

Crohn's, Colitis, IBS

Health & Sickness Begins in the Colon Crohn's Disease, Colitis, IBS - Liver/Lymph Connection

This newsletter brings you the topic that so many find difficult to breach. The state of your colon. The colon is often the most ignored organ in the body yet the most important to maintain. Many highly regarded practitioners will agree that all health starts and finishes in the colon, therefore making its function of primary concern. Let's first take a look at what the colon is responsible for.

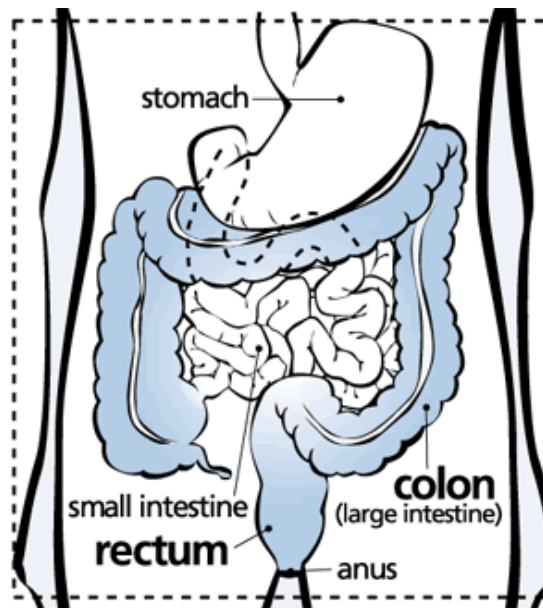
FUNCTION

The small and large intestines consist of resilient, hollow tubes that are approximately 26 feet long. All digested food enters the cecum through the ileocecal valve but if this valve becomes jammed, problems ensue. At the bottom of this is the appendix, which is typically surgically removed if infection and inflammation occur. Medically, doctors say that the appendix has no real function although more progressive theories consider the appendix necessary as it is a part of the lymphatic system. Without it, bowel function becomes compromised.

Digested food (chyme) passes into the cecum as a semi-liquid concoction that includes enzymes from the liver, pancreas and small intestine. It is here that friendly bowel flora performs its magic and completes the process of extracting valuable nutrition from the chyme. This material moves through the ascending colon, hepatic flexure and transverse colon to the splenic flexure via peristaltic action.

What remains after this process is 'feces', which now moves into the descending colon. Any toxic material from the blood and lymph are also transported through the feces and out the rectum.

Optimal transit time de-



pend on the initial input of roughage and on numbers of other conditions experienced throughout the process. How well did you chew your food, just how stressed are you, and how toxin-free was the food you ate? The characteristics of your stool upon arrival in the toilet bowl and how frequently it occurs is the ultimate indicator of food choices and organ health and is strongly indicative of potential trouble down the road. It's important to pay attention!

THINKING TWICE

The colon is the sanitation department for the body. It is the sewage system that is

typically very forgiving of our constant abuse. In his book called *The Second Brain*, Michael D. Gershon talks about the colon as being a second independent nervous system in the gut. It is a proven and generally accepted fact that there are neurotransmitters in the digestive tract there-

fore making this system entirely independent of the brain. Interestingly enough, the main transmitter of this independent system is serotonin, which draws a close connection between emotions and bowel dysfunction, especially in the case of Irritable Bowel Syndrome.

If we take a look at bowel dysfunction and disease, we can see a direct relationship between the nervous system and intestinal health. Stress alone causes interference with peristaltic action and the production and release of enzymes. Other factors such as chemicals, pollutants from air, water and foods, and spinal subluxations act as stressors and directly or indirectly affect our digestive function ability.

Simple trouble shooting uncovers the reasons behind bowel conditions. Read on.

