


Jini's NATURAL HEALING GUIDE



Intestinal Strictures

Jini Patel Thompson



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WHO IS JINI PATEL THOMPSON?



.....
*“You’ll never be able to have kids, or hold down a job,
you’ll be in and out of the hospital for the rest of your life,
but you’ll qualify for disability insurance.”*
.....

That was the pronouncement my doctor gave me back in 1986 after diagnosing me with a supposedly incurable disease (widespread Crohn’s disease).

I was thin, weak and wracked with pain - unable to eat almost anything without suffering intestinal bleeding and cramping. I was taking 13 pills a day and my doctors told me that, even with surgery, I would never be able to have children, work, or live a normal life. The medical profession had nothing more to offer me than the drugs I had already tried.

After three years, I decided I could no longer live like that. When you’re that ill your life has no enjoyment; it has no pleasure. You’re in pain, on and off continuously. You can’t eat. You can’t do any sports or activities. You can’t go to a movie - unless you’re willing to get up repeatedly to go have a bowel movement and possibly sit there in pain for two hours. You spend a lot of time lying in bed or on the couch, feeling your pain and feeling your misery. And the threat of a flare-up is always with you, hanging over you 24/7. Well, isn’t that a form of torture?

I’m thankful the GI was so blunt and honest with me about my chances for recovery within the med/pharma system, because it really gave me the motivation to do whatever it took to heal myself – or I was ready to die trying. I wasn’t afraid of death and I was no longer willing to feel like I was living in a jail cell, being tortured every day.

I began researching and experimenting with alternative healing therapies. I come from a family of medical professionals who taught me to look at things scientifically, so when I began exploring natural healing for gastrointestinal disease, I conducted multiple controlled trials (on myself!) to determine what worked and what didn't.

After seven years, I had developed tried-and-tested methods to deal with each phase of my bowel dis-ease. When my healthcare professionals realized how much healthier I was, using my holistic treatment methods, than their other patients with similar conditions, they encouraged me to write a book about my natural healing protocols.

In 1995, I shared my program with about 200 fellow bowel and colon disease sufferers (IBS, colitis, diverticulitis and Crohn's Disease) to see if my diet, techniques and methods would also work for others. They too experienced successful results and urged me to publish my healing program. That resulted in my first book, *Listen To Your Gut*, published in 2000. It's now sold in over 80 countries and has become an international bestseller. When you're so desperate and ill and you find something that works, you tell everybody! Since healing myself (I have been 100% drug- and surgery-free for over 20 years) I've appeared on numerous podcasts, radio, and TV shows throughout the U.S., Canada, the UK and Australia, offering hope and practical tools for people with IBD and IBS. I am not a doctor or licensed healthcare professional – I am simply a layperson who healed myself and shares my healing tools/protocols with others.



And the rest of the time? I live with my husband and three children, along with a bunch of dogs, cats and horses in Langley, BC, Canada. Equines are incredible teachers and healing facilitators – I’m excited to share their gifts with you in the Workshops section of my website.

Now, I continue to research and develop natural healing treatments and products for gastrointestinal diseases and other disorders, and to share that information with others.

The basis for everything I do is always based upon listening to your own gut and letting your own intuition and body wisdom guide you. Why? **Because no expert, or specialist, or PhD knows your body better than you do.** No one knows your higher purpose and passions better than you do. Your conscious mind may not know, yet but your body and your spiritual self know. So, in all things, Listen To Your Gut (LTYG) because it will never steer you wrong. And then combine that with research, reason and trial-testing and you’ll be unstoppable!

Over 150,000 people have been through my program. When you have the keys to the jail cell, are you just going to walk away and not help those who are still locked in there? I think not.

This brings me to my latest breakthrough in healing something that brings such misery to so many: Intestinal strictures (scar tissue), which can result in intestinal obstruction. Until now there has only been three likely treatments for a serious stricture or bowel blockage in the small or large bowel:

1. Surgery – which then creates more scar tissue and may result in additional strictures, in anywhere from six months to ten years’ time.
2. Manual manipulation of affected tissue to increase circulation and movement in the tissue – therapies like the Wurn Technique, myofascial release and craniosacral therapy.
3. A liquid or semi-liquid diet – until the stricture either releases enough on its own for a more normal diet to be resumed, or surgery is performed.

The great news is we now have an entirely new treatment for strictures in both the small intestine and colon that may actually *dissolve* the thick, fibrous tissue and restore the area to normal tissue. Yes, the stricture can actually *disappear* after 2 to 6 months of treatment!

If this seems fantastical to you, read on. I'll explain in detail how this occurs and what we've learned thus far from our experiments with this new Intestinal StrictureHeal protocol.

But before that, let me share with you the results of the Intestinal StrictureHeal Survey.

Case study

An individual mid-blockage crisis was about to go to the ER but he had the main ingredients on hand and so tried the Topical StrictureHeal. Within 24 hours he was pain-free and three days later he ran a half-marathon!

After I gave out the eBook for free so people could test the protocol (over 500 people downloaded it), we did a survey. A whopping 92% said they would recommend the protocol to a friend and 62% said their health improved by half/half of their symptoms disappeared. An impressive 15% felt 80% better and 13% actually reported that they were fully healed with no sign of disease.

Other fascinating results include the person who used it on their mother diagnosed with Stage 4 cancer reporting that the doctors said it prolonged her life by 2 months and made her passing much more comfortable. Wow! You can download the complete survey feedback results from my blog.

Case study

“I’ve been doing this for 3 weeks now. The pain is gone, and I’ve started seeing a dramatic change in my internal processes; a place I haven’t been in 2 years. I do this when I go to bed and fall asleep with it on – I haven’t slept this good in so long!”
– a Topical StrictureHeal client with an intestinal blockage.

