

Crohn's Disease Summary

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In 1989, Jini Patel Thompson was skeletally thin, malnourished, weak and wracked with pain from widespread Crohn's disease - unable to eat almost anything without suffering intestinal bleeding and cramping. Years of research and experimentation led Jini to discover eight key steps that nearly everyone with a bowel syndrome such as Crohn's disease needs to take in order to heal their gastrointestinal illness quickly.

Crohn's disease is an inflammatory bowel disease in which parts of the digestive system swell and develop deep sores, or ulcers. The ulcers usually occur in the last part of the small intestine and the first part of the large intestine, but can occur anywhere in the gastrointestinal tract, including the mouth, stomach and anus. The cause of Crohn's disease is unknown, but an abnormal immune system response, bacteria, viruses, genetics and smoking may all play a role.

Common symptoms of Crohn's disease include abdominal pain, loose bowel movements or diarrhea, and weight loss. As the disease progresses, sufferers may develop mouth ulcers, rectal bleeding (blood in the stool), bowel blockages, anal fissures (tears) and anal fistulas (an abnormal passageway or opening between organs). Some Crohn's sufferers develop anemia as a result of intestinal bleeding.

Crohn's disease is often simply called Crohn's, and sometimes referred to as Crohn disease. Inflammation of the small intestine is also called enteritis. Enteritis is usually caused by a bacterial or viral illness. Crohn's disease is related closely to another form of inflammatory bowel disease (IBD), ulcerative colitis. Both colitis and Crohn's are considered chronic, incurable diseases by the mainstream medical profession.

But using her own eight-step natural treatment program for her serious Crohn's disease, Jini Patel Thompson has now been drug and surgery-free for over 20 years. Jini's eight key steps to healing IBD (described in detail in her book *Listen To Your Gut*) are:

1. Providing bowel rest using a liquid diet
2. Killing off the disease-causing bad bacteria and fungus in the gut
3. Re-populating the gastrointestinal tract with good bacteria
4. Healing intestinal inflammation and ulceration
5. Resolving nutritional deficiencies
6. Detoxing your living environment
7. Addressing the emotional factors underlying your disease
8. Balancing your hormones

Jini Patel Thompson has won international recognition as an expert on natural remedies for gastrointestinal disease. Even if you have tried every Crohn's treatment available without success, don't give up hope – Jini's books and natural remedies for bowel and colon disease have helped tens of thousands of people worldwide.

For full details and instructions, including dosages, please see our website:
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