See our "Spoiled Rotten" Booklet

Crohn's Disease

Burrill Bernard Crohn (1884 - 1983) was an American physician who spent his career immersed in the diseases associated with the intestines. Crohn's disease or Regional Enteritis, involves the distal portion of the ileum, and sometimes spreads to the colon. This chronic inflammation causes ulcerations and can affect anywhere between the mouth and the anus, involving the lymph glands and causing scarring in its path. On rare occasions the stomach acid will enter the intestines prior to being flushed and neutralized by the bicarbonate, therefore making ulceration a more significant possibility. Typically, Crohn's affects the last part of the small intestine. It tends to be chronic and recurrent and both genetic and environmental factors must be considered.

You can suspect Crohn's disease if you experience:

- diarrhea
- Cramping
- loss of energy, appetite, weight
- fever, headaches
- malabsorption

- excess fat in the stool (pale bulky floating stools)
- loss of blood.

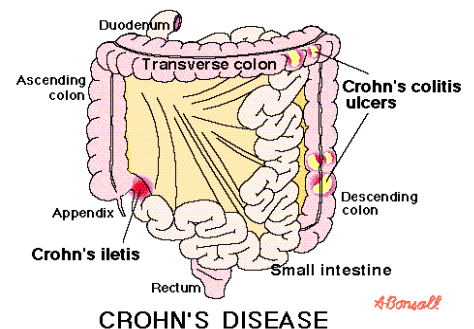
Any pain associated with Crohn's is generally in the area of the appendix, therefore is sometimes confused with an appendicitis attack. Complications of Crohn's disease may include bowel obstruction, bowel perforation, formation of pus collections, fistulae, cancer of the bowel and intestinal hemorrhaging. Any of these symptoms can extend and generate problems in joints, spine, eyes, liver, bile ducts, and cause abdominal distention, nausea and vomiting.

There are many similarities between Crohn's disease and ulcerative colitis but the primary difference is the degree of involvement of the intestinal walls. Ulcerative colitis is limited to the mucosa and sub mucosa, which are the two layers of lining closest to the mid passageway. Crohn's disease goes deeper and involves the muscular layer and connective tissue layer.

So what causes Crohn's disease? The cause is unknown and there is no conclusive evidence that infection is responsible. The exception is when the

colon becomes irritated and narrowing or obstruction of the ducts draining into the liver occurs. The backup of debris and toxins provides the perfect breeding ground for bacterial infections. Contrarily, more than half the population is infected with cytomegalovirus (CMV), which is part of the herpes family. CMV is present in 36% of patients with inflammatory bowel disease.

Crohn's patients consistently experience a deficiency in such minerals as calcium, copper, gold, iodine, iron, magnesium, manganese, potassium, selenium, sulfur and zinc. A Penn State study found vitamin D to be lacking with Crohn's disease. Vitamin C and E have also been identified as deficient in sufferers of this condition.



Irritable Bowel Syndrome



Irritable bowel syndrome is one of the most common reasons for a visit to the doctor. Over 4 million Canadian women alone have IBS. It is the most prevalent yet most

misunderstood condition that medications fail to eliminate. It has become the 'catch' phrase for whatever ails your intestinal region and is given such names as spastic colon,, intestinal neurosis, mucous colitis, or spastic colitis. When the normal movement of food through the intestinal tract is interrupted, the accumulation of mucosal build up and toxic debris causes dys-

function that is littered with symptoms.

Unlike Colitis or Crohn's disease, there are no physical manifestations of the condition that can be observed therefore it can be classified as a functional disorder where the bowel becomes extra sensitive, especially under emotional duress. No pathological or tissue changes confirm its presence and the intensity of symptoms vary and include:

- Abdominal pain, cramping
- Constipation or Diarrhea, Bloating
- Rectal discomfort
- Headaches, Backaches
- Depression, Fatigue

- Weight loss or gain
- Secretion of large amounts of mucous

Eliminating the possible infection of the protozoan called Blastocystis Hominis, from contaminated food or water is important. Parasites such as Giardia and Amoeba share many of the same symptoms as IBS and should be ruled out.

IBS is caused by such things as diet, lack of fiber, nutrient deficiency, antibiotic use, overuse of laxative, stress, nervousness, fructose intolerance, poor combination of foods, bacteria or viruses, or sugar over consumption. Large amounts of mucous form to create a buffer between the toxins and you. Some research indicates a strong relationship between emotional factors such as being abused as a child and IBS.