Am I making any health claims, or promising healing if you do this protocol? Nope! I’m simply relating what’s been possible for some people and we have no follow-up information about how long results lasted, or recurrence rates. Long-term healing is always a multi-faceted, holistic process - there’s no magic pill, or magic protocol that can reliably produce X result, every single time. For long-term healing to take place, you must heal all the levels of yourself; mind, body and spirit.

I view StrictureHeal as simply another tool in your Medicine Bag. If you’ve already healed all the other aspects of your dis-ease, then this may be the final piece. Or it may be a valuable part of your healing journey, or it may not work for you at all. You might even be allergic to one of the components. So at all times, listen to your gut! Listen to what your body wants, likes, and needs, and adjust accordingly.

I strongly urge you to simultaneously address the emotional component of your condition. My favorite tools for this are therapies that integrate the mind/body/soul - acupressure tapping, hypnotherapy, and craniosacral therapy (Level 2 or higher). I find acupressure tapping so helpful and transformative, that I’ve set up my own Course to teach you how to tap for yourself - come join me for a free session to try it out and see how it feels for you, at: LazerTapping.com

When you tap on the acupuncture or acupressure points, while talking out loud about your difficulty, pain, issue or trauma, the process results in an integrated healing of your mind/body/spirit. How can you fully heal your gut when so much of your anger and trauma is being carried or stored in the tissues and cells of your gut?

One of the free Tapping sessions you can choose to receive is all about releasing emotions in your gut that are causing physical issues. Muscle tissue and fascia are very responsive to stress; when you release the stress causing your gut to clench, any scar tissue is going to release/soften as well. So I do encourage you to at least give Lazer Tapping a try and see how it feels.

INTESTINAL STRICTUREHEAL



When inflammation has been present for a long time in the intestines, it sometimes causes scarring (fibrosis). Repeated ulceration and healing can also result in scar tissue. Scar tissue is not as flexible as healthy tissue, and the gradual build-up and thickening of scar tissue can narrow and constrict the intestines. Inflammation combined with scar tissue can also cause swollen segments. These constricted, narrowed areas are called strictures.



Intestinal strictures often result from a build up of thickened scar tissue as a result of chronic intestinal inflammation such as in inflammatory bowel disease (particularly Crohn's disease). Recent reports have associated strictures with a lack of "good" protective bacteria and an overgrowth of bad bacteria (viruses, parasites, fungi, candida, etc.) in the small intestine.

An intestinal obstruction, or bowel obstruction, is a partial or complete blockage of the intestine or colon, stopping or slowing the movement of the contents of the bowel through the digestive tract. Common causes

of bowel obstruction are strictures, hernias, tumors, impacted feces or a malfunctioning or twisted bowel.

Bowel obstruction and/or intestinal stricture symptoms vary depending on the degree of intestinal obstruction, but commonly begin with abdominal pain, bloating, and cramping. If the stricture continues to narrow, symptoms progress to more severe pain and bloating, nausea and vomiting, and constipation.

Medical treatments for intestinal strictures include dilating or stretching the narrowed segment, or surgically removing it. Unfortunately, both of these procedures result in more scar tissue, and possibly recurrent inflammation (with post-operative intestinal fistulas and abscesses), so neither are an effective long-term solution.

As a result of our experiments with numerous natural substances that soften, dissolve or transform scar tissue, we now have an **experimental protocol** for softening, and perhaps even completely healing, intestinal stricture or bowel obstruction, called Intestinal StrictureHeal.

Intestinal StrictureHeal (a natural remedy that uses powerful healing substances like DMSO, potassium iodide, aloe vera and colloidal silver) **is a two-step treatment protocol**. There is the **oral** (or internal) component and then there is the **topical** treatment. The effects experienced by people who have done *just* the topical treatment suggest that complete healing of intestinal strictures *may* be possible by this method alone, but would likely take considerably longer than doing both the oral and topical treatments simultaneously.

In addition, even if you heal your existing stricture(s), but you don't address the underlying infection and inflammation that is causing them in the first place, it won't be long before you have additional, or recurring strictures. By doing *both* the oral and the topical protocols, you are addressing the root cause and the symptom at the same time.

I have tested both the topical treatment and oral protocol on myself – although I do not have any intestinal strictures. I did the oral protocol 2 to 3 times per day for 2 weeks and I found it to be fairly easily tolerated – mild dizziness and periods of tiredness were my principle reactions. Depending on what is happening, you may initially feel tired and

experience some Herxheimer reactions (headaches, fatigue, mild nausea or diarrhea from the die-off of pathogens) so just give your body extra rest. But as time goes on you will feel increasing amounts of energy.

If you tend towards constipation it is really important to give your body plenty of magnesium citrate or flushing enemas to keep your bowel moving and regularly eliminate the dead microorganisms and their toxins. The western practice of ‘just sitting on the toilet’ prevents the rectum from straightening out and opening. You need to have your knees higher than your hips when you sit on the toilet, to allow the rectum to open properly. So either put your feet up on a child’s stepping stool, or you can buy squatting platforms like the Squatty Potty that fit around your toilet.

The main side effect of using DMSO either topically or internally is the odor your body gives off. Some say it’s a garlic odor but others report smelling soured milk or spinach beginning to rot. You usually cannot smell it yourself but your loved ones will be able to! My husband and children tell me the smell comes and goes. I expect the timing and intensity of odor varies from person to person. Regardless, the results are well worth the smell, especially when you compare it to the alternative!

DMSO Safety Concerns

DMSO will transport instantly into the cells anything it comes in contact with. However, Dr. Stanley Jacobs says, “DMSO will not carry anything with a molecular weight of over 1000. Now, the molecular weight of a virus is one million. A bacteria has a molecular weight in the millions. It won’t carry a virus or a bacterium.”

