

November 2013

HomeCures

That Work.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

Healing Remedies for Crohn's Disease

Crohn's Disease
Diagnosis –
Where to Go
From Here
Intestinal Fortitude

Overcoming
Crohn's With
Nature's Foods

Alternative Path to
Treating Crohn's

HomeCures *That Work*

For Crohn's Disease

Table of Contents

Letter From The Editor	3
Healing Remedies for Crohn's Disease	4
Alternative Path to Treating Crohn's	7
An Alternative Path	8
Reducing Inflammation	8
Repopulating With Beneficial Bacteria	10
Easily Absorbed Nutrients	10
Overcoming Crohn's With Nature's Foods	12
Healing Your Gut	13
Homemade Probiotic Pickles	15
Lacto-Fermented Apple Sauce	16
Intestinal Fortitude: Crohn's Courage	17
Did Crohn Discover Crohn's?	18
Is Crohn's Disease A Fact Or A Theory?	19
What is MAP?	20
Got Milk? Maybe you should reconsider...	20
Big Dairy, Big Trouble?	21
Crohn's Disease Diagnosis - Where to Go From Here	24
Crohn's Benchmark Symptoms	24
Crohn's Complications	25
Victory with Crohn's	26



Disclaimer: The advice in this book is intended to supplement, not replace, the advice of a trained health professional. Consult your physician before beginning an exercise program, modifying your diet or altering medications. The publisher and author specifically disclaim any loss, risk or liability, which is incurred as a consequence of the use of information in this report. Scan our QR code to get more information from Home Cures That Work.

Copyright © 2013 Home Cures That Work



When diagnosed with Crohn's disease, the exact cause can be hard to identify, which translates into many hard to answer questions about Crohn's.

Leslie, Barton Publishing's very own Project Manager, was sitting in a parking lot with her Mom on speaker phone with her doctor when she was diagnosed with Crohn's disease. The diagnosis spiraled her into questioning what is the reality of living with Crohn's, how did she get it and where do you go from here? Furthermore, Leslie asked herself what happens to my unborn child because of the medications I am on? Her unanswered questions helped her focus on finding holistic treatment that worked. [For help understanding your diagnosis, go HERE.](#)

A bigger question to ask about Crohn's is if milk is to blame? Could the same bacteria causing illness in cattle cause Crohn's disease in humans? Michael Tyrrell presents an astonishing argument and leaves the answers up to you. Got milk? Maybe you should reconsider! [Your health disaster may be answered HERE.](#)

Fermented foods are one of the best things you can consume for any kind of digestive problem. They contain bacteria and enzymes that support a balanced digestive tract and fight off toxic microbes. Fermented pickles are a great source of beneficial bacteria. This begs the question, who knew a pickle could be so healthy? [Click HERE for the recipe!](#)

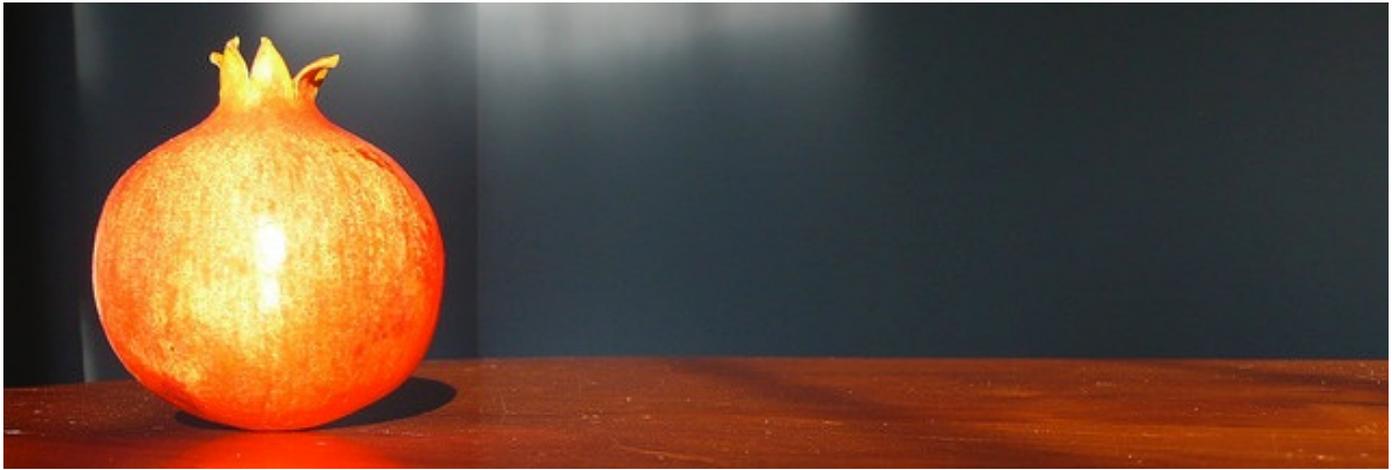
For answers to more questions about Crohn' disease like what lifestyles changes should you make and what natural treatments can remedy Crohn's, check out the full issue of Home Cures That Work.

www.HomeCuresthatWork.com

For Your Health,

Cheryl Inghram
Editor, Home Cures That Work

P.S. Crohn's disease and Celiac are both diseases of the small intestine that can lead to malabsorption. However, they have completely separate causes – Celiac is a reaction to gluten, Crohn's is a reaction to certain bacteria, yet often found together. There is an increased incidence of Crohn's in people with Celiac Disease. They should then follow a gluten-free diet.
<http://www.homecuresthatwork.com/category/topics/gluten-free/>



Healing Remedies for Crohn's Disease

By Dr. Scott Saunders

Cynthia had come to the United States from Australia a few years prior to our meeting. She had been struggling for many years with digestive problems and was finally diagnosed with Crohn's Disease. Over the next several years, she had several surgeries to remove portions of her bowel, leaving her with a colostomy bag and a shortened intestine. She came in to see me because in spite of the surgeries, she still was having diarrhea, cramps, bleeding, and lots of pain. The bags on her abdomen became a mess and she needed constant help just to maintain her digestive system.