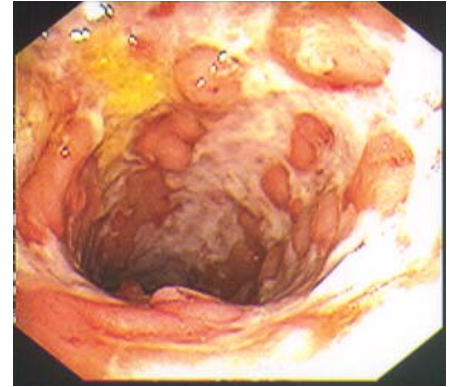
Ulcerative Colitis

Ulcerative Colitis is an inflammatory disease of the large intestine (colon) involving the inner lining or mucosa typically leaving no segments of normal tissue. Consequently, mucous and blood often appear in the stool when damage has occurred in the lining but otherwise, most all symptoms of both Crohn's and IBS are shared with this similar condition. Mucous serves as a protective coating on lining walls.

Ulcerative Colitis is a chronic condition where ulceration can potentially perforate intestinal walls and become cancerous. It may involve the rectum, the

last few inches of small intestine where food is moved to the large intestine, but is not isolated to this area.

One of the eminent dangers once the walls of the colon become affected is that Diverticulitis can develop. Enteritis and ileitis are other inflammatory processes often involved in Colitis. Colitis, Ulcerative Colitis and IBS exhibit a sodium and potassium ratio that is greater than 6:1 therefore manifesting an excess of inflammatory hormones.



Ulcerative Colitis

Liver, Lymph and Bowel Connection

So what does the lymph system have to do with the function of the bowel? If the bowel is congested, then the lymph fluid is unable to dump its accumulated debris in the colon. Lymph fluid is vital to all tissues in the body but easily becomes a thick mucoid substance, which can be seen as a petroleum-like matter in the feces. It is only when we become sick that any attention is paid to the lymphatic sys-

tem. This excess mucous engorges the nodes and results in stiff and achy muscles. The purpose of a fever therefore is to reduce the thick lymph fluid to a healthy state. A saturated bowel moves the filtering of lymph fluid to the liver where the toxins are released through the bile and then through the co-

lon. Any back up of the bile results in nausea. Some researchers also draw a comparison between gallbladder

*Colon Complications Diminish
Health and Vigor*

health and the tendency toward IBS, Crohn's Disease and Ulcerative Colitis. It is critical to keep all elimination passageways clear.

...More About Bowel Health



The colon is the site of toxin and body waste stagnation and retention. It requires more cleansing than any other organ. In order to normalize the function of the colon regardless of what

label your symptoms take on, it is essential to pay attention.

- Closely examine your diet. Ensure that it includes natural live foods that are raw or steamed to suit your condition or as specifically recommended
- Improve the bile secretion for proper intestinal elimination using specific enzymes
- Check out your Thyroid efficiency. Thyroid plays a major role in all detoxification processes and strongly affects the intestines. If it is under functioning, normal bowel elimination is not possible.
- Keep minerals reserves up. Proper mineral balance eliminates cramping and other symptoms so that healing can take place.

WE ARE WHAT WE EAT

Anyone who realizes that there is a direct relationship between disease and their food intake is already ahead of the game! Vitality, energy, endurance, and well-being depend on the perfect biochemical state of our bodies. Food is the nourishment that provides the raw materials we need to maintain health and heal disease and supplements become the building blocks that assist the life force within. Extra fiber and Omega-3 oils along with potassium help heal and clear toxins from the colon. Friendly bacteria in Soil Based Organisms directly aid Crohn's Disease, Ulcerative Colitis and Irritable Bowel Syndrome. Aloe Vera specifically calms and soothes inflamed and ulcerated tissue within to quickly relieve and heal.

I'm Okay, aren't I?