So only store DMSO in glass, wash hands with natural soap before handling, only use unvarnished wood, stainless steel or glass to apply - avoid plastics or anything that contains synthetic chemicals that could be transported into your body. Only use a high quality, pure grade of DMSO that comes in a glass bottle.

Solution dropped from a glass dropper and then spread around using clean fingers works well.

Or a natural fiber paintbrush, dipped into a glass bottle of DMSO and painted on. Wash the paintbrush each time after use with natural soap and hot water, air dry.

Some people advocate the use of natural rubber or latex gloves when applying DMSO. This can work, but you need to do a test first to see if the glove is resistant to DMSO. So a common laboratory trick is to fill the finger of the glove with DMSO, and hang it upside down overnight, so the DMSO stays in the finger cavity. In the morning, if the DMSO has NOT eaten through the glove, then that glove material is safe for you to use with DMSO.

Dr. Stanley Jacobs has this say about using DMSO while pregnant:

“I don’t recommend that pregnant women use DMSO in any way. But I will say that that I’ve had hundreds of patients call me who were worried about whether DMSO would impact a pregnancy because they had become unexpectedly pregnant while going through a series of DMSO treatments. I’ve always asked them to call me back after their child is born and, in all of this time, none has reported that their pregnancy was negatively affected. If you’ve accidentally taken DMSO while pregnant, it may be comforting to know that we haven’t seen any abnormalities from the DMSO.”(1)

Components of Intestinal Stricture Heal

DMSO (dimethyl sulfoxide) – is a natural substance from tree bark that was first synthesized by Russian scientist, Dr. Alexander Saytzeff in 1866. Due to its amazing ability to bind with other substances, it was first used as a solvent. Then it was demonstrated in 1959 that DMSO could protect red blood cells and other tissues against freezing conditions, so experimentation began. DMSO was then used to freeze and store organs for transplants.

Next, Dr. Stanley Jacob of the University of Oregon Medical School discovered that DMSO relieved burn pains and prevented scar tissue formation. He published his results in 1963 and from then on DMSO usage and experimentation spread like wildfire. It follows logically that a substance that can prevent scar tissue formation should also be able to soften or dissolve existing scar tissue.

Since then, DMSO has been widely used with professional athletes (from football players to Olympic gymnasts). It has proven effective with injuries to soft tissue, as well as for treating joint defusions, sprains, strains, dislocations, tendonitis, bursitis, gout, soft tissue tears, myositis (muscle inflammation), broken bones, and tennis elbow. Pain is relieved, swelling subsides and function is recovered more quickly.

Today we have plenty of evidence (from medical doctors and/or PhD scientists) showing that DMSO can also (2):

- Increase or potentiate cell-mediated immunity in autoimmune diseases like multiple sclerosis, lupus, rheumatoid arthritis, ulcerative colitis, lymphoid thyroiditis, etc.
- Make the immune system more effective by allowing macrophages to move around and through the tissues faster. It can also diminish allergic reactions.
- Increase the permeability of cell membranes, allowing toxins to be flushed from the cell.
- Substitute for water in the living cell then bind to free radicals and form a substance (dimethyl sulfone plus water with the hydroxyl ion) that can be excreted out of the body via urine.
- Prevent the formation of scar tissue or adhesions, or dissolve them once present.
- Kill or slow the growth of bacteria, viruses and fungi.
- Greatly reduce or eliminate inflammation, swelling, and pain.
- Quickly heal skin ulcerations, infected wounds, second and third degree burns and other skin lesions. In a study of 1,371 patients

with these varying afflictions who were treated with DMSO, 95% were discharged as completely cured. Some of these patients had diabetic leg ulcers that had been present for over 15 years and they were completely healed after topical DMSO spray applications, daily for 20 days. (3)

- Clear cataracts, macular degeneration and glaucoma of the eyes
You can purchase glutathione/DMSO/vitamin C eye drops from specialist compounding pharmacies.

How is it that one substance can affect or facilitate such a wide range of healing mechanisms? Dr. Stanley Jacob explains:

“We’ve barely scratched the surface, for this is a new principle in medicine. We’ve had only three new principles in our century – the antibiotic principle, the cortisone principle, and now the DMSO principle – and the DMSO principle is the only new one of our generation.

DMSO is literally water’s alter ego. It moves through membranes and substitutes for water so that it pulls substances through cells that ordinarily would not move through them. This is its basic mechanism of action. The DMSO-water bond is 1.3 times stronger than the water-water bond.” (4)

As mentioned earlier, the main side-effect of DMSO is the garlicky odor it gives off. It is a natural consequence of usage and disappears rapidly after usage is stopped.

As with any substance, some can be intolerant, and usage can cause a rash or tissue irritation – often this resolves over time as the body adjusts. If your skin is sensitive, then either reduce the concentration or frequency of usage (use it only every 2 to 3 days) until your body adjusts.

If irritation *does* occur it can be soothed with aloe vera, or cold-pressed castor oil, or comfrey salve. All of these substances are safe (and usually beneficial) to be applied on top of the DMSO, once the DMSO layer has dried. It can be very itchy as it's drying though, so be prepared and know that it is normal.

You may have heard concerns about whether DMSO causes lens changes in the eyes. There was a bit of a furor in 1965 because lens changes were observed in some mammals (dogs, rabbits and pigs). The problem was, none of the animals' eyes had been checked beforehand and the dosage was 5 g/kg of DMSO for three months (equivalent to a 150 lb person taking 11.5 ounces of DMSO per day for 3 months).

In spite of the massive dose, the only result was a slight nearsightedness. No microscopic or chemical differences could be found in the lenses. And none of the human studies done by any pharmaceutical firms showed any eye problems.

