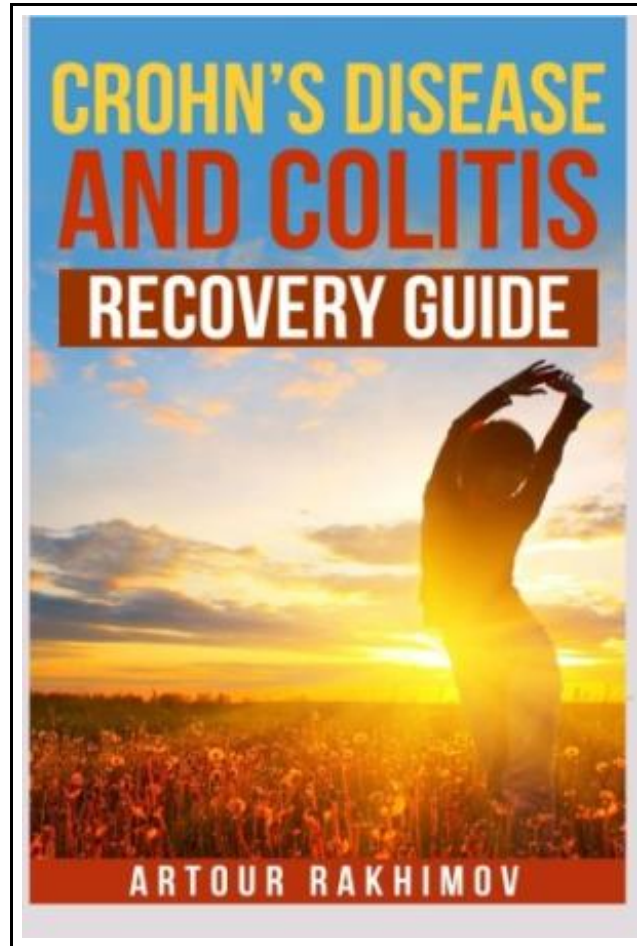


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CROHN S DISEASE AND COLITIS RECOVERY GUIDE (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This Crohn s Disease and Colitis Recovery Guide is based on the goal to achieve certain clear and specific signs of normal (or ideal) digestive health. Such signs of a clean gut are virtually never mentioned in the medical literature or sources and books related to alternative medicine. People with Crohn s disease and ulcerative colitis experience severe digestive dysbiosis with pathological microbial films on the linings of the large and small colons with following symptoms: - a heavy yellow or white coating on the tongue - frequent urination and reduced urinary volumes (less than 300 ml) - flatulence, burping, ear buzzing, and offensive fecal smell - use of large amounts of toilet paper due to excessive soiling. Someone with inflammatory bowel disease always require use of toilet paper, while the degree of soiling correlates with the severity of their digestive problem. Most people also require toilet paper. This is an indicator of their poor digestive and general health. While monitoring symptoms of abnormal digestion, a person can find out and address those triggers that cause dysbiosis. These triggers are analyzed in detail in Part 1 of this book series with the title Crohn s Disease and Colitis: Hidden Triggers and Symptoms. Among common triggers of IBD are: - tap water, most types of bottled and mineral water - poor posture (including slouching and bending forward) - certain types of physical exercise that cause tension in abdominal muscles triggering acute digestive flare-ups - some sleeping positions - non organic foods - other chemical triggers that include essential oils (in chewing gums and toothpastes) and acids. This book is Part 2 from the same series, and it focuses on...



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