The human body is amazing but it doesn't always tell us the truth - well, at least not right away. The devastating effects of constant body toxicity may sometimes not be recognized for years. Don't wait that long! The fact that you live, eat, drink and sleep gives you plenty of opportunity to intervene before any life threatening conditions take over.

If you are experiencing a disease process such as Crohn's, Colitis or IBS your signs have arrived! Take charge and make the necessary changes to ensure that you get back the health you have been missing.

THE PSYCHOLOGY OF EATING

Yes, here we go again. It's all about diet, like it or not. The foods we eat must arrive within us in a form that is as close to nature as possible. Eating influences our health more than any other activity. Our psychological and emotional states are intricately tied to what and how much we eat. Emotions can diminish our appetites or send us into an eating frenzy, depending on our patterns.

If eating to relieve stress is what you have been doing since you were a kid, take a look at how it serves you. Check out how your choices tend to deteriorate with stress. Notice how stress affects everything from eating to sleeping, to mental acuity and your ability to experience joy. You have two choices in life. You can dissolve into the main stream, or you can be an achiever. Be different. Strive to be what no one else but you can be!

SUGAR IS YOUR ENEMY!

Excess sugar consumption is cited as being a significant contributor to disease and dysfunction in the body. In the case of bowel complications, the removal of this sweet offender has proven essential for healing. Sugar has significant impact on nearly every function in the body.

Sugar:

- Causes hypertension, headaches, including migraines
- Alters minds ability to think

- Suppresses the immune system
- Depletes the fragile mineral balance
- Weakens defenses against bacterial infections
- Damages kidneys
- Creates chromium deficiency, which is related to diminished eyesight
- Interferes with absorption of calcium and magnesium
- Feeds cancer
- Increases risk of colon cancer, especially in women
- Contributes to weight gain and obesity
- Causes a raw, inflamed intestinal tract
- Causes appendicitis
- Indirectly causes hemorrhoids
- Lowers enzymatic activity
- Increases formation of free radicals
- Depletes Vitamin B
- Increases size of liver, creates a fatty liver
- Causes loss of tissue elasticity and function
- Overstresses pancreas
- Causes constipation
- Increases bacterial fermentation in colon
- Causes hormonal imbalance
- Causes depression
- Increases gout
- Greater risk for Crohn's Disease
- Increases serum insulin
- Affects eyesight and eye health
- Is addictive



- slows intestinal transit time
- Increases concentration of bile acids in stools and bacterial enzymes in colon modify bile to produce cancer-causing compounds
- Increases emotional instability
- Body changes sugar into up to 5 times more fat in bloodstream than does starch
- Can cause dizziness

And the list goes on! It is clearly evident that removing this offender from your diet has great potential to set you clearly on the path to health.

Cookies, sweets and candy bars are not the only source of sugar. Eating an excess of grains or carbohydrates has the potential to create problems as these foods convert to sugar in the body. Avoid excess consumption of breads, pastas, grains, bakery goods, etc. Also, many foods are sprayed with a fructose compound to extend shelf life and fructose is a known contributor to bowel disease.

Pay attention to the messages your body is giving you. Be on top of your game before you are being asked to consider pharmaceutical intervention or surgery. Your success is only a mouthful away!

MAKE YOUR TELEPHONE CONSULTATION APPOINTMENT TODAY!

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Oxygen Colon Rejuvenator
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Superoxidation

SUPER SILVER



Powerful Natural Antibiotic
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GAMM-ZYME



Soothing Digestive En-
zyme Alternative

SILVER WATER



Pure Colloidal Silver Water
(for ultra sensitive digestive
systems)

TRUAloe



Helping your Cells
Regenerate

**MIRACLE II
NEUTRALIZER**



A Soothing Addition to
Water

WLA-132



A highly concentrated Aloe
product.



Royal Flora SBOs (Soil
Based Organisms) are
non-pathogenic friendly
micro-organisms.

Dr. Wolfe offers those who suffer with Crohn's, Ulcerative Colitis, and Irritable Bowel Syndrome expert advice and helps you carve the road to recovery. Listed below are the most effective and essential products for bowel conditions.