By comparison, if you use Intestinal StrictureHeal for 3 months, you will only use four ounces *total* of DMSO – rather than 11.5 ounces per day used on the animals, which equals a total of 1,035 ounces of DMSO in three months! So, I think we're safe to say this concern is not an issue here.

Aloe Vera – is antibacterial and antifungal. It is also used to soothe and speed healing, so it works well to counter the “sting” of potassium iodide and any irritation from DMSO.

Potassium Iodide – a mineral salt also known as SSKI (saturated solution potassium iodide), it is antibacterial and antiviral. It is also known for its ability to break down scar tissue and cysts. Dr. Wright has used it extensively to treat ovarian cysts and fibrocystic breast disease. David M. Derry MD, PhD has also extensively studied the use of topical iodine in regenerating scar tissue. If used long-term (longer than a month or so), you need to monitor your thyroid function though, since iodine impacts the thyroid.

Castor Oil - increases circulation and supports healing of the underlying tissues and organs. Castor oil is often used to stimulate the liver, relieve pain, increase lymphatic circulation and reduce inflammation. (5)



Wild Oregano Oil – is a broad-spectrum anti-pathogen substance. It kills bacteria, viruses, yeast, fungus and parasites. Since infectious microorganisms are often at the root of inflammation in the intestines, a small dosage of wild oregano provides good insurance and it is also anti-inflammatory. Wild oregano has also been used topically with burn patients to speed tissue healing. If you don't tolerate wild oregano, you can substitute with the equivalent dosage of olive leaf extract in tincture or capsule form.

Colloidal Silver – is also antiviral, antifungal and antibacterial. The silver ion (Ag^+) is bioactive and in sufficient concentration readily kills bacteria in vitro. Silver also kills bacteria in external wounds in living tissue, so physicians use wound dressings containing silver sulfadiazine, or silver nanomaterials to treat external infections. Wound dressings containing silver are increasing in importance due to the recent increase of antibiotic-resistant bacteria, such as MRSA.

The disinfectant properties of silver are used in medical applications, such as urinary catheters and endotracheal breathing tubes, where the silver content is effective in reducing incidences of catheter-related urinary tract infections and ventilator-associated pneumonia (VAP).

Silver is also used in bone prostheses, reconstructive orthopaedic surgery and cardiac devices, as well as on surfaces and fabrics to reduce the spread of infection. (6)

Cautions: The risk expected due to clinical exposure to silver is considered minimal as only chronic ingestion or inhalation of silver preparations leads to an accumulation of silver in the human body that can cause argyria, argyrosis (accumulation of silver in the eye), and other conditions. Silver-based products are contraindicated for people who are allergic to silver.

The reference dose published by the United States Environmental Protection Agency in 1991, which recommends the estimated daily exposure that is unlikely to incur an appreciable risk of negative effects during a lifetime, is 5 µg/kg/d; meaning 5 micrograms of silver per kilo of weight per person each day – about 1 liter (33.8 ounces) of 10 ppm colloidal silver per month for a 66 kg person.

With Oral StrictureHeal you will be ingesting a total of 10 ounces per month (at 20-30 ppm) so your equivalent ingestion would be 20-30 ounces per month, still below the recommended safety guideline. If ingested, colloidal silver may react with certain drugs, such as penicillamine, thyroxine, quinolones, and tetracyclines.

Colloidal silver can also reduce the absorption of some medications, including tetracycline and quinolone antibiotics and can bind to penicillamine, thereby reducing the effectiveness of those medications. (7)

So, if you are on any of these medications, be sure to take Oral StrictureHeal 2 to 4 hours away from such medications, or delete it from the formula. And check with your doctor first to see if it is OK for you to take it at all if you are on these medications.

Probiotics – a therapeutic-quality probiotic provides a good protective base against inflammation and also helps to repopulate the gut with good bacteria. This helps to keep the gut more stable and less prone to flares during treatment. Probiotics are also crucial since the colloidal silver and wild oregano oil are antibacterial.

Products needed for a 30-Day Supply of Oral & Intestinal StrictureHeal*:

- 10 drops of wild oregano oil (shake bottle well) – see instructions
- 1 x 30 ml bottle wild oregano oil (minimum 75% naturally-occurring carvacrol)
- 1 x 4 oz bottle 99% DMSO (dimethyl sulfoxide)
- 1 x 30 ml bottle of SSKI (super saturated potassium iodide)
- 3 x 2 oz bottles of colloidal silver (minimum of 22 ppm)
- 1 x 16 oz bottle of cold-pressed castor oil
- 1 gallon (128 oz) of pure inner leaf aloe vera juice, no preservatives or flavors
- Natren probiotics: If you are having 3 bowel movements or less per day, then you can take the Healthy Trinity capsules. If you are having more than 3 bowel movements per day, then you must use the powders: Megadophilus, Bifido Factor and Digesta-Lac. Buy a one-month supply
- Organic clear apple juice (if needed to mask taste)

*See my *LTYGshoppe.com* to order, or for my recommended brand names for all of these products.

One more thing you can do to support this protocol is to take adequate amounts of vitamin D3 (4,000-6,000 IU per day) and cod liver oil (1 tsp. or 4 to 6 capsules per day) with food.

Vitamin D3 is one of those substances that increases overall body resistance to pathogens and cod liver oil aids the action of DMSO. However, vitamin D3 requires plenty of magnesium to be converted to its active form, so you also need to increase your magnesium intake. QuikPlus atom-sized magnesium is the form I prefer since it does not require digestion and doesn't irritate/loosen the bowel.