Crohn's disease is a digestive disorder that causes erosions anywhere in the digestive tract – from the mouth to the anus. The Mayo Clinic website correctly states: "While there's no known [medical] cure for Crohn's disease, therapies can greatly reduce the signs and symptoms of Crohn's disease..." (1)

Crohn's disease symptoms can be prevented or diminished with the following medical treatments:

- Low-residue diet
- Anti-inflammatory drugs, such as sulfasalazine, mesalamine or corticosteroids
- Immune system suppressor drugs to decrease inflammation
- Antibiotics for infections outside the bowel
- Surgery to remove the damaged section of the digestive tract, to remove adhesions or to close fistulas

None of these conventional medical treatments has been able to cure the problem, although some can go into remission from Crohn's disease for years. You can read about Barton Publishing's very own Leslie Prins' remission from Crohn's disease with holistic treatment methods [HERE](#).

Modern treatment can get to the cause of the problem.

Since we now have the ability to find the cause of illness, we can now repair the lining of the intestines with natural remedies, instead of just cutting it out, or trying to relieve the symptoms. This may require some testing by a health professional because symptom control must be tailored to the individual.



However, without knowing the exact cause, you can still treat Crohn's without drugs. These healing remedies will include the following:

Diet

Food is the foundation of any healing treatment for Crohn's disease. One of the mainstays of therapy in my office is to do an "elimination diet," where all offending foods are eliminated for three weeks. The goal is to put as few demands on the digestive tract as possible.

This always excludes the following offensive foods from the diet:

- Gluten
- Dairy
- Sugar
- And anything that causes a reaction

If it is not clear which foods minimize cramps, then we may start with three weeks on a diet exclusive of all foods except beef or chicken broth and pure water. This works nine out of ten times.

Remember:

- No processed sugar at all
- Very little fruit that contains sugar
- Avoid grains, cereals, and starches
- No alcohol
- Drink water only. It's best to hydrate well by drinking water with salt – add ¼ teaspoon of salt per quart of water, drink two of these per day.

Nature's antibiotics should be used alternately, changing to a new one every week. If you find one that seems to work particularly well, it can be used for two weeks. Each should be used according to the package directions.

- Oregano oil capsules
- Grapefruit seed extract (GSE)
- Pau d'Arco
- Colloidal silver

Herbs can be taken in teas or capsules. Each of these has been shown to relieve inflammation in the bowel. They also aid in repairing the lining of the intestines.

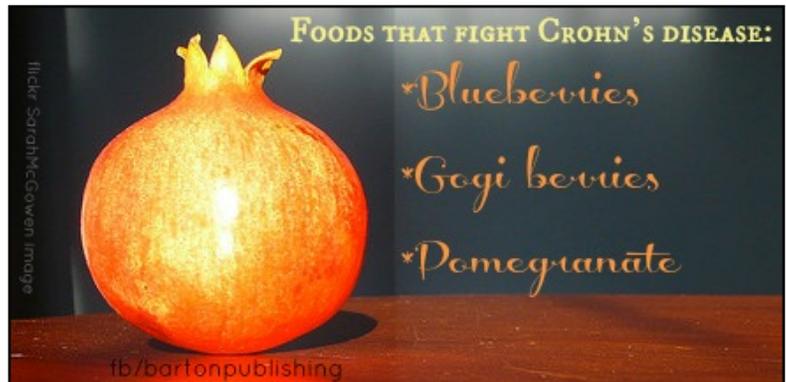
- Boswellia
- Turmeric
- Licorice root
- Ginseng
- Marshmallow
- Aloe Vera (Raw aloe vera juice works best, especially if you milk it straight from the plant)

Other treatments include:

- The amino acid GLUTAMINE is used to repair the lining of the intestines because these cells use it for energy, instead of sugar. Take about 5 grams twice per day on an empty stomach.
- Digestive enzymes should be taken with meals, these often come with:
 - Betaine HCL – take 2 to 4 with meals – if you get a burning sensation, diminish it until that goes away.
- Probiotics – try different ones on an empty stomach three times per day. Some that have more organisms are not necessarily better.

Foods that fight Crohn's:

- Blueberries
- Gogi berries
- Pomegranate



Eat fresh berries because they contain nutrients that are not destroyed by processing. Cynthia found that only fresh pomegranate would relieve her symptoms. When there were no pomegranates in the store, she tried drinking pomegranate juice, but it didn't help her at all.

All of this must be done at the same time! At first, the treatment for Crohn's disease is a lot of change and work, but it's DEFINITELY worth the trouble to avoid complications of this disease. You will be able to guide the therapy by your symptoms. Crohn's disease manifests differently in each sufferer—in fact, even the individual's symptoms may vary over time. You will know what works and what doesn't so you can make changes as needed in order to heal quickly.

Some may need help from a doctor who is expert in the use of modern testing and treatment. There are several labs that can do comprehensive stool analysis to test for bacteria, parasites, yeast, inflammation, allergic reactions, and so forth. This can guide the therapy to specifically address your problems.

Cynthia was able to get much better on her treatment, and was even able to get her colostomy taken down and have normal bowel habits. Her life is much better, however, she continues to deal with the long-term effects of having so much bowel removed, scar tissue, adhesions, and so forth.

As you can tell from Cynthia's case, this is not a minor illness, and can have serious repercussions. It is therefore important to do this properly in order to prevent complications. You can be freed from the oppression of Crohn's disease. Take time to heal and address all the underlying causes.



Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the

medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. <http://drsaundersmd.com/>

(1) <http://www.mayoclinic.com/health/crohns-disease/DS00104>



Alternative Path to Treating Crohn's

By Amanda Box

Suffering with Crohn's disease is far from a walk in the park. This inflammatory disease of the bowels can rob a once healthy person leaving them both weak and wasting away. When suffering with Crohn's, food is barely absorbed, blood is lost, and pain and chronic diarrhea are nearly constant. It is nothing short of a living nightmare for those who suffer.

Crohn's is an autoimmune disorder in the family of inflammatory bowel diseases. It can be difficult to diagnose, at first, because its symptoms resemble other diseases like Ulcerative Colitis and IBS.

Ulcerative Colitis, as devastating as it is, only affects the lining of the intestinal tract. Crohn's disease, however, causes inflammation in the deep layers of the intestinal wall.

No one is quite sure yet on what exactly causes Crohn's disease, although there seems to be a genetic tie. It also seems to primarily affect those between the ages of 20-30 years old.

