



Hey my name is Jay aka *Crohns BOY* and you can check me out at:

www.CROHNSBOY.com

I thought I would create this document to just be a guideline to help most people who have IBD's. These are just suggestions which I believe will make a difference in your overall condition as they have worked for me and many others. I have done all the things in this document and they have allowed me to become med free and virtually symptom free. Please check this document once every few months as I try to update it every 3 months as I try new things, learn more about stuff etc.

MESSED UP PRIORITIES



It seems in the last few decades we have got our priorities confused. Seems like all we care about these days is having a nice house, nice car, flat screen TVs, taking steroids and other garbage to have these crazy bodies that are not maintainable.....We are willing to blow all of our hard earned cash for materialistic items yet we cheap out on high quality foods, vitamin supplements etc. Really how can we enjoy our lives or these items if we are sick or unhealthy? This is a fact! Never before have more people been sick with heart disease, diabetes, MS, Cancer-this alone is dropping people like flies every day. We are so messed up that we are starting to think it is "okay" to be sick or have super bad knees, back, eye sight etc that may indeed be "NORMAL" but it is far from okay.....I can tell you I know many healthy people who I have spoke with that are over 60 years of age and have no health issues whatsoever is this luck? HELL NO. It's because the made the decision to live healthy lifestyles. Do not buy into this hype or propaganda that is **normal** or it comes with old age etc because that is nothing but BS!! I think it is time we go back and reassess our priorities and start INVESTING in our own health so that we will be around longer to enjoy our lives and all the things and people in them. **PLEASE CONSIDER THIS while reading this document.**



(Invest in your health, you deserve it!)

****THE MAIN THINGS THAT HELPED ME OVERCOME THIS DISEASE****

****I have a no bullshit approach and mentality so I decided I would trim the fat and get right to the juicy stuff which is by far the most important things that have allowed me and others to become med free and feeling Awesome** pardon my candor but if you don't like it don't read it ☺ mwuahh I am who I am.....**



-PROBIOTICS –consume probiotics 10-12 billion CFU daily I take Natren products. Also SCD legal goat’s yogurt worked great for me but then I made the decision to eliminate dairy all together and I have not felt better. Also got a lot better after doing Jini Patel’s PROBIOTIC ENEMA so do not be scared to give it a try. (look at Natren section and click on the store locator)

-COLLOIDAL SILVER- this stuff worked awesome as I still take a few sips every day. This is a natural antibiotic and proved to me that part of this disease is some kind of virus which when killed relieved many symptoms. I did have some die off symptoms in the beginning but after a week felt awesome. (check out my colloidal silver link on my site to see where you can buy the machine and why it will not turn you blue like some people may think.

CARBOHYDRATE REDUCTION- I remember before I was sick most of my meals were 75% carbs/sugar potatoes, rice, bread etc. I minimized the sugar and the carbs to moderate amounts and again noticed great improvements. This is especially important in the beginning of your healing journey or whatever you call it. Overall all you will feel better by not overdoing the complex carbs sugar, bleached flour etc just wait and see asthma, allergies, joint pains, heart diseases, more energy and the list will go on and on.....

ENZYMES- I do not take crazy amounts of enzymes but I usually take 2 capsules with each meal. I have noticed I am able to digest my food so much better and would recommend anyone try these things but to make sure you take it slow starting at 2 capsules a meal etc. I buy my enzymes from Aveena and I only buy the full spectrum ones and take 2 a day but some people do take more per meal. I usually buy the 500 capsules because I’m cheap and I want to save some cash by buying a little more lol check this link out. http://www.avenaoriginals.com/store/product.asp?cookiecheck=yes&P_ID=124&strPageHistory=search&strKeywords=enzymes&numPageStartPosition=1&strSearchCriteria=any&PT_ID=all

STANDARD PROCESS VITAMINS- These vitamins are not just a one tablet multi vitamin which gives you only a fraction of what you need. Instead I take like 30 vitamins a day which are organic raw food vitamins and I have

not had this much energy for as long as I can remember. These vitamins give your body what it needs to heal and recover from your disease. If your car runs out of oil it can drive but not very well give it what it needs and the performance will come back. Lets be straight up here! 100 years ago you may have been able to get all the Nutrients you need from just diet alone but due to Nutritional deficiencies in the soil we are lacking all the time which is why additional supplements are required. I have spoke with other people in the health industry and they indicated even if I ate all organic the food would still be deficient as the fruit or vegetable can only get nutrients from the soil and if the soil lacks the fruit or vegetables are lacking really think about it. These vitamins have made a huge difference in my life and I will never stop taking them. These vitamins are whole food vitamins nothing like the crap multivitamins that they sell at most stores. I remembering hearing a story from a friend about a guy that use to clean portable washrooms (porta potties) and he said when he cleaned out the tanks that he would see so many of these multi vitamins that never even got absorbed just went right through and he even said you could still read the writing on the vitamin now that's hilarious is it true who knows..... Here are the vitamins I take.