A word of caution: Do NOT substitute products or brands other than the ones I have listed here. Since we are dealing with powerful substances

they have volatilities and interactions with other specific substances that can either cause unpleasant effects, or neutralize their action. I have studied and compiled hundreds of pages of research to put this protocol together, so you must use exactly the products specified here to obtain the desired effect and full potency of the protocol.

You can purchase them anywhere you want, just don't change the brand. For example, you cannot substitute regular iodine or Lugol's for the potassium iodide (SSKI) as Lugol's has molecular iodine in addition to potassium iodide and will cause irritation when used with DMSO. In addition, you cannot combine chlorine dioxide (MMS) with wild oregano oil because the phenols in wild oregano neutralize or deactivate the MMS, rendering it worthless. You must also only use DMSO sold and stored in a glass bottle. Again, see my *LTYGshoppe.com* for my brand recommendations.

As with any substance, if you react badly, develop a rash or other allergic reaction, then discontinue use. This is yet another reason to start slowly and gradually build up to test for tolerance.

Further Guidelines and Evidence:

Again, please keep in mind there has been no clinical trial or long-term (50+ years) safety record for these protocols. They have only been tested by my readership (less than 10,000 people) with mixed results. So be sure to listen to your own gut at all times.

Your gut may tell you to only take the oral component every second day or every third day and you may get great results from that. Or perhaps you feel led to take it for 2 weeks, then take a week off. Maybe your intuition guides you to do the oral protocol for only one month and then just carry on with the topical protocol for the next 6 months, and so on.

Don't forget, this is how *Jini's Wild Oregano Oil Protocol* came into existence. I tested it on myself first then about 30 of my consultation clients tested it. We compiled our feedback, altered the protocol a bit and now we have an excellent protocol that has helped hundreds of thousands of

people with IBD to clear their gut of pathogens – even difficult, resistant pathogens like mycobacteria (MAP).

Before I released the first edition of this eBook back in 2012, I only heard from 5 testers of Intestinal StrictureHeal. The first 4 only did the topical protocol as I had not released the oral protocol yet. All four reported excellent results; one avoided a trip to the emergency room and ran a half-marathon three days later, and one was able to eat some solid food again after months on liquids only. All experienced greater softness in the area of their stricture and a huge reduction of pain. In fact, pain disappeared completely for 3 of the 4 of the testers.

All 4 implemented the topical Intestinal StrictureHeal treatment for anywhere between 3 and 30 days, so not long enough for us to know whether the topical treatment alone will bring complete healing of intestinal obstruction. But all 4 felt the treatment was successful and will use it again when needed.

The fifth tester was my own brother who has had Crohn's Disease for 30 years but has followed medical treatment protocols. He had a small bowel ultrasound showing a "strong fibrotic stricture" and he was likely headed for surgery. But first, he implemented *both* the oral and topical Intestinal StrictureHeal treatment protocols.

After nine weeks of treatment, he underwent a colonoscopy and had the whole length biopsied. The colonoscopy showed "no stricture and no disease." He did not tell the doctor administering the colonoscopy about the Intestinal StrictureHeal protocol and the doctor was so baffled she asked to present him at rounds the next day.

My brother is a medical doctor himself and he is definitely a reliable tester of this protocol however, he is now faced with some difficult decisions about when and how much of this knowledge he will share with the medical community. Don't forget – medical doctors can lose their license for recommending non-drug or non-surgical treatments, so they really are in a bind.

The only other evidence we have accumulated thus far concerns my other experimental protocol called Rectal StrictureHeal. This protocol is

for scar tissue specifically in the anal or rectal canal. I myself have scar tissue in my rectum that is 23 years old – so very old, tough scar tissue.

When I first began using Rectal StrictureHeal, I was defecating through an opening only 5 mm wide. Seriously. That's about the size of your front tooth and it would take me one to one and a half hours to squeeze out a bowel movement. Was I motivated to find a solution to this problem? Yes, I was!

While I was in the midst of testing Rectal StrictureHeal on myself, one of my readers wrote in with such desperation that I sent her all the articles I had written about DMSO and let her know that I was in the midst of testing Rectal StrictureHeal on myself.

Well, she couldn't wait for my results and went ahead and did her own testing. She was at the point where she couldn't defecate at all without digging it out with her fingers. Her doctor didn't want to use anal dilation (stretching the stricture) or sphincterectomy (cutting the sphincter muscle) because it would just result in more scar tissue (smart doctor). So, this lady went ahead and used a very strong concentration of DMSO along with my *Healing Meditation for Anal Stenosis, Stricture and Hemorrhoids* every night.



After two months, her doctor performed a colonoscopy and confirmed what she already knew: the stricture was completely gone. The doctor was amazed and said: “If I had not diagnosed this myself, I would never have known there was ever a stricture here. The tissue looks completely normal and you cannot even tell where the scar tissue was.”

For myself, healing is taking longer – perhaps because my scar tissue is so old – but my anal opening has already increased from 5 mm to 20 mm. Which makes a huge difference – how do you spell ‘relief’? Interestingly, another hole has also opened up on the other side of my rectum, which is now 5 mm wide. So, my body is healing and dissolving the scar tissue in its own way, according to its own wisdom.

Remember that according to the FDA, DMSO is a substance that can only be used in one patented drug (for interstitial cystitis). For all other uses, you can only sell/use it for “solvent” purposes. That’s why the bottle will say: “This product is intended for use as a solvent only.”

Yes, it is a powerful substance (even though it’s all natural), so be sure and read all the information in the section on DMSO Safety Concerns, before you begin the protocols.

INTESTINAL STRICTUREHEAL

~ ORAL PROTOCOL ~



As I mentioned previously, there are two components to the Intestinal StrictureHeal Protocol - the Oral and the Topical. It's ideal if you can do both components simultaneously, but of course, listen to your body wisdom and proceed at the pace that's right for you.