Doctors typically treat Crohn's with a combination of immune suppressors and anti-inflammatory drugs. These drugs can offer temporary relief, but they also boast a whole host of side-effects: nausea, vomiting, and more diarrhea. Long term use of steroids like Prednisone lowers the immune system and make a person more susceptible to infections and disease. They can also cause hormonal imbalance, weight gain, and osteoporosis.

Many people who suffer from Crohn's undergo surgery to relieve their severe symptoms. These surgeries are quite invasive and involve removing part or a person's entire colon! Here's what a typical surgery for Crohn's entails:

- **Proctocolectomy** - Surgery to remove the rectum and part of the colon or the entire colon.
- **Ileostomy** - During proctocolectomy, the surgeon also performs an ileostomy. This attaches the ileum to an opening made in the abdomen called a stoma. An ostomy pouch is then attached to the stoma and worn outside the body to collect stool. The pouch needs to be emptied several times a day.
- **Intestinal resection surgery** - This is when only the diseased section of intestine is removed and an ileostomy is not needed. Instead, the intestine is cut above and below the diseased area and the ends of the healthy sections are connected in an operation called an intestinal resection.

What's even worse is that, even after surgery, Crohn's very often comes back! Surgery is not a cure and should be considered very carefully.

An Alternative Path

Given the above options, it really seems as though mainstream medicine doesn't have a lot to offer those with Crohn's. Many people throw in the towel believing they are doomed to suffer the rest of their lives with this damaging disease. But this just isn't the case!

Thousands of people have found a new life, one without suffering with Crohn's, by taking an alternative path. This path is void of side-effects and invasive surgeries. It does take discipline and hard work, but the payoff is great!

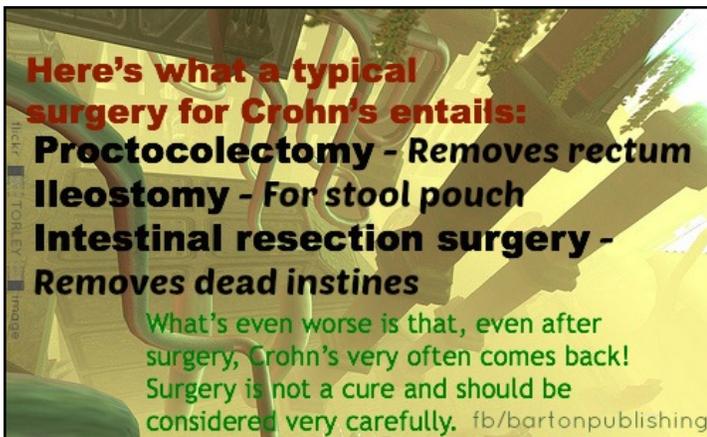
You can reduce or even completely eliminate Crohn's by following these natural principles.

1. Reduce inflammation (the cause of so many ailments and discomforts)
2. Repopulate the digestive tract with probiotic bacteria
3. Provide the body with easily absorbed nutrients

Reducing Inflammation

The root of Crohn's damage afflicted on the intestinal tract is inflammation. Although pharmaceutical drugs exist that suppress inflammation, they also have many side-effects.

There are plenty of fantastic supplements on the market that target inflammation naturally and provide even greater results than pharmaceutical drugs! With so many choices that are relatively cheap and inexpensive, it might be worth trying one or two to see what affect it has on your symptoms.



Serrapeptase

Serrapeptase is an amazing supplement. It was discovered in the 1970s in a species of bacteria located inside silkworms. This unique enzyme has the ability to safely quell inflammation without suppressing the immune system.

Inflammation in the gut causes much of the pain, ulcers, and bleeding that accompanies Crohn's; Serrapeptase offers a lot of hope with a whole host of beneficial applications.

Prescribed often in both Asia and Europe, it has been shown to be just as effective as NSAIDs and steroids in relieving inflammation, but without the side-effects. A double-blind German study on the enzyme found that it could reduce swelling by up to 50% in post-operative patients!

You can also use serrapeptase for:

- Sinus infections
- Varicose veins
- Carpal tunnel
- Multiple sclerosis
- Back and neck pain
- Traumatic injuries
- Chronic pain
- Prostate issues
- And much more

Aloe Vera

One of the most soothing plants on this planet is aloe vera. We all know how fantastic it is for soothing sunburn. Just as it soothes inflammation of the skin, it can also soothe the inflammation in our digestive tract!

Aloe vera also has antifungal properties, which makes it helpful in fighting off candida in the gut. Candida is a fungus that is often a precursor to Crohn's and its presence can exasperate the disease.

My favorite aloe product is by *Aloe Life*. They sell a non-filtered aloe that includes the enzyme rich components of the inner leaf as well as the gel and juice. Aloe is supposed to have a bitter taste. If it isn't bitter, much of its medicinal products have been filtered out. If you're not a fan of this

bitter taste, I recommend one of the Aloe Life's blends. They combine tasty fruit juice with their amazing aloe to offset the bitter flavor.

Omega-3s

I cannot stress enough the importance of omega-3s for Crohn's disease. Omega-3s are not only a fabulous natural anti-inflammatory, but they contain essential fatty acids that are necessary for our bodies systems. An enterically coated fish oil capsule seems to work best because the capsule does not release its contained anti-inflammatory benefits until it hits the intestinal tract - right where you need them!

As always, make sure that the fish oil you purchase has been tested to contain no PCB's or other toxins. There are too many fish oils on the market today that also contain the toxic chemicals that were ingested by the fish.

Repopulating With Beneficial Bacteria

The second principle in naturally treating Crohn's is repopulating the gut with lots of beneficial probiotic bacteria. This is more extensive than just eating a cup of yogurt!

When dealing with Crohn's disease, there is typically an extreme imbalance between helpful probiotic bacteria and toxic microbes (bacteria, viruses, fungi, and other foreign substances).

More often, these toxic microbes have taken over the environment in the gut. They not only thrive in the inflamed intestinal tract, but also promote even more inflammation and digestive disturbances.

The only way to take back your gut from these pesky microbes is to bombard it with the good guys. To do this, you must supplement with the top of the line and strongest probiotics on the market!