Calcium Lactate- 4-6 capsules a day
Min-Tran 4-6 capsules a day
Cardio-Plus 4 capsules a day
Chlorophyll Complex 2 per day
Organically Bound Minerals 2 per day
Calcifood 2- per day
Cataplex F- 3 per day
Catalyn- 4-6 per day

**I take all the vitamin after breakfast as I am rather lazy and do not like having to pop pills all day so I get it all out of the way first thing.

If you are interested in finding these vitamins close to you check this link out: <https://www.standardprocess.com/display/router.aspx?DocID=1209&>

*****THC OIL****-for most people this will be out of your Comfort box due to the legal issues etc but I will tell you from the bottom of my heart this stuff really works and I urge anyone to at least watch the video mentioned on Rick Simpson's website and weigh out the pros and cons. Also ask yourself why would this guy do all this work to spread the word about this stuff and he has no ads on his site or anything that produces income. He only wants to inform people there may be a cure for many disease's and wants to educate people how to make their own medicine. Whether it be cancer, tumor, or Crohn's disease I believe in my heart that this stuff can be the answer you are looking for. I have done a few tubes of this stuff and it has changed my life. Check this link out and read about my personal experience with this stuff and

to read more about Rick Simpson and all the people he has helped and make sure to watch his documentary video (all info using link below)

<http://crohnsboy.blogspot.com/2009/06/my-thc-experience.html>

****CHANGE YOUR MINDSET****

DON'T SCREW UP YOUR SECOND CHANCE-I know most people will be like I was when they overcome this disease.....thinking I can't wait to return to a "normal" diet again I was one of those people but I will tell you know people **WAKE UP and think twice!!!!** I made the mistake of binging the first few weeks I was able to eat almost any food I chose and I started to feel crappy again so I changed my approach. During the week Monday-Friday (evng) I try to consume mostly organic fruits, vegetables, eggs and small quantities of meat, and 1 pc a whole wheat bread etc I do have the odd cheat during the week but try to eat as healthy as possible. When the weekend comes I enjoy it and have cheats in moderation such as hamburger, toast, cookies, dairy free gelatti etc almost everything besides milk products, yes alcohol but not excessive amounts. I can tell you once you get sick and almost all foods upset you when you are finally able to eat some of those foods again they will taste better than you can imagine. Life is way too short to keep yourself from the good tasting things all the time.....at least that is my opinion. The truth is we are all looking for the same result (overcome our IBD's and get our life back) so lets think outside the box and try something different rather than operations and drugs that hurt us more than help us.

CHEW YOUR FOOD until it is almost mush-30-60 times, I never use to chew my food properly but now I do and I notice way less cramps as your doing a lot of your stomachs work for it when you chew your food. Also chewing your food wells aids digestion as more digestive enzymes are secreted.

DRINKING WATER AT THE RIGHT TIMES (8-10 cups a day)

- drink 2 cups water in the AM-about 10-20min before breakfast
- drink 2 cups of water 45-60min before each meal (yes every meal)

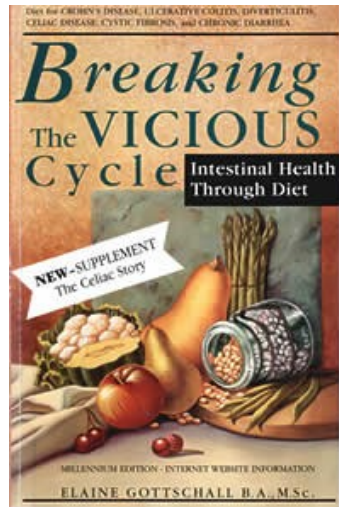
**I do not drink during a meal as when you chew you secrete enzymes which help your stomach digest the food if you drink too much while eating you water these enzymes down, if you have to drink while eating limit it to 1/2 a cup (but I would try hard to not do it at first and see if there are benefits

- Also try not to drink anything 45min-1hr after eating

DON'T GOTO SLEEP ON A FULL STOMACH

**Do not eat 3-4 hours before bed time; if you have to eat have a well tolerated fruit no later than 1 hour before bedtime as fruits are easily digested usually within 40 minutes. You want your stomach to be empty so it is not doing work and more energy will be conserved for healing instead of digesting your food.

