet, low in fiber, as well as environmental pollutants and chemicals.

## • **Infection**

A number of bacteria have also been implicated in the development of [Crohn's disease](#), and currently there is much research in this area.

## What are Complications of Crohn's Disease?

There are various complications that can arise in [Crohn's disease](#) and they include:

- **Blockage of the intestine:** The intestine wall thickens and swells with scar tissue, which narrows the passage and causes the blockage.
- **Sores or ulcers:** Sores or ulcers may develop and infect the digestive tract, bladder, vagina, anus, rectum, mouth, or skin.
- **Fistulas:** Fistulas are ulcers that extend through the intestinal wall and open into a different area of the body. It is not uncommon for fistulas to become infected, resulting in abscess formation. A fistula or abnormal connection can occur between different parts of the intestine and other organs, such as the bladder and vagina, and between the intestine and the skin.
- **Anal fissures:** Small tears or cracks called fissures may develop in and around the anus causing painful bowel movements.
- **Nutritional complications:** A deficiency of proteins, calories, and vitamins can cause malnutrition. Because of the inflamed bowel wall in [Crohn's disease](#), as well as the symptoms such as diarrhea, abdominal pain and cramping, there is often mal-absorption of nutrients.
- **Other health hazards:** [Crohn's disease](#) can also cause other health complications such as arthritis, osteoporosis, colon cancer, inflammation in the eyes or mouth, gallstones, kidney stones, liver diseases or bile system problems.

## How Does Crohn's Disease Affect Pregnancy?

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The course of fertility, pregnancy, and delivery is not usually affected in women with inactive [Crohn's disease](#). Women who have active Crohn's disease during pregnancy are at increased risk of going into preterm labor or miscarriage. Crohn's disease may worsen during the first trimester or post-partum. Most women can have a normal delivery, but depending on the severity of the disease and the size of the baby, a Caesarian section may be necessary.

Antibiotics and immunoregulators should be avoided during pregnancy because of the increased risk of birth defects. Women with [Crohn's disease](#) who want to become pregnant should discuss their options and the precautionary measures involved with their physician. Women in remission at the time of conception may experience possible flare-up symptoms during their third trimester. After giving birth, women may also experience flare-ups.

## Help for Crohn's Disease

[Crohn's disease](#) is a life-long, unpredictable condition, and often it is difficult to gauge when treatment has been successful. The aim of treatment is to relieve the symptoms of **diarrhea, abdominal pain, and rectal bleeding**, as well as to reduce the underlying inflammation.

The disease varies from patient to patient, with treatment depending on the severity and location of the disease as well as the response to treatment. There may be times where the patient experiences **long periods of remission, and at other times, repeatedly recurring symptoms**. Complications such as obstructions, abscesses and fistulas can also occur; therefore constant medical supervision is of the utmost importance.

### Conventional Medicine

Conventional medical treatment approaches to control [Crohn's disease](#) tend to be non-specific, and are aimed at **reducing the inflammation and diarrhea**. The following treatments are most commonly prescribed:

- Anti-inflammatory drugs
- Immune system suppressants
- Cortisone or steroids are often used to treat acute attacks of the disease
- Antibiotics are often given to treat a suspected bacterial cause or trigger
- Anti-diarrhea agents together with fluid-replacement therapy
- Nutritional supplements such as high-calorie liquid formulas
- Surgery, such as a partial or total removal of the affected part of the bowel, is sometimes used as a last resort in severe cases. However, this just relieves the symptoms and is not curative. It is quite common for the disease to re-occur in the adjacent areas of the bowel, often where the bowel has been surgically rejoined.
- Candidiasis (or an overgrowth of candida in the digestive system) has also been suggested as a possible cause or associated condition in some individuals

It is important to note that many of these drugs can cause serious side effects such as **nausea, vomiting, and increased susceptibility to infection**. There may be some trial and error involved before the best treatment solution for the individual is found. However, people suffering from Crohn's can enjoy a normal,



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productive life if various treatment options are explored and symptoms are controlled.

## Natural Remedies

There are various natural and alternative treatment options that can address the symptoms of [Crohn's disease](#) and provide welcome relief. These treatments improve the overall physical, mental, and emotional well-being of the individual.

Treatment options that are therapeutic and have a positive effect include:

- Naturopathy -- multidisciplinary approach that uses the healing power of natural resources to allow the body to heal itself
- Acupuncture
- Psychotherapy/Counseling
- Ayurveda
- Hypnotherapy
- Relaxation techniques such as yoga, massage, floatation therapy, and deep breathing
- Herbalism and homeopathy
- Nutritional therapy

Herbal and homeopathic remedies address the underlying cause of the illness and are aimed at restoring the body's self-healing mechanism and **reducing the inflammatory response**. They can help to provide a supportive platform and restore harmony and equilibrium in the affected body systems. These remedies are specifically tailored to the patient's needs, not the symptoms.

Some examples of herbal remedies used in the treatment of [Crohn's disease](#) include *Matricaria recutita*, *Filipendula ulmaria*, *Ulmus fulva* and *Sutherlandia frutescens*. These or other herbs may be recommended alone or in combination – depending on individual needs-- and can help to **strengthen digestive health** and address the problems associated with [Crohn's disease](#), without many of the side effects associated with the prescription drugs.

No matter which treatment options you choose, it is important to **monitor the condition carefully** and to stick to treatment regimes as directed by your health care practitioner.

## Tips for Coping with Crohn's Disease

Crohn's disease has both **physical and emotional effects**. This disease will have a **definite impact on overall functioning, relationships, and feelings of well-being**.

Here are some **coping strategies** that will prove to be helpful:

- Educate yourself as much as possible about Crohn's disease – from your physician, reading material, the internet, and support groups.
- Develop healthy eating patterns and consult a dietician about significant changes that need to be made to your diet (this may vary from individual to individual).
- Avoid caffeine and sugar-laden snacks, and include fiber and plenty of water

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

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5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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into your diet.

- Avoid dairy products, as they commonly trigger attacks.
- Plan and prepare in advance - if you are visiting or going to public places like the movies, restaurants or gym, take extra underwear or toilet tissue with you in case of a potentially embarrassing accident.
- Practice various relaxation techniques such as autogenic training and guided imagery to reduce stress.
- Establish a regular exercise program.
- Create an open, honest relationship with your physician.
- Keep the lines of communication open and accept support from family and friends.
- Join a support group where you can meet other people with the same problem.
- Stay positive and maintain a sense of humor.
- Take one day at a time and learn acceptance.



## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future



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disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

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These formulas remain true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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**Gastronic Dr.** : Promote healthy digestion and encourage comfort after meals

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Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

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