



Digestion Protocols: (IBD) Inflammatory Bowel Disease



Inflammatory bowel disease (IBD) is the name of a group of disorders that cause the intestines to become inflamed (red and swollen). The inflammation lasts a long time and usually comes back over and over again.

Approximately 1.4 million Americans have some kind of inflammatory bowel disease.

The two primary types of inflammatory bowel disease are Crohn's disease and ulcerative colitis. Diverticulitis is another common inflammatory bowel disease.

Evaluation

- ☐ Symptom survey
- ☐ Complete blood test, including antibody tests
- ☐ Fecal occult blood test
- ☐ Parasite stool test
- ☐ Colonoscopy
- ☐ Flexible sigmoidoscopy
- ☐ Endoscopy
- ☐ Barium x-ray and other x-rays
- ☐ CT scan
- ☐ MRI
- ☐ Small bowel imaging



Common Causes of Inflammatory Bowel Disease

- ☐ Immune system malfunction
- ☐ Bacterial or viral infections
- ☐ Parasites
- ☐ Eating disorders, i.e, anorexia or bulimia
- ☐ Stress
- ☐ Smoking
- ☐ Genetics
- ☐ Environmental toxins
- ☐ Contaminated foods
- ☐ Certain medications such as birth control, hormone replacement, and acne drugs
- ☐ High fat and high sugar diet
- ☐ Hydrogenated and processed foods
- ☐ Gastric bypass surgery
- ☐ Celiac disease and gluten Intolerance
- ☐ Food allergies

Lifestyle Habits to Improve Inflammatory Bowel Disease

- ☐ Acupuncture
- ☐ Chiropractic adjustments
- ☐ Massage and other bodywork like cranio-sacral therapy
- ☐ Energy medicine, i.e., reiki, magnetic therapy, EFT
- ☐ Keep a food diary
- ☐ Healing enema
- ☐ Probiotic retention enema
- ☐ Avoid smoking
- ☐ Include mild exercise like walking or yoga
- ☐ Include stress reduction techniques like biofeedback
- ☐ Include regular relaxation and breathing techniques like HeartMath
- ☐ Remove environmental toxins from your home



Dietary Habits That Can Improve Inflammatory Bowel Disease

- ☐ Eliminate dairy and gluten products
- ☐ Eliminate allergen foods
- ☐ Eliminate refined carbohydrate and sugar products
- ☐ Avoid foods high in solanine and nightshades
- ☐ Start with an all-liquid elemental diet
- ☐ Slowly re-introduce fiber foods
- ☐ Include a high-quality protein powder
- ☐ Include omega-3 fats, i.e., flax seed and chia seed
- ☐ Include polyunsaturated fats, i.e., walnuts and olive oil
- ☐ Eat small meals
- ☐ Chew well
- ☐ Stay hydrated with pure water
- ☐ Sip your water
- ☐ Avoid sodas, caffeinated beverages, and acidic fruit juice

Herbs and Nutrients to Improve Inflammatory Bowel Disease

- | | |
|---|--|
| <input type="checkbox"/> Algae based oil | <input type="checkbox"/> Prebiotics, i.e., chicory root and Jerusalem artichoke |
| <input type="checkbox"/> Aloe vera juice | <input type="checkbox"/> Probiotics, i.e., fermented foods such as sauerkraut, kefir, and kimchi |
| <input type="checkbox"/> Arabinogalactans | <input type="checkbox"/> Psyllium seeds |
| <input type="checkbox"/> Artemisia | <input type="checkbox"/> Quercetin |
| <input type="checkbox"/> Boswellia | <input type="checkbox"/> Slippery elm |
| <input type="checkbox"/> Bromelain digestive enzyme | <input type="checkbox"/> Sunflower lecithin (phosphatidylcholine) |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Superoxide dismutase (SOD) |
| <input type="checkbox"/> CoQ10 | <input type="checkbox"/> Trace minerals |
| <input type="checkbox"/> Gingko | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Grapeseed extract | <input type="checkbox"/> Vitamin B12 |
| <input type="checkbox"/> L-glutamine | <input type="checkbox"/> Vitamin C |
| <input type="checkbox"/> Liquid chlorophyll | <input type="checkbox"/> Vitamin D3 |
| <input type="checkbox"/> Local or manuka honey | <input type="checkbox"/> Withania |
| <input type="checkbox"/> Nanoparticle minerals | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Omega-3 oils, as in flax or chia | |
| <input type="checkbox"/> Oregano oil | |
| <input type="checkbox"/> Peppermint | |