Not just any probiotic will do. I have compiled a list of the probiotics that are most often recommended. I have taken these brands myself and have seen others greatly benefit from them.

I'm sure there are other reputable ones on the market as well. However, these are my top 3 probiotics of choice:

1. **50 Billion Probiotic** from Renew Life
2. **Primal Defense** from Garden of Life
3. **Dr. Ohhira's Probiotics Original Formula** from Essential Formulas

Each of these probiotics are formulated by different methods and don't all contain the exact same strains of probiotics. I personally don't take the same brand for more than two months at a time. I switch to make sure I am truly getting a full spectrum of the friendly bacteria my body needs. I recommend others do the same.

You won't have instant results taking probiotics as they do take time to repopulate the gut. You may even experience a little digestive distress as your system is adjusting. However, after several months, the results will be significant and you will truly feel the difference.

Easily Absorbed Nutrients

Since Crohn's can often times impair the digestive system, it is very important that you provide your body with high quality, easily absorbed nutrition. Many times, even when someone with Crohn's changes their diet and eats only healthy food, their system still struggles to break it down

and absorb the vitamins and minerals. It is best to consume something that requires little to no digestion, yet is easily absorbed.

Juicing is by far the best way to provide your body with live, vitamin rich nourishment. You get all the benefits of fruits and vegetables without the strain of the digestive system. Juice is absorbed quickly and easily and provides an almost instant form of energy. However, juicing isn't always convenient and store-bought juices do not offer the same benefits.

They are nutrient dense powders on the market that are as close to raw juice as you can get. My favorite is Garden of Life's *Perfect Food*. It contains a plethora of health promoting greens and vegetables per serving. And for those who aren't a fan of the taste, they also make both a berry and chocolate flavored version. This is great for on-the-go, quick nutrition.

It is best to give your digestive system a chance to rest and repair, so always choose foods that are easy to break down and digest. Many with Crohn's follow a modified liquid diet until they obtain relief. Pureed foods and homemade soups are great choices. Eggs are also a fantastic choice for easily digested protein.

Remember, you are not bound to the pharmaceutical system. An alternative path to overcoming Crohn's is not only an option, but it works! If you take natural steps towards reducing inflammation, repopulating the gut with friendly bacteria, and consume easily digested nutrient dense food, you will be pleasantly surprised with the results! You may even say goodbye to Crohn's for good!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for

your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Overcoming Crohn's With Nature's Foods

By Amanda Box

I remember when I first heard, or rather saw, Crohn's disease. I opened up a book titled *Patient, Health Thyself*. Inside was this before and after photo of a man who had cured his Crohn's disease with natural foods and supplements.

This man's name is Jordan Rubin and he has since become a pioneer in natural health industry. He is the author of *The Maker's Diet* and the founder and CEO of the company Garden of Life, well known for its quality supplement and nutrition products. Reading Jordan's story that day inspired and encouraged me to continue on the path of natural health I had just begun to pursue. He is a living testimony that something as devastating as Crohn's disease can be cured... 100% naturally.

If you or someone you know has been diagnosed with Crohn's, then it's more than likely you have given up hope. Your doctor probably informed you about different medications that can help with symptoms, but was also quick to tell you that there is no cure for Crohn's disease.

But, I am here to tell you different.

Just look at this picture! Jordan was wasting away and his Crohn's was so severe he had been given a death sentence! He is now healthy and symptom free! You can be, as well!



Jordan's Miraculous Transformation

Healing Your Gut

Crohn's, like so many other autoimmune diseases, has no definite cause. Many things can trigger Crohn's, such as stress or even a bacteria imbalance in the gut, which then manifests in inflammation. Inflammation is a natural immune response. However, in the case of Crohn's disease, the immune system perceives normal cells of the digestive tract as foreign invaders. The side-effects of this attack on normal cells include:

- Chronic diarrhea
- Abdominal pain
- Bloody stools
- Ulcers
- Skin disorders
- Anemia (from blood loss)
- Anorexia (extreme weight loss and loss of appetite)

Crohn's can be quite the double-edged sword. It can not only be brought on by imbalance in the intestinal tract, but its chronic nature only exasperates the imbalance, causing more and more damage. Luckily, there are ways to stop this vicious cycle.

Crohn's disease can only be overcome by healing the gut. To do this, you must create an environment that is conducive for healing. You wouldn't expect an insomniac to rest if you're playing heavy metal music non-stop. Environment is EVERYTHING! If you give your gut the environment it needs to rest and heal, then it will do just that!

Creating a healing environment for Crohn's involves 2 steps:

1. Eliminating Inflammatory Foods

When your body doesn't recognize something as food, it is likely to promote an immune reaction and, therefore, inflammation is the result. I'm sure I've said it a million times,..

"If you can't pronounce an ingredient, then don't eat it!"

If you have no idea what an ingredient is, then it's likely not real food and your body will indeed notice! Creating a healthy environment in your gut involves real foods, real ingredients, and nothing artificial or made in a lab.

Foods can be characterized by their ability to either promote inflammation or quell it. Although everyone's body responds differently to different foods, there are universal foods that lend themselves towards inflammation. Some of the worst culprits of digestive inflammation include:

- Processed and prepackaged foods
- Fast food
- Artificial anything (colors, sweeteners, or flavors)
- Wheat and more specifically gluten
- Unfermented milk products

Wheat may not sound like such a bad guy, especially when whole-wheat foods have been promoted as healthy. However, 55% of those with Crohn's disease have also been found to have Celiac disease. An even greater percentage of those with Crohn's are gluten intolerant. It is quite rare to find someone with an inflammatory bowel disease that tolerates wheat products.

Milk products are amongst the most untolerated, as well. This is primarily caused by milk sugar, otherwise known as lactose. Many people don't have the necessary enzymes to break down lactose and this can cause major digestive distress. However, fermented milk products like kefir and yogurt have predigested lactose. These are much more tolerable and can also be a great way to incorporate beneficial bacteria back into the gut.

Now that you know what not to eat, you probably want to know what you can eat! That brings me to the second step in eliminating Crohn's disease.