Ingest on an empty stomach, twice per day:

- 10 drops of wild oregano oil (shake bottle well) – see instructions below for the 'burn-free' way to take it.
- Mix together Oral StrictureHeal (fresh each time):
 - 2 ounces (1/4 cup) distilled or filtered water
 - 2 ounces (1/4 cup) organic apple or pear juice
 - 2 ounces (1/4 cup) pure inner leaf aloe vera juice, no preservatives or flavors
 - 1 teaspoon of nanoparticle or colloidal silver (minimum 22 ppm)
 - 5 drops potassium iodide
 - 1/4 teaspoon of 99% DMSO

Note: If the taste of the DMSO is too strong for your tolerance, then reduce DMSO to 1/8 tsp. and gradually build up. Alternatively, if the taste doesn't bother you, then you can just use 1/2 cup of water instead of cutting it with the apple juice.

1. Take a sip of plain water, tip your head back so the water goes to the back of your throat, hold it there and drop the wild oregano oil into your throat. Immediately swallow. Take another sip of plain water if needed to clear the "heat".

2. Immediately following, wash all remaining traces of the wild oregano oil down your throat using the Oral StrictureHeal mixture – drink until the glass is empty.

Take once or twice per day to start to establish tolerance and then increase to 3x/day if you wish. For acute strictures or complete obstructions, you may want to take it three times per day – but still build up gradually to test for tolerance. **It is a good idea to start with lower amounts or lowered frequency then build up over time.** For example, start with half the dosage of wild oregano oil and DMSO then gradually build up.

3. Last thing before bed (or 2 hours after your last dosage), take 1 Natren Health Trinity probiotic capsule.

Or, if you are having more than 3 bowel movements per day, your GI transit time is too fast to digest capsules properly. In that case, take 1 tsp each of Megadophilus, Bifido-Factor and Digesta-Lac powdered probiotics dissolved in 8 ounces of filtered room-temperature water.

If you need to do this protocol for longer than three weeks and can't monitor your thyroid, then you may want to delete the potassium iodide (SSKI) from the protocol after three weeks. Iodine affects the thyroid, so if you continue to use the potassium iodide it is advisable to have your thyroid function monitored by your doctor after 2 to 3 weeks.

Tips and Tricks

Starting with half the dosage (or even less) and gradually building up will minimize any possible Herxheimer reaction (nausea, headaches, dizziness) or other symptoms caused by the die-off of bad bacteria, yeast, fungus, etc.

Likewise, you may want to start with taking the mixture only once a day, or once every other day and then gradually building up from there. It is better to start small and take your time building up, than not be able to do it at all. In the same way, it is better to take Oral StrictureHeal only once every two days, then none at all.

Do what you can and let your gut guide you as to how much, when, and how often – just make sure you write it down, so you can track your results. It is as important for you to know what didn't work, as to know what did work. So, whatever you manage to implement, please keep a record of it and don't judge yourself.

PROTOCOL NOTES



INTESTINAL STRICTUREHEAL

~ TOPICAL PROTOCOL ~



Most people find the Topical component of StrictureHeal easier to tolerate and it's definitely very soothing as well. For a mild or newly formed stricture, the topical component may be all you need. Again, listen to your gut! The Topical component has two parts, again, it's ideal if you can do both parts, but if not, at least do step one.

1. Apply Topical StrictureHeal (DMSO, potassium iodide and aloe vera) once per day to the area of stricture in your abdomen.

Combine these ingredients in a 3 oz dark glass bottle and shake well to make (a DMSO 40% solution) of Topical StrictureHeal. Most glass dropper bottles are 2-4 oz in size, so mix ingredients together in a glass, ceramic or stainless steel measuring cup with pour spout and then pour glass dropper bottle(s). This will give you enough solution for about 3-4 weeks of treatment:

- 2 tablespoons of 99% DMSO
- 2 tablespoons of pure inner leaf aloe vera juice, no preservatives or flavors
- 2 teaspoons potassium iodide (SSKI)

Note: If you are using inner leaf aloe powder, just mix as directed in water, and use 2 tablespoons of your mixture. See my LTYGshoppe.com for recommended brands of aloe vera.

Apply Topical StrictureHeal mixture to your abdomen (wherever your stricture, pain or cramping is) using your fingers or a natural hair

paintbrush. ***Do not use anything synthetic with DMSO** as it will pick up and transport everything it contacts into your skin/bloodstream.

Make sure your hands and abdomen have been washed with plain soap and water and do not have any creams or fragrance on them. Apply one layer of Topical StrictureHeal and allow the mixture to dry. Next, apply a hot castor oil pack to your abdomen.

Note: After you have done this protocol a few times, if you think your skin will tolerate a higher DMSO content, then try a solution of 70% DMSO, keeping the potassium iodide the same (10 tsp DMSO, 2 tsp aloe, 2 tsp potassium iodide). DMSO tolerance varies widely (with redheads being the most sensitive), so the 50/50 ratio is likely to be tolerated by most but feel free to adjust up or down as you desire. It is normal for it to itch while drying and the potassium iodide can cause a sting. But if it causes a rash, decrease the concentration of DMSO, or apply comfrey salve to the rash.