Give us a call. **1-800-592-9653**

- ROYAL FLORA (soil-based organisms)
- GAMMA-ZYME
- WLA ALOE
- TRU ALOE
- SUPER SILVER
- BIOXY
- OMEGA-3 FISH OILS
- SILVER WATER
- MIRACLEII NEUTRALIZER

Every One Needs to Be Oiled and Watered!

OMEGA-3 FISH OIL A study published in the New England Journal of Medicine found that pharmaceutical grade fish oil greatly reduced the pain of Crohn's disease, IBS, and Ulcerative Colitis. The test was done using a dose of 1 gram per day but Dr. Barry Sears highly recommends using 5 - 10 grams per day. He has seen that doing this for two weeks is very successful! Once pain is less or eliminated, reduce the dosage in small increments until pain

reappears and adjust accordingly from there. Each person will find their own dosage level.

WATER on the other hand, is critical to health and elimination in particular. The Wellness Water Filter has been used in clinics in Japan for treating intestinal cancers and other such conditions. Because of this ionic re-structured water, the cells are able to regain their integrity quickly and effi-

ciently. The permeability factor ensures that hydration occurs at a deep cellular level, which is critical to bowel function. Visit our web site and download The Wellness Filter Facts Book for more detailed information on this amazing specialized water.

www.thewolfeclinic.com

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Never Fear, Help is Near!



ROYAL FLORA Royal Flora or Soil Based Organisms are the strongest intestinal bacteria available. These are non-pathogenic friendly microorganisms that crowd out pathogens and harmful bacteria while recolonizing the bowel to restore vital health. Royal Flora aids in the restoration of natural alkalinity of the blood by eliminating harmful acidic waste. These soil based

organisms help break down carbohydrates, fats and proteins and render their toxic by-products inert. Blood sugar stabilization and increasing glandular integrity along with stimulating the immune system are some of the added benefits of Royal Flora.

GAMMA-ZYME Gamma-Zyme is a soothing digestive enzyme alternative for those suffering from ulcers, gastritis, severe burning sensations, irritable bowel syndrome, or intestinal lining damage. This special formulation of plant enzymes and herbs help digest fat, starches, and fiber and soothe and restore damaged or irritated intestinal linings. It is a special formulation without protease and is suitable for those with ulcers, colitis, Chrones Disease, gastritis, etc.

WLA-132 WLA-132 is a specially grown uniquely processed, highly concentrated Aloe product, which is substantially different than anything available. WLA-132 builds up the number of T-4 and T-8 lymphocytes in the body which helps the body strengthen itself. This formula is wonderfully soothing and aids in healing damaged inflamed tissue.

TRU-ALOE Tru Aloe can be used both internally and externally with excellent results. It supports white blood cell development and is outstanding for digestive tract inflammation and disturbances along with numbers of other applications.

SUPER SILVER Silver is a very powerful natural antibiotic and anti-bacterial agent. Super Silver is effective in disease, germ, viral, and fungal situations and can be used both externally and internally. It kills any pathogenic substance that is nitrogen breathing therefore leaving any oxygen breathing organisms (friendly bacteria) alone.

OMEGA-3 FISH OILS It is the long chain essential fatty acids that provide therapeutic value to the body and assist in healing. They help with pain, elimination, hormonal and glandular function.

SILVER WATER This is a mild antiseptic suitable for ultra sensitive digestive systems.

MIRACLE II NEUTRALIZER A soothing addition to water, helps neutralize pathogenic activity

Dear Readers,

Visit our web site and read the following articles that will aid you in the journey to better health. You'll be glad you did!

- **Reclaim Your Inner Terrain**
- **Spoiled Rotten**

Set your mind free from fear that you are doomed to a life of pain and suffering.

If you have any health questions, do not hesitate to call.

We are here to help.

Sincerely,

Dr. Darrell L. Wolfe, Ac, Ph.D.



The Wolfe Clinic

1-800-592-9653

www.TheWolfeClinic.com

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