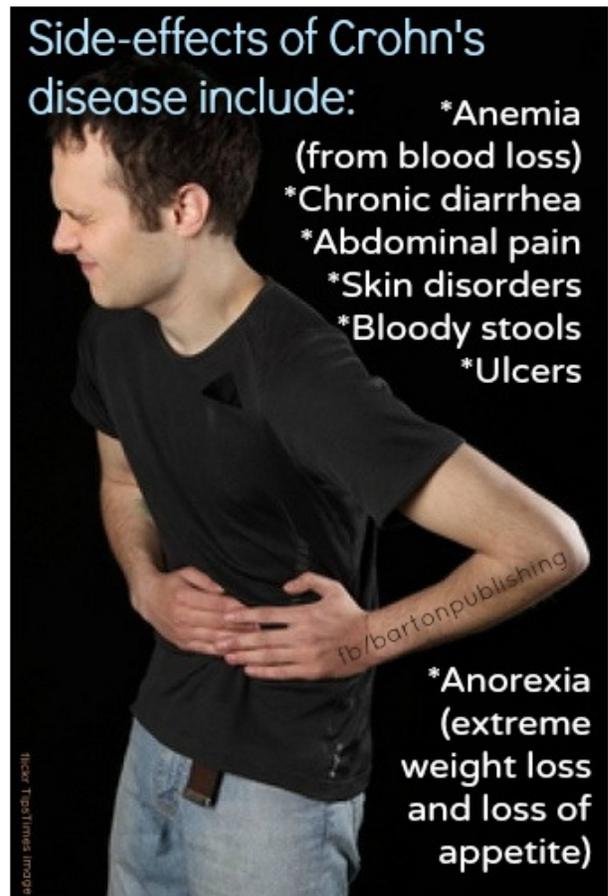
2. Consuming Gut Loving Foods

There is a diet plan specifically designed to heal the gut called the GAPS diet. Although I cannot cover all the specifics in this article, I highly encourage you to research it further. You can read one other article I wrote about the GAPS diet [HERE](#).

I have seen many people heal from Crohn's disease following the GAPS principles. The consumption of gut loving foods to restore your digestive tract is an essential part of the GAPS diet. So what exactly is a gut loving food? These are foods that:

1. Promote a healthy environment in the digestive tract with beneficial bacteria.
2. Are easy to digest and do not cause your body distress.

Raw foods, though highly nutritious, can be difficult for those with Crohn's to digest. It is best to lightly steam your veggies before consuming them. Eventually, as your gut heals, you may be able to incorporate raw foods back into your diet. Until that point, juicing raw fruits and vegetables is a fantastic way to consume nutrients from raw foods without the digestive issues.

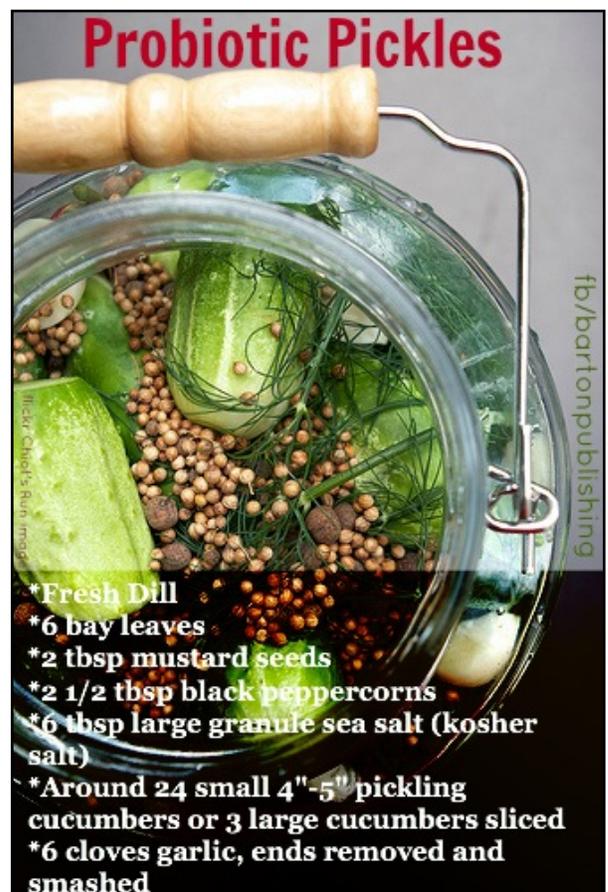


Side-effects of Crohn's disease include:

- *Anemia (from blood loss)
- *Chronic diarrhea
- *Abdominal pain
- *Skin disorders
- *Bloody stools
- *Ulcers

***Anorexia (extreme weight loss and loss of appetite)**

fb/bartonpublishing



Probiotic Pickles

- *Fresh Dill
- *6 bay leaves
- *2 tbsp mustard seeds
- *2 1/2 tbsp black peppercorns
- *6 tbsp large granule sea salt (kosher salt)
- *Around 24 small 4"-5" pickling cucumbers or 3 large cucumbers sliced
- *6 cloves garlic, ends removed and smashed

fb/bartonpublishing

Fermented foods are one of the best things you can consume for any kind of digestive problem. They contain bacteria and enzymes that support a balanced digestive tract and fight off toxic microbes. Many of these foods fight inflammation and soothe an angry gut. Some of the best sources of fermented foods include:

- Unsweetened yogurt or kefir
- Sauerkraut (no vinegar added)
- Kombucha
- Water Kefir

Pickles made by fermentation are one of my favorite sources of beneficial bacteria for the gut. A company called Bubbies makes both pickles and sauerkraut via the old fashioned fermented method. They produce an absolutely delicious product. I even find myself drinking the leftover pickle juice for a healthy dose of probiotics!

Unfortunately, these pickles are not cheap and cost nearly double the price of conventional pickles! I decided to try my hand at making my own fermented pickles last year as my garden was overflowing with cucumbers. They turned out just as tasty as the store bought!

This fermentation process uses salt brine and lacks the vinegar used in most pickle recipes. The sour flavor comes from the lactic acid, which is produced as the cultures feed on the natural sugars in the cucumbers. Gut loving probiotics are formed, as well as beneficial enzymes. Who knew a pickle could be so healthy?