SCD DIET



I Decided to Go on SCD DIET (Specific Carbohydrate Diet) and it helped me a great deal in overcoming my IBD. Through research and many people I have spoke with I believe this diet to be the first phase to overcoming an IBD. I am very grateful to Elaine for writing this book as it gave me a second chance and kept me out of the hospital. Many people are managing their diseases without drugs and the number of people doing so is amazing. I think any person with an IBD should read the book *Breaking the Vicious Cycle* by Elaine Gottschall. I will admit I do believe this diet alone will not cure you. There have some people that have been cured using SCD DIET and returned to normal diets. There are many more components to IBD's than just diet alone and this is stuff that I am mentioning in this document. Please check out more SCD information on my website using this link *or going to my website and clicking SCD DIET INFO. Again I am a strong advocate of this diet and believe in it passionately just also believe other things used with the diet can accelerate your healing progress.*

http://www.crohnsboy.com/crimson99_045.htm

*Check my healing timeline at the bottom of this document as it will show the mistakes I made in the beginning of the diet etc.

*or checkout the BEST all around SCD site!!!

<http://www.pecanbread.com/new/home1.html>

Common SCD mistakes check this video out

<http://www.scdrecipe.com/blog/archive/2008/10/20/video-crohns-boy-gives-specific-carbohydrate-diet-starting-tips/>

TAKE A GOOD PROBIOTIC or SCD LEGAL YOGURT

I believe this to be probably to be the single most important thing in your healing process as it helps re-populate your gut with good bacteria. I noticed my symptoms drastically disappear when I starting consuming goats yogurt (SCD LEGAL only)

SCD LEGAL YOGURT

If you are going to consume yogurt I only recommend SCD legal, even for people who are not on SCD this yogurt offers way more pro-biotic benefit than any other yogurt on the market. Another great thing about the yogurt is it has awesome benefits and is so cheap to make so it's worth a try. You can use the following link to see how to make it and why it benefits you etc. If you want to buy a machine and start making it I recommend Lucy Kitchen.

http://www.breakingtheviciouscycle.info/beginners_guide/yoghurt/yoghurt.htm

****Goats milk yogurt**** this made the biggest difference out of everything as the I recommend goats milk as it has more healing properties check this link out and do your own research. <http://altmedangel.com/milkcomp.htm> (we are the only animal that continues to consume milk after we are infants...and we are also the only animal that suffers from massive quantities of diseases..? what I'm trying to say is keep the milk products to a minimum as they are not ultimately good for us. Do your own research and you will find out the truth.

PRO-BIOTICS (PB)

In regards to PB they can be awesome! The hard task is finding good ones a most of the products available are garbage. Companies have just seen the need and started putting out products to get a piece of the action.

-Most PB do not list the actual strains of bacteria on their bottles. The strains you want are:

***Lactobacillus acidophilus , DDS-1,
Bifidobacterium bifidum , Malyoth
Lactobacillus bulgaricus , LB-51***

- They do not guarantee amount of bacteria only at time of packaging
- Usually only contain a small bit of the desired bacteria and the rest are fillers (check for yourself)
- I don't believe any PB is shelf stable and that anything that was not refrigerated from the shipping point and in the store are not worth taking. Make sure to ask store owner if product was shipped with ice packs-this is crucial or something which ensures that it is kept cool.
- There should not be more than one strain per pill or in the same bottle. Bacteria are competitive organisms putting them together would not make sense. If you check you will realize most companies do this and you will find it frustrating to find good PB.
- truth of the matter is there is no such thing as a cheap PB the good ones you do have to pay for
- there is no governing rule or a standard division of the government which actually controls and regulates the PB industry so it is so hard to actually determine the quality of these PB's on the market.

When taking or starting PB's it is important to start slow. You can get more info from Jini's Patel's Book Listen to Your Gut.

After reading Jini's Book I decided to take PB's even though they were considered illegal on the SCD DIET. I would not recommend this for anyone new to SCD DIET, but perhaps once you have regained your health to a good point I might then try and experiment with these. I started with ¼ teaspoon of each strain on an empty stomach, mixed with a glass of non tap water twice a day. Once in the afternoon before lunch, and then once right before bed as a lot of time for the little buggers to flourish. I also still consume yogurt in the morning and for dinner as when I stopped I noticed I got bloated as it aided my digestion process.

Based on Jini's Book I tried Natren PB's and I believe them to be by far the best as they meet all the requirements I mentioned previously. You can find these products by going to www.Natren.com but to be honest they are very expensive if you go through the site directly. Your best option is to contact local health food stores and ask them if they can get it shipped in for you, most likely they will be able to do this for you. You can even call Natren or email them and they will tell you which stores in your area carry their products.