2. Apply a Hot Castor Oil Pack to Abdomen once per day

Immediately follow the Topical StrictureHeal treatment with a hot castor oil pack on your abdomen. A castor oil pack is placed on the skin to increase circulation and support healing of the underlying



tissues and organs. Just remember to use a cold-pressed castor oil and 100% cotton flannel (or wool) – no synthetics. You can use either a hot water bottle or a heating pad as the heat source. Here are detailed instructions:

Castor Oil Pack Components

- Cold-pressed castor oil
- Two sheets of plastic (garbage bags are OK)
- 1 yard of cotton or wool flannel
- Heating pad or hot water bottle
- Large old bath towel

Preparing a Castor Oil Pack

1. Fold the flannel into three thicknesses to fit over your whole abdomen.
2. Cut a piece of plastic 1 to 2 inches larger than the flannel.
3. Saturate the flannel with castor oil, but not so much that it is dripping. Fold it over and squeeze until it is oozing. Unfold.
4. Place the plastic and the old towel over the flannel to prevent staining the surface you will be lying on.
5. Lie down, place the flannel over your abdomen and put the fitted plastic over the flannel.
6. Now wrap the bath towel under you and around your torso and tuck it tightly.
7. Place a heating pad (on low heat) or hot water bottle on top of the bath towel.
8. Rest for 30 to 60 minutes. Use visualization, meditation, or just go to sleep. A good time to use castor oil packs is just before bedtime.

When finished, it is best if you do not get up and walk around (except to go to the bathroom) or be busy. Try to stay still and relaxed.

If you are doing your pack at bedtime, have a zip-lock baggie next to your bed and a towel to remove any excess oil and protect your bed sheets. Fold the oily pack up and put it into the baggie then drop it to the floor until morning. In the morning, put it in a cool place (room temperature in the winter is fine) or in the refrigerator.

If you store the pack in the baggie or a covered container in the refrigerator, then remove it from the refrigerator 1 to 3 hours before you plan to use it to allow it to reach room temperature. Each pack may be used repeatedly. When it starts to smell stale, throw it out (do not try to wash it) and make a new pack.

Note – The Short Version: If this procedure is too complicated for you, just apply a generous amount of castor oil to your abdomen. Cover that with an old cotton t-shirt or other 100% cotton cloth that you won't mind eventually discarding. Lay your heat source (hot water bottle or heating pad) on top of that.

Rest for 30 to 60 minutes. Stay covered and warm so that you can relax. Have a soft cloth or rag handy to catch any oil dripping off your body. You may want to put a towel or plastic underneath your body so your bed does not get oily. Just do what works for you.

You can re-use the 100% cotton t-shirt or cotton cloth multiple times. When the oil starts to smell rancid, throw it out. But until then you can keep it in a plastic bag to re-use.

Note – The Super-Short Version: If you just can't find the time for the hot treatment, you can also just apply the Topical StrictureHeal at room temperature then rub the castor oil on top. Leave it for 10 to 15 minutes (you can walk around doing stuff) and then either wipe off the excess or put an old t-shirt over top (to avoid staining your good clothes). Or, if you must, leave it for 20 to 30 minutes and then shower off.

Frequency of Use

In cases of long-term chronic pain, or acute intestinal stricture or bowel obstruction, it is best to commit to a 6-week treatment period using the Topical StrictureHeal solution in combination with a castor oil pack once a day then as needed. Full healing may require 3 months of treatment.

DO NOT stop treatment when your pain and tenderness goes away – this will happen fairly quickly. You need to keep going to allow Topical StrictureHeal to penetrate fully and transform your scar tissue into healthy tissue. This will likely take 2 to 6 months, depending on the severity and how old your scar tissue is.

You can have an ultrasound done to confirm your healing if you wish. I do not recommend colonoscopies or barium x-rays to check healing since they cause quite a bit of damage that will just set your healing back, or even destroy a good portion of what you've accomplished.

If you do not want to use the Topical StrictureHeal solution first, the hot castor oil pack on its own will soften tissues and provide significant relief from pain. To actually begin to break down the scar tissue though, you'll need to combine it with the Topical StrictureHeal solution. However, if you get skin irritation from using Topical StrictureHeal every day, then apply comfrey salve (see my LTYG Shoppe for comfrey recommendations) to heal the rash or irritation. Or, you can alternate with just using Topical StrictureHeal every other day and this will likely soothe the irritation.

Also, tolerance increases over time. In the beginning perhaps you can only tolerate the Topical StrictureHeal every 2 or 3 days but keep doing the hot castor oil pack every day until your tolerance increases. In this way you can gradually work up to using both the Topical StrictureHeal solution and the hot castor oil pack once (or even twice) per day.

Following are instructions and tips on how to use a liquid (or elemental) diet to flush an obstruction, or to provide bowel rest and reduce fecal matter while you're using the Oral and Topical StrictureHeal treatment I gave you above.

PROTOCOL NOTES



LIQUID ELEMENTAL DIET



When you have an obstruction of the bowel, it is best to consume a liquid, pre-digested diet to provide a form of bowel rest and flushing of the colon. By ingesting only liquids, you give your body the best chance to flush out food particles that may be stuck in diverticulae. You also avoid causing an intestinal obstruction through the build-up of stuck food, which happens if you have a stricture or narrowing of your intestine. It is also easiest to heal infection or inflammatory bowel while on a liquid (but highly nutritious) diet.



There are three forms of liquid nutrition that work very well during an acute intestinal stricture, diverticulitis, or other bowel blockage:

1. **Raw vegetable juicing** – primarily vegetables, with just enough fruit added to make the juice more palatable. Even better, sweeten it with Stevia instead.

2. **Raw (unpasteurized) cow or raw goat milk** – from pasture-fed animals only (not barn- raised and grain-fed). If you tend towards constipation you will need to add extra magnesium citrate to your raw milk (1 to 3 times a day, up to 1000 mg a day) to avoid getting constipated from the high calcium levels.
3. **Absorb Plus elemental shakes** – a pre-digested, elemental shake specifically formulated (by me) for people with inflammatory bowel disease (IBD). Clinical trials show an elemental diet has higher disease remission rates than prescription steroids.