Homemade Probiotic Pickles

Ingredients:

- Around 24 small 4"-5" pickling cucumbers or 3 large cucumbers sliced
- 6 cloves garlic, ends removed and smashed
- 6 bay leaves
- 2 1/2 tbsp black peppercorns
- 2 tbsp mustard seeds
- Fresh Dill
- 6 tbsp large granule sea salt (kosher salt)

Directions:

1. Properly clean 3 quart sized mason jars.
2. Gently clean cucumbers.
3. To each quart sized mason jar, stack the bottom with as many cucumbers as you can fit.
4. Divide the spices between the jars.
5. To each jar, add 2 garlic cloves, and 2 bay leaves.
6. Add a good amount of dill to each jar, and then fill each jar with as many more cucumbers as you can fit. Do not allow the cucumbers to go up into the band area. Make sure there's 1" headspace between the top of the jar and the lid.
7. On the stovetop, heat 1 quart of filtered water with 6 tablespoons of salt until it dissolves. Once the salt dissolves into the water, remove from heat. Add 1 1/3 cups of the salt solution brine to each jar.
8. Fill the remainder of the jars with enough filtered water to cover all the ingredients.

9. Place a lid on each jar and give it a good shake to mix the water and salt brine solution. Make sure to check after shaking that all the ingredients are submerged.
10. Place the jar in a cool dark place for 2 weeks making sure to burp the jar after 7 days. Makes 3 jars.

Burping involves unscrewing the lid and letting the gases formed from fermentation escape. You can also taste the pickles at this time. Two weeks is an estimated amount of time. Differences in temperature can affect the rate of fermentation.

Once you try your hand at fermented food, you may find yourself craving for more. Another one of my favorite fermented foods to make is apple sauce! Apple sauce is a fantastic side dish or snack. This apple sauce not only tastes great, but also boasts the same health promoting bacteria as the pickles above or a cup of yogurt!

Lacto-Fermented Apple Sauce

Ingredients:

- 6-8 medium size apples
- 2 tablespoons of whey or water kefir
- 1 teaspoon cinnamon
- 1 teaspoon real sea salt

Directions:

Core and slice apples. Process apples in food processor until it reaches desired consistency. Add whey, cinnamon and salt. Blend until smooth. Pour apple sauce into a clean quart size jar (or 2 pint size jars). Leave an inch of space from apple sauce to lid. If you don't, then you may have an explosion. Place in warm place for 3 days to allow for the fermentation. Keep in refrigerator for up to 2 months. Makes 1 quart.

Note: Whey is easy to acquire. Just buy a container of plain yogurt. The liquid that forms at the top after you've scooped out some yogurt is whey. Just strain off what you need. Water kefir can also be purchased at your local health food store. Flavored water kefir is fine to use, as the flavor won't affect the applesauce.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

Hope in Overcoming Crohn's

If you or someone you know is suffering with Crohn's, take heart! By incorporating gut loving foods and eliminating inflammatory ones, the gut can be restored! Take another look at that picture of Jordan Rubin. Let Jordan's story give you the hope that you too can be a testimony of how natural foods can heal the body.



Intestinal Fortitude: Crohn's Courage

By Michael Tyrrell

Welcome back, dear reader!

This month's edition of Home Cures That Work is truly a labor of love...seriously... By the time you are reading this article, our beloved editor (formerly known as Cheryl Ingram) is newly married and back from her honeymoon! The former Chicago resident is now a Floridian and her new name is Cheryl Ravey. I was honored to marry Mike and Cheryl in the great state of Wisconsin on the 12th of October! All of us at Barton Publishing wish Mike and Cheryl a lifetime of love, laughter and divine health.



Like a successful marriage maintaining, a healthy lifestyle is a serious commitment. Keeping our resolutions, or vows, will determine the results! In our microwave culture, we want instant "just add water" results, but the truth is every great accomplishment is the fruit of hard work and long suffering.

I belong to a couple of local gyms and I am amazed at the number of members that psychologically sabotage themselves every time they walk through the door! Especially considering:

- The girl who spends 30 minutes on the elliptical machine and never breaks a sweat because she is talking on her cell phone.
- Or the guy who has been there for years, but can't lose his gut because he spends the weekend guzzling beer and pizza
- Or the folks that spend a fortune on the finest cardio "gadgets" or exercise apparel, yet spend most of their time in the hot tub...

The bottom line is you get out of the gym what you put into it! Case in point, the guy with the chiseled abs and bulging biceps has a grueling routine, a stringent diet, leaves his cell phone in his locker, show up to work and his sweat equity pays him huge benefits.

Believe me...there is no shortcut, magic pill or placebo mechanism that can rival consistency and commitment. No guts. No glory! And with that said, I welcome you to our topic of the month: Crohn's disease.

Did Crohn Discover Crohn's?

Crohn's disease got its name from Dr. Burrill Bernard Crohn, a gastroenterologist who is credited for isolating the disease in 1932. Crohn's disease is said to affect between 400,000 to 600,000 people in North America alone.

As with many of the mainstream "incurable" diseases, Crohn's is shrouded in controversy. Presumed cases date as far back as 850AD with England's King Alfred possibly being the first recognized diagnosis of Crohn's disease.

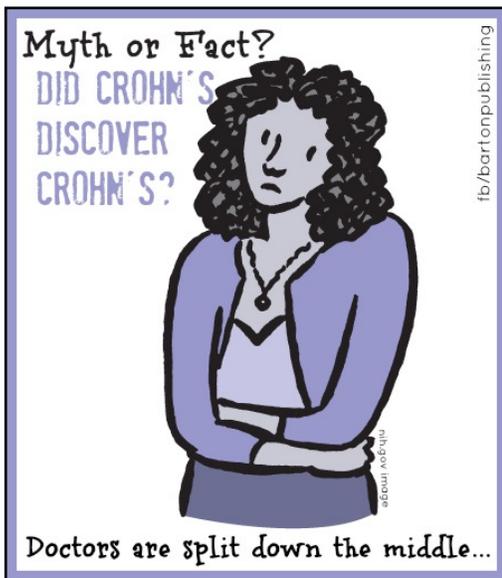
The truth is Dr. Crohn didn't discover the disease. In fact, nobody really knows who discovered it but a Scottish surgeon named Kennedy Daziel gave the disease the first clear description in 1913.