I take and recommend the following PB's

BIFIDO FACTOR, MEGADOPHILUS, & DIGESTA-LAC –I use the non dairy powders as well 3.5oz size. That is my preference not saying one is better than another.

I get no benefit from you when you buy from Natren so this is your call. I have researched the industry even read Natasha Trenev's book the owner of

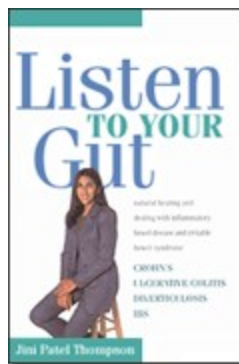
previously mentioned, SCD legal yogurt, and Jini Patel's Probiotic Retention Enema which I was scared to try initially but experienced a flare one time for 10+ days and this enema took me out of the flare and I was almost back to normal within 2 days you can read about me doing this enema by checking out this link:

<http://crohnsboy.blogspot.com/2009/02/tried-jinis-pro-biotic-retention-enema.html>

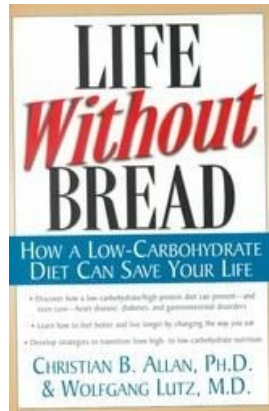
RE-SEED-Continue to take a maintenance dose of pro-biotics, yogurt, fermented foods etc simply put keep giving your gut good bacteria

*I believe in my heart if more people tried this P.R.E enema protocol it would help most people come out of their flares and get them on the track to healing themselves. Jini Patel is really showing people how important getting the appropriate bacteria into our gut is and how important it is to kill the bad stuff that is unwanted in our guts. Everyone has their opinion but this lady and her main assistant both had CD and now live normal lives eating great diets that are not that restricted. This is enough to tell me that they are doing something right. I would recommend that anyone with an IBD should read the book "Listen to Your Gut" by Jini Patel as she talks about so many aspects of IBD's that you will be amazed. I have done SCD Diet along with doing stuff that she recommended even though it was not all SCD legal. I can tell you the things such as the Probiotics, Georges Aloe Vera juice, and Oil of Oregano have changed my life and are definitely worth your time to look into them further.

<http://www.listen2yourgut.com/>



****CARBOHYDRATE REDUCTION****



For many people who do not want to do a diet like the SCD diet there is clinical data which shows reduction of symptoms was present when people reduced their carb intake.

Dr Wolfgang Lutz documented a controlled study in which 67 Crohn's patients followed a low carb diet. After 1.5 years 80% were symptom free, 70% were symptom free after 6 months. The concept is very similar do not leave undigested food which can feed the bad bacteria similar concept to SCD but not as restricted. It's definitely worth a read as it will help you understand more about your condition. I calculated my bread units using the chart and I was way over, I dropped it the next day and my gas was reduced by at least 80%. There is so much truth to his concepts.

** I strongly recommend that you follow the next link and read more info about this topic and download the document BU CARB CHART and do your calculation I am pretty sure you will be quite over the suggested amount and if you reduce this for a week you will notice a drastic difference as I did. If link doesn't work just go directly to my site to find the file or send me an email.

http://www.crohnsboy.com/crimson99_035.htm

WALKING & EXERCISE (30-45 min 3x a week)

Walk vigorously for 30-45 minutes 3 or 4 times a week. Do the warrior pose in yoga everyday. Or both. (Exercise stimulates peristalsis in your intestines – the natural movement of your intestines to aid digestion and assimilation. I know the yoga looks pretty gay!!! Lol but it makes a difference

Yoga link-

<http://www.yogajournal.com/poses/495>

Exercise and Peristalsis of Your Intestines

<http://coloncancer.about.com/od/faqs/f/Exercise.htm>

I prefer hitting the weights lol but I also walk and do this Yoga pose as well so give it a try.

SLEEP

get 8-10 hours a day I know this can be hard, believe me I know. This is when your body does its healing, if you sabotage the healing process how do you expect to get better? Another thing I suggest is to try taking one or two 10 min power naps throughout the day as you will be amazed that it actually makes a big difference. I noticed with Crohn's/Colitis I felt tired all the time in the beginning so this made a huge difference.