Each of these liquid nutrient sources is best combined with homemade bone broths (chicken or beef). You can obtain your nutrients from only one of these sources, or you can mix and match them together - combine raw juicing with raw milk, or whey protein powder, or Absorb Plus, to add the protein and good fats needed for energy.

You should also be taking extra cod liver oil and Udo's Choice Oil Blend (you can add it to the shakes) during this time.

If you consume raw vegetable juices, buy organic produce and juice fresh every day (or freeze portions to consume later). Make sure you drink enough juice to provide yourself with adequate daily energy.

Keep in mind when you experiment with dietary options that you still need to test for your own sensitivities – some people do not tolerate raw milk, many with active Crohn's or colitis do not tolerate raw vegetable juices, etc. In these cases, it may be best to use Absorb Plus, which is specifically formulated for people with IBD – for lots more info see: *AbsorbPlus.com*

COLONIC MASSAGE FOR BOWEL OBSTRUCTION



Lastly, if you have an obstructed intestine, it is a good idea to do colonic massage after the Topical StrictureHeal treatment – while the abdomen is soft and you are relaxed – to help massage the stuck food through the intestinal stricture.

Here's a link to a video in which I demonstrate a simple but effective colonic massage technique to help release an intestinal blockage:

Listentoyourgut.com/colonic-massage



I also have a fascinating video for you in which California physiotherapist Mary Cox tells us how scar tissue, intestinal strictures and adhesions

form in the first place, and how we can use physical therapy to soften and release these restricted tissues:

Listentoyourgut.com/adhesions



INTESTINAL STRICTURE TREATMENT SUMMARY:



- Take Oral StrictureHeal and wild oregano oil internally 1 to 3 times per day.
- Apply Topical StrictureHeal at least once per day (2 times per day is helpful during acute phase) followed by a hot castor oil pack.
- Take probiotics once per day, 2 hours away from Oral StrictureHeal or wild oregano oil.
- Go on a liquid or elemental diet (Absorb Plus) if needed, until obstruction clears.
- Give yourself a colonic massage – you can do this while applying the castor oil, or afterwards.
- Use *Jini's Probiotic Retention Enema* if you have strictures or obstructions in your colon – instructions for this enema are in my books, *Listen To Your Gut* or *The IBD Remission Diet*.
- Simultaneously begin craniosacral treatments to release and soften scar tissue.

I've compiled a short-sheet of the Intestinal StrictureHeal treatment instructions below to make it easy to action and easy to reference - just tack it up on your fridge. Remember, full instructions are in the sections above – these are just the short reminder instructions.

INTESTINAL STRICTUREHEAL SHORT SHEETS



Oral Protocol

1. **Take 10 drops of wild oregano oil** (shake bottle well) twice per day on an empty stomach.
2. Immediately afterwards, twice per day, **ingest Oral StrictureHeal**.
Mix together Oral StrictureHeal (fresh each time):
 - 2 ounces (1/4 cup) distilled or filtered water
 - 2 ounces (1/4 cup) organic apple or pear juice
 - 2 ounces (1/4 cup) pure inner leaf aloe vera juice, no preservatives or flavors
 - 1 teaspoon of nanoparticle or colloidal silver (minimum 22 ppm)
 - 5 drops potassium iodide
 - 1/4 teaspoon of 99% DMSO
3. **Take 1 Healthy Trinity probiotic capsule** (or use the Natren powders if you are having more than three bowel movements per day) last thing before bed, or 2 hours after your last dose of Oral Intestinal StrictureHeal.

Topical Protocol

1. Once a day, **apply one layer of Topical StrictureHeal mixture to your abdomen** (wherever your stricture, pain or cramping is), using your fingers or a natural hair paintbrush. Then allow the mixture to dry. Combine these together in a dark glass bottle and shake well to make Topical StrictureHeal:
 - 2 tablespoons of 99% DMSO
 - 2 tablespoons of pure inner leaf aloe vera juice, no preservatives or flavors
 - 2 teaspoons potassium iodide (SSKI)
2. Once a day, **apply a hot castor oil pack to your abdomen.**



All the supplements recommended in this eBook can be purchased at:
LTYGshoppe.com

If you don't want to purchase online just come visit to see which supplement brands I recommend. You can then get the same quality and effectiveness by purchasing those same brands from your local health store.

For a complete list of all the products, videos or weblinks mentioned in this book, please visit:

Listentoyourgut.com/intestinal-strictures-resources

FOOTNOTES



(1) Interstitial Cystitis Network - Chat Log (www.ic-network.com)
Topic: Understanding DMSO, Speaker: Dr. Stanley Jacob, Oregon Health Sciences University, School of Medicine, March 28, 2000

(2 – 4) Most of the information on DMSO was derived from Dr. Morton Walker's excellent book, *DMSO Nature's Healer: How to Use DMSO to Relieve Pain, Increase Circulation, Repair Tissue Damage, and Fight Degenerative Diseases*. It contains specific instructions on exactly how to use DMSO for a wide range of disorders along with information on many clinical trials.

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Childhood Chronic Illness & The Family Dynamic

How To Create a Healing Environment

Murray The Shark: Sleeptime Stories (CDs/audios for kids)

ABOUT THE AUTHOR



A former journalist, **Jini Patel Thompson** is an internationally recognized expert on natural healing for colitis, Crohn's, diverticulitis and IBS. Her books have sold in over 80 countries and she has appeared repeatedly on radio, podcast and TV shows giving hope to those suffering from gastrointestinal disease. Jini is a popular speaker at natural health-related conferences, and her health articles have been published in magazines and journals in the U.S, Australia and the U.K., and worldwide online. After healing herself from widespread Crohn's, Jini has remained 100% drug and surgery-free for over 25 years. Jini lives with her husband, 3 children, 11 horses, 2 dogs and a cat in Langley, BC, Canada.