Yet nearly two decades earlier, a German doctor H.A. Johne described a clinically identical disease in cattle with the same symptoms and pathology as Crohn's. The infected cows had the identical cobblestone appearance in the intestines, microscopically showing Crohns and Johnes as a "dead ringer."

Today, doctors are split down the middle on virtually every aspect of the disease. Some believe it is autoimmune, some don't. The modalities for treatment are equally as nebulous and patients end up with the short end of the stick.

My heart goes out to the hundreds of thousands of people suffering with this condition everyday. On a personal level, I have met people in my travels who have lost their quality of life and are not one bit better after myriads of treatments from the western medical community...and they are still looking for answers.

My purpose for this article is to provide you with valuable information that will challenge you to look past the currently accepted theories in regards to Crohn's disease...and to do your own research and formulate your own conclusion.



Disclaimer: I am NOT a doctor or licensed healthcare practitioner. I am not diagnosing or recommending a cure, but am simply offering solid research to those with ears that hear and eyes that can read between the lines of conformity.

Is Crohn's Disease A Fact Or A Theory?

First and foremost, a theory is NOT a fact. It is a supposition or hypothesis; a starting point. A theory is merely a proposed explanation made on the basis of limited evidence for further investigation.

When referring to Crohn's disease, Dr. Crohn himself said it was his convictions that lead to his theory of terminal ileitis.

Did you get that? His theory...NOT fact. Yet with all of the controversy, inconsistency of evidence and hearsay, Crohn's origin and label as an incurable disease is purported as fact. And because the title "Dr." carries so much weight in society, people readily accept their opinions as absolutes and are afraid to challenge them.

Here is my first question to ponder...

Since we KNOW that Crohn's patients suffer from chronic, often bloody diarrhea, why would doctor's #1 choice of medication be...wait for it...prednisone?

- Prednisone is a corticosteroid that has a list of nasty side effects like bloating, edema and... here's a beauty... rectal bleeding and intestinal irritation!!
- The usual protocol for Crohn's often includes periodic courses of antibiotics, which kill unfriendly, as well as, friendly bacteria.
- And then after that the patient tells the doctor they still don't feel any better.
- Usually 2 weeks to a month later, doctors prescribe another stronger corticosteroid...
- And are told they will have to take them for the rest of their life.
- But, here's the worst part...eventually they recommend surgery. More and more of the patient's intestine are removed until there is nothing left to cut.
- Then...you guessed it... a colostomy bag!

If this is "practicing medicine," then are you comfortable with being a practice dummy?

As long as a disease is considered incurable, these arcane and often barbaric treatment regimens are viewed as "helpful." However, they offer the patient nothing more than a glimmer of hope... a temporary bandage with an inevitable conclusion: the removal of a large part of the intestine and the financial burden that accompanies the surgeries.

Here's the next question...

If someone who was clinically diagnosed with terminal ileitis or Crohn's disease and was completely healed using only "natural" supplements, then would the medical and pharmaceutical industry be pleased?

Enter a young man named Jordan Rubin diagnosed with a terminal case of Crohn's disease at 19 years of age. (1) Jordan's before and after pictures along with his blood tests and documented

healing from Crohn's by 100% natural means has caused a tsunami in the medical and pharmaceutical community.

Why would the FDA, AMA, doctors and pharmaceutical companies, which purportedly exist to heal the sick, not rejoice after seeing the cold hard medical facts that a young man was healed from Crohn's disease using only natural means?

Remember, I am not going to give my opinion. I am merely asking you questions that will require you to do your own research to formulate the answers. Watch the following video on youtube to learn more about Jordan Rubin's amazing healing: <http://www.youtube.com/watch?v=8VbqowMKM2A>

I have met Jordan Rubin in person and all I can say is that he is an amazing Christian man who is completely healed from Crohn's disease!

Remember, a man with an experience is never at the mercy of a man with an argument.

What is MAP?

MAP, or mycobacterium para tuberculosiss, is a parasite present in Crohn's disease sufferers. Here's the interesting part... it does not naturally occur in humans. It is an animal parasite!

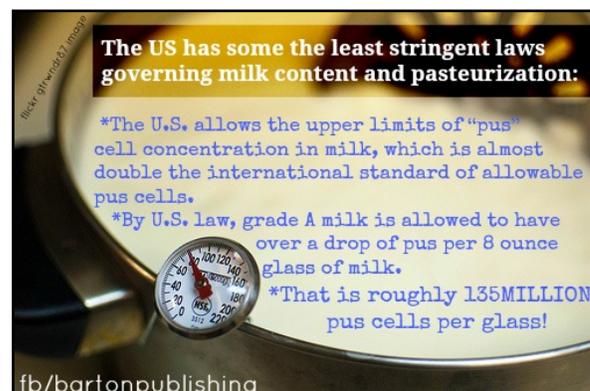
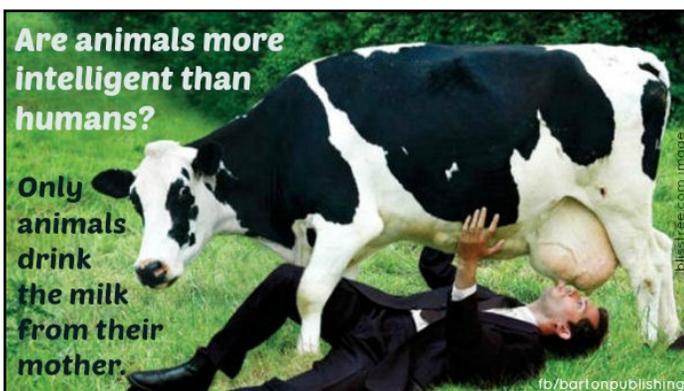
So, you are probably asking yourself, "Hmm...I wonder how it gets into humans?" The number one answer...MILK! Specifically, cow's milk!

Come on, Michael! Good 'ole cows milk is part of Americana! Remember, the "Milkman" and "Elsie, the Cow?" I sure do and had I known then what I know now, I wouldn't have touched the stuff with a ten-foot pole!!!

Remember earlier I mentioned a doctor named H.A. Johne who discovered a disease in cattle that was identical to Crohn's? Mycobacterium para tuberculosis was evident in 100% of the cattle diagnosed with Johne's disease. It is a fact that the bacteria mycobacterium avium tuberculosis is often found in milk!