BREATHING EXERCISE (it works give it 1 week, try it don't take my word)

This exercise helps with energy, also helps the lymph system clean your body of free radicals. Do your own research, but I heard it from someone and have tried it and I noticed a difference.

inhale through nose for 3-7 seconds
Hold for 10-30 seconds
exhale over 6-14 seconds (twice the inhale)

*I know it may be hard at first but it will get easier in a day or two, do this 9x daily. I do it when I'm in the car going to a job site or going to the gym this way no need to schedule it in lol

TAKE FISH PHARMACEUTICAL GRADE FISH OIL

Fish oil is a natural anti-inflammatory. Doctors treat Crohn's with anti-inflammatory drugs. Note: Use pharmaceutical grade only – anything else is virtually worthless. I take 1 spoon daily and it has made a huge difference.

TAKE A GOOD MULTI-VITAMIN

Most people who have IBD's tend to be malnourished and get a lack of vitamins so it is very important to take a good MV daily. I am not very educated on this market so I will just tell you which ones I have been taking if you care to try them. I take Freeda MV, and Freeda B vitamin, if you want to get these you can purchase them at the following link.

<http://www.lucyskitchen.com/freedavitamins.html> and they are SCD DIET legal so they are good for most people. Again this is which one I took but it is important you make any purchasing decision at your own will as I am not here to sway business on way or another.

*****I have a good friend that is working on a vitamin section for this document so please check this document out again in the next 3 months or by May 2009 as I will have an excellent section on vitamin and minerals and their importance in healing.**

TAKE GEORGES ALWAYS ACTIVE ALOE VERA



Anyone who has an IBD who has encountered a flare up is most likely going to have some scar tissue or damage to the intestinal mucosal lining. I am on the SCD Diet and Aloe Vera is considered and illegal so I was very scared to try this. I read Jini Patel's book and reviewed her forum and seen that many people have used this product to help heal their Mucosa lining so I decided to give it a try. Within a few weeks of taking it I noticed my intestines did not hurt as much, I could no longer feel food scrape down the tubes, my ileum felt relieved; I definitely knew that it was doing something. If you are thinking I am taking Aloe Vera so you are fine or you are going to go out and buy some HOLD UP!!! I would only recommend you try the brand which Jini indicates in her book Listen to Your Gut which is Georges Always Aloe Vera. Click the next link to find out more info about Georges Aloe Vera, it will also tell you why this product is different from the gels and other products which you find on the market. It does not really taste like anything except for maybe a little bit like distilled water.

<http://www.holistichealthshoppe.com/astragalus.php?id=7>

*The amount of this product on Jini's site is market price but if you find the shipping to be excessive you can contact the company and find out which stores in your state/province carry this product. Check the following link to contact the makers of this product.

<http://www.warrenlabsaloe.com/dealers/states.pl>

**Jini also has a product called Mucosa Heal which is suppose to work for many people but I have not tried it at this point so I can't make a direct comment in regards to its efficiency. I'

TAKE A NATURAL ANTI-BIOTIC *ALONG* WITH PRO-BIOTICS or and SCD LEGAL YOGURT

Everyone has a different answer for what causes IBD's etc but many people who have IBDs usually have issues with bag bugs, pathogens, yeast, Candida etc so it is good to take something which will kill the little bastards. I have taking Colloidal Silver and Oil of Oregano and noticed GREAT results. I took both at the same time and they worked great for me.

COLLOIDAL SILVER-If you do consider this option invest in a machine as you will know what you are making and know that you are not buying garbage. I think that CS is AWESOME and it is worth every penny as it has so many uses for so many people. I strongly recommend that you give this a shot as I believe that it will make a dramatic difference. You can get more information about this by visiting my site directly under **COLLOIDAL SILVER tab**

Colloidal silver appears to be a powerful and natural antibiotic and preventative against infections. Acting as a catalyst, it reportedly disables the enzyme that one-celled bacteria, viruses and fungi need for their oxygen metabolism. They suffocate without corresponding harm occurring to human enzymes or parts of the human body chemistry. The result is the destruction of disease-causing organisms in the body and in the food. The presence of colloidal silver near a virus, fungus, bacterium or any other single celled pathogen disables it's oxygen metabolism enzyme, its chemical lung, easy way to put it. Within a few minutes, the pathogen suffocates and dies, and is cleared out of the body by the immune, lymphatic and elimination systems. Unlike pharmaceutical antibiotics, which destroy beneficial enzymes, colloidal silver leaves these tissue-cell enzymes intact, as they are radically different from the enzymes of primitive single-celled life. Thus colloidal silver is absolutely safe for humans

I have noticed a huge difference with CS, nothing short of AMAZING. Within the first few days of taking it I noticed less gas and was able to tolerate more foods that I could not tolerate before. The hard thing with CS is that nobody controls the patents and their is no quality standards for the product so it is hard to know what you are buying. This is why I decided to buy my own machine and make my own CS. Click the link below and it will take you to the company where I bought my machine which is the smaller machine as it was within my budget. I do not make any comissions of this referral so make this decision based on your own opinion not my referral alone. I do not care if you buy the machine or not I am just providing unbiased information which I believe will help you improve your health. I am very sincere that this product is amazing and changed my life.

