



## The Mirror Inside: A Journey to Finding Answers to Ulcerative Colitis from Within (Paperback)

By Zoe Chloe Douglas

Purefaith, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Mirror Inside - A Journey to Finding Answers to Ulcerative Colitis from Within - (Crohn s Disease and Ulcerative Colitis: Overcome Colitis Naturally Be Pain Free) How To Overcome UlcerativeColitis/Crohns Disease Naturally Be Pain Free Read on your PC, Mac, smart phone, tablet or Kindle device. You are about to discover a guide/memoir on how to overcome Colitis and not have to worry about anything when you leave your house again! Witness a true story! Living with colitis can be challenging, and it is a growing problem in the world, especially in North America, although it is very common in people of European Ancestry as well. This autoimmune disease can ruin sufferer s life completely. Colitis happens when the colon become inflamed, leading to diarrhea, abdominal pain, ulcers or rectal bleeding. If left untreated, it can lead to much more serious diseases, such as colorectal cancer, osteoporosis, liver disease, severe dehydration. Many of the symptoms can be manageable by using supplements or by following some general dietary guidelines. The purpose of this book is to give you...

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