OIL OF OREGANO- I am taking this product and have noticed good things with it. For more info check my site out under **OIL OF OREGANO**

****If you want more information on either COLLOIDAL SILVER or OIL OF OREGANO please go to my site and there are links and other useful information in regards to these things which I update regularly.**
www.crohnsboy.com

KEEPING TRACK OF YOUR PROGRESS

It is very important to keep track of your progress right from the beginning as this way you can monitor changes both good and bad. I know this will seem a little boring but wait until you have 6 months worth of records and you can spot trends etc you will be amazed. I would recommend at first you go to Staples or Wal-Mart and get one of those big calendars as there is more space to write on. Here is the stuff I kept track of.

Bloating, Cramps, Gas, Gurgling, Urgency, Energy, Bowel Movements, Mucus, Blood, Sleep, and my Overall Day Rating. For the Symptoms I rated using 0 as being non existent to 10 being the most severe and for the overall day, sleep, and Energy 1 would be very shitty and a 10 as being perfect. Almost all my days are 9's which I consider kick ass days. Here is how I would usually mark each day's progress.

BL=1 CR=1 G=0 U=0 BM=2, M=0, B=0, S=9, E=8, Overall=9

*also when a 0 for more than a week I just drop it off my list. I can tell you many of these will drop off your list as you will start to feel better and better until you are Awesome!

I also write down what I eat every day so that I can monitor if I start to feel a certain way after eating a certain food. I also mark down if I try anything new such as trying a new pro-biotic, eliminating a food, reducing the amounts of certain foods such as dropping honey, bananas, and almond flour. Whenever I take something out I do it for 3-5 days as you will see the results this way and I usually do 1 item at a time. Eventually you will get the equation right! This is one of the reasons why I continue to say it is so important to keep it simple in the beginning until you feel really good as this way when you are adding a new food and if something goes wrong there is not a lot of problem solving involved. Please learn from my idiot mistakes playing the guessing game time and time again instead of starting simple.

****CHANGING YOUR MINDSET****

I think in the whole process of my healing path this is one of the most important and difficult things I had to do. Once I was able to do this my healing happened so much more rapidly.

I noticed in the beginning when I first started my healing path and I thought there was no cure for Crohn's or colitis my results were not there. It was almost as if I was telling my brain there was no Crohn's cure or colitis cure so there was no point in even trying to fight this thing, I know this may sound like BS to some of you as it did to me as well but it's the truth. After I started associating myself with people who had beat Crohn's disease or people who were doing awesome using their protocols I started to feel that there was a good chance I could be one of those people as well. I noticed when I truly started to believe that I could heal myself of Crohn's Disease and my healing seemed to happen so much faster. It's almost like we have the power to sabotage our own recovery. You must believe there is a cure or in your ability to heal yourself. Your brain has the ability to control your limbs to do amazing things do you not think it has the ability to heal you? You would be amazed at how much control you really have.

I also started to read some self help books and other literature which made me change my way of thinking. I adopted a saying I heard from Tony Robbins "live every day with an attitude of gratitude" That one saying changed my life, no lies. It seems like it is so easy to get hung up in the negative things in life and god knows there is no shortage of pessimists in this world especially IBDers who when are sick are pretty depressing and we know that! I started thinking of something every day I was grateful for and eventually I just concentrated on the good stuff in my life and it made me feel really good about myself and my life in general. Make sure to go to the library and pick up the book **Unlimited Power by Anthony Robbins** it is a long book but it's worth a read. To tell you the truth you don't have an option so go grab the freckin book and get reading ☺

CONTINUE TO SEARCH OUT OPTIONS

I'm thinking if you are reading this right now that you are a person who seeks out options and looks for other ways to solve problems etc. Do not change your ways and if this is new for you keep exercising this habit as it is one that will save your life from this monster of a disease. I have realized one way to overcome most problems in life is to find someone else who has experienced a similar or the same problem and have overcome it. Really think about it? Chances are most likely that someone else has overcome that very same problem. Why play the trial and error game all the time when we can just duplicate what that other person did and solve our problem as well.

I have done this with many aspects of my life and my health situation was no different. I searched out people that were med free and healthy with Crohn's disease and I started to do what they did and presto I am med free. I do not believe this is a coincidence. Tony Robbins talks about this in the book

below and the process is called modeling. This method seems so simple yet most people never do it. I have done this with such things as how to get a toned build, how to use Google to market, overcoming crohn's disease, learning to be a good salesman, becoming a good communicator, how to speak my mind without hurting people, how to salsa dance the list goes on. If you want to learn something or be great at something just ask and learn from someone that is already great or has what you want. You would never ask a poor guy for investment advice, take fitness advice from a fat dude so do not take advice about your health from someone who is not healthy or where you want to be. The problem with the internet and all these avenues of communication is that it can be hard to sort the garbage from the accurate information. I think it really comes down to this if the person you are taking the advice from has what you are looking for then the chances are better that the information is probably pretty decent. We are all searching for a result- to overcome this disease, so make sure you speak with as many people as you can that have these desired results you are looking for. My father always said you are what you eat, you are a product of your own environment, and associate yourself with great people and you will become one of them.

If you can't commit the time to heal yourself, research, and see things out you will never get better. I can tell you this- Once you regain your health you will have the utmost appreciation for your life and you will actually be grateful that the disease woke your ass up and gave you a second chance!

WHATS WRONG WITH DOCTORS? **Watch this video it will get you thinking!!!

Check this video link and you will see what is wrong with doctors today.

http://www.youtube.com/watch?v=yuh5kEUDJFc&url=http://www.crohnsboy.com/crimson99_015.htm

MY HEALING TIMELINE 1st year or so –This document shows the stuff I did along with how I progressed throughout the year etc. Hopefully it helps you out and you can learn from some of my mistakes.

Started SCD FEB 1st 2008	
3 WEEKS ON SCD	***7-8 MONTHS ON SCD***
cramps less 80% gas still present and excessive, and smelly	**this is where I changed lots and got amazing results**I realized lots of mistakes and changed lots within a 1 month period***
had Fistula	stopped eating mustard,onions,garlic
bm's still 3 daily unformed	reduced all red meat to minimal a treat once or twice a wk
consuming 3-5 almond products	reduced almond products to 1 daily
	took peanut butter out of my diet

<p>no meds</p> <p>took fish oil, SCD multi-vitamins</p> <p>usually ate chicken+veggies, and pork and beef</p> <p>lots of peanut butter, and way too much honey</p> <p>lots of grape juice</p> <p>3-4 bananas daily</p> <p>ate onions,mustard, lots of salt etc.</p> <p>work out 3-5 times a week</p>	<p>no longer drank while I ate (review my optimization documents)</p> <p>did not eat 3 hours before bedtime</p> <p>stopped drinking grape juice if I had it was a few ounces a day 1/4 juice 3/4 water lots of carbs</p> <p>Did my Bread Unit Calculation and was having way too many carbs reduced carbs and gas and bloating were almost non existant (see optimization documents)</p> <p>reduced bananas 2 daily **My weakest Link**</p> <p>Started Goats Yogurt-WOW made a huge difference- My D and unformed BMS pretty much went away over night...within a few days -I have 1/2 cup in AM, 1/2 cup with dinner</p> <p>Started drinking a few ounce of colloidal silver in the morning and before bed-again huge improvement. Reduce gas and was no longer smelly.</p> <p>continued working out walking few times a week also did yoga pose (see optimization)</p> <p>meals 3 times daily-and yes energy was Awesome!</p> <p>reduce honey intake to few teaspoons a day</p>
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3 MONTHS ON SCD

Fitsula healed up, no more mucus or blood in stool, no more night sweats, no more dry mouth when waking up, good night sleeps became constant, still some joint pain, exzhema, dry skin, athletes foot, bm not liquid but still unformed occuring 1-4 times daily, frequently tired, still felt some foods scrape through intestines (fried pork and butter for some reason), felt ileum swollen like obstruction present (bump or ball lower right side), Still grateful and overall felt 7/10*

had **3 month flare** lasted 1 week

it was not a bad flare but still happened I took Boswellia extract during this time and it worked. First few days of flare nothing but fluids or blended banana shakes

3 MONTHS ON SCD

**as Candida is an issue keeping honey and bananas, fruit anything with sugar to a minimum will also get you awesome results do it for 1 month and see how ya feel I. I know it will be worth the sacrifice. I know this is hard as I am also in love with honey and bananas so believe me I know how hard it is. We do not have to do this forever just for a good amount of time to starve the pathogens, or bad bacteria etc in your system. Along with SCD it's good to try taking something like Colloidal Silver or Oil of Oregano which will add to the punch. Why not starve them and beat them at the same time? Also if you have skin rashes like I did these are usually directly linked to Candida or yeast etc they are SIGNALs so don't just get cream to make them go away solve the roote of the problem.

Bm's were formed regularly,my energy came back, was not tired every day like I was before, my joint pain almost completely went away, my brain felt more clear and less fuzzy, got a great sleep almost every night, rashes on my body started to disappear (exzhema etc), bloating rare, gas no longer smelly and if I was strict with carb content almost non existent Overall I feel awesome and almost every day is a 9/10 so that's a KICK ASS day for me!

6 MONTHS ON SCD

had **6 month flare** not really any pain just constant D 10 times a day for week straight-possible die off-also used Boswellia during this time Symptoms didn't really change since first 3 months so still felt 7/10 daily

If I can give anyone any advice do not waste all the months I did. Keep it simple at first then add on to your diet. Try the stuff I did in my 7th month in your 1st month. Make sure to download the optimization documents. When I first started my healing process I was always trying to ask people when do you think I'll be better? There is no answer for this, stop looking for someone to answer that question. When you provide your body with the right conditions it will heal!

I decided to create this chart because it seems like everyone wants to see a map of how things may go so thought I would do something that may help some people out. Also always keep in mind we did not get our given disease's in a few months and they will not usally go away in that time frame. You may notice most of your symptoms disappear in 6 months or less but the remaining symptoms may take a year or two. I have learned healing usually happens in layers which work in alignment with the conditions provided to heal. I can't stress enough that SCD alone will not heal you!!! you will have to make some lifestyle changes such as exercising, yoga, reading books-self help, novels anything, speaking about your feeling regularly, spending time with family, doing the things you always wanted to do, really simple way to put it make yourself happy physically and mentally. Once your at that point you will be grateful for this disease as it changed your life for the better and when you realize that drop me an email and say you were right DUDE! I am still going through my healing phase with every few months I notice things improve as I educate myself more and try other things etc so make sure to keep your mind open to other things which will make your life and overall health better. I can tell you this the process of improving your health mentally and physically will never be over as we change or approach changed thats just the name of the game. Hopefully this chart has helped ya and if you ever need any help or encouragement do not by shy to drop me a line. Jay aka crohnsboy Info@crohnsboy.com mind open to other things which will make your life and overall health better. I can tell you this the process of improving your health mentally and physically will never be over as we change our approach has to change thats just the name of the game. Hopefully this chart has helped ya and if you ever need any help or encouragement do not by shy to drop me a line. Jay aka crohnsboy Info@crohnsboy.com I'm a nice dude dont be shy :)

MY DREAM

Like a GREAT man- Martin Luther King I TOO have a dream that one day all newly diagnosed IBD patients will consider natural treatment methods before invasive medical drugs and procedures. A day when you read, watch, listens about IBD's you will hear more stories of perseverance and triumph than pain and suffering. A day when people who regained their health go about their life with a greater appreciation for it and a new found purpose to help inform others who are suffering.

It always starts with a dream, but I have written it down and it now becomes something tangible which I can touch and feel. MLK had a dream and so do I!!!!!! Hopefully some of you can also be part of this dream

I hope this document will help you out and wish you the best in your healing ride Good luck! I also hope you check my site out and drop me a line from time to time as I like to hear from people. I definitely want to hear your story once you have regained your health so I can put it up on my site. I'm working on this section as we speak.

The Pessimist complains about the wind; the optimist expects it to change; the REALIST adjusts the sails – W. Ward *I can't even put into words how much this quote described what I needed to do to get healthy*

Have a Kick a\$\$ day ☺

Jay (crohnsboy)

www.CrohnsBoy.com



Me striking a pose in Hawaii- FEB 2009 ☺

You can check my info out on the following sites:

My Main Website

<http://www.crohnsboy.com/>

Visit me on Facebook

<http://www.facebook.com/group.php?gid=47436353280>

Check my BLOG out

<http://crohnsboy.blogspot.com/>

Watch my YouTube Channel

<http://www.youtube.com/user/jaybaluk>

Check my Forum out

<http://crohnsboy.yuku.com/forums/66/t/Public-Forum.html>

**Please also make sure to visit my site and check out the IBD MED FREE list and you will see first hand there are people who are beating these diseases

every day and living awesome lives so do not count yourself out before the race begins**

Hopefully this document has helped you out. I created the document and my site because I really do want to help people overcome their health or at least show them the path. I know my approach is very different than most and my bluntness may not always be appreciated but I am doing things the best that I know how. I always believe in the saying different strokes for different folks and I guess you can say that I am an acquired taste lol What it really comes down to is that all I want to do is help people so I commend all the people out there who are spreading the word and doing what they can to pay it forward and help the people that they can.

*****Please Note: Jay Anthony also known as CrohnsBoy is a health writer and consumer advocate. He is not a registered health professional nor a doctor of any sort. The information in this document or during phone conversations or emails is simply his own personal opinion. Any action, or inaction taken as a result is entirely at your own risk and liability*****