Got Milk? Maybe you should reconsider...

So, here's another question. Who came up with the idea that drinking the milk of a mammal with totally different DNA then that of a human would be beneficial to our health?



Fact... every species of mammal, with the exception of humans, consume milk in the infant stage. We are then weaned and do not drink milk again because all of the immune building colostrum and nutrients necessary for a healthy life are assimilated during that breast feeding period.

Are animals more intelligent than humans? Only animals drink the milk from their mother... Humans often “opt out” of breastfeeding and replace the mother’s milk with cow’s milk or a man made formula and often continue drinking cow’s milk for the rest of their lives... which is udderly ridiculous!

This is why you should reconsider milk in your cereal, with your chocolate chip cookies, chocolate cake...or at any other time.

Here are the contents of one 8 ounce glass of milk (2):

- 135 million pus cells
- Blood
- Bovine Growth Hormones
- Antibiotics
- Feces
- 51 milligrams of cholesterol
- 300 calories
- 16 grams of fat
- Acid protein that leeches calcium from bones!

That’s right, friends! Though an 8-ounce cup of milk contains as much as 300 mgs of calcium, but not one iota of it is bio-available in the human body. In fact, it is highly acidic in our bodies and actually removes calcium (leeches) from your bones.

If you have bought into the term “lactose intolerant,” then you are half-way there. You see, it takes lactase (a lactose digesting enzyme) to digest lactose (milk sugar). The problem is the only time you have enough of this enzyme present is during infancy, hence, the reason for weaning!

Without the enzyme lactase, ingested lactose goes right to the intestines and ferments causing gas, lactic acid build up... a perfect environment for parasites.

Remember, the only way a human can become infected by MAP, mycobacterium para tuberculosis, is by ingesting it predominantly through cow’s milk. I personally don’t care what any scientist, biologist, doctor or dairy farmer says...Cow’s milk, complete with bovine growth hormones, pus, blood, antibiotics, bacteria, and viruses, do not belong in your body...period!

An “organic” cow is still...a cow.

Big Dairy, Big Trouble?

Because it is an American staple, you would probably laugh at me if I suggested that the Dairy Lobby was bigger and more protected than Big Sugar or Big Tobacco.

So, I will just share a few pieces of information and you can be the judge.

Originally, Louis Pasteur's "pasteurization" process was thought of as a way to make milk safe. But, there was a lovely side effect... significantly longer shelf life and the ability to mass-produce the milk.

The positive side of pasteurization was that prior to the process, children were dying left and right from tainted TB milk...mycobacterium was the culprit.

Originally, the pasteurization process was 144° F degrees for 30 minutes, which apparently worked as TB was wiped out and there were zero cases of children infected with Crohn's disease in the 1940s through the 1950s.

Then, a curious thing happened. Cases of Crohn's disease in children doubled, tripled, quadrupled until today, where it is nearly an epidemic! In fact, one in every six new cases diagnosed are under the age of twenty.

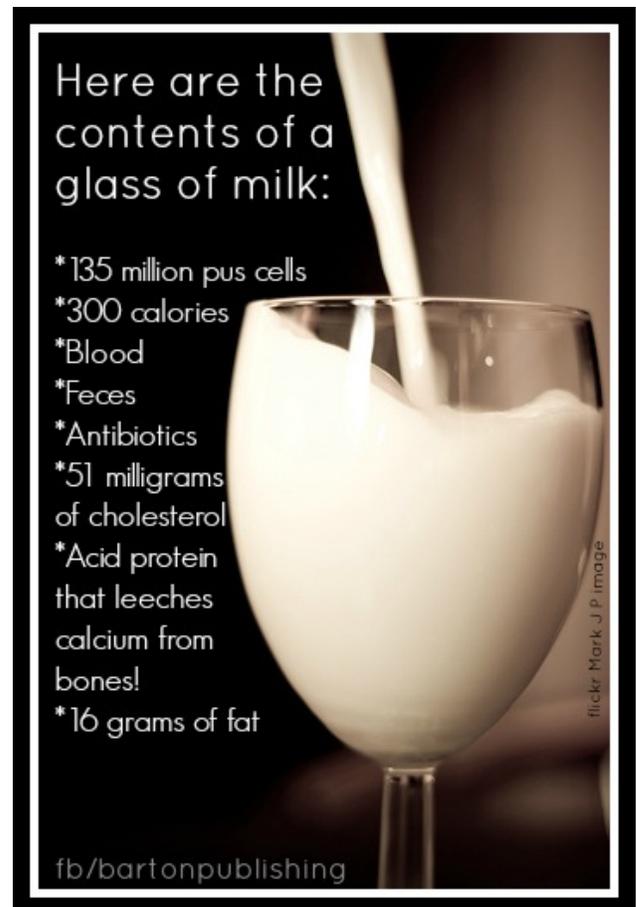
Why is Crohn's on the rise? Crohn's disease is most prevalent in three regions of the world. America is number one by far, followed by England and Scandinavia.

Not surprisingly, these three regions have the least stringent laws governing content and pasteurization(4)! Here is an example.

- The U.S. allows the upper limits of "pus" cell concentration in milk, which is almost double the international standard of allowable pus cells.
- By U.S. law, grade A milk is allowed to have over a drop of pus per 8 ounce glass of milk.
- That is roughly 135 MILLION pus cells per glass!

Not to mention that the former pasteurization method has been changed to a commercial "flash" HTST (high temperature short time) method, which is 161° F degrees for 15 seconds! And it should be no surprise to you that HTST does NOT kill mycobacterium avium paratuberculosis, a very hearty bacterium second only to prions which cause mad cow disease.

Another alarming fact is milk is NOT checked prior to pasteurization to see if it is "clean" enough to pasteurize. Perhaps the money made by the industry by using 15-second pasteurization methods is more important to them than your family's health and safety?



If mycobacterium avium paratuberculosis could be the cause of Crohn's disease and HTST pasteurization doesn't kill it, then why would anyone take a chance when an ounce of prevention is worth a pound of cure?

Is all of this just another conspiracy theory? You decide!

Notice the question that is always asked is, "Which is better for you, pasteurized or whole milk?"

I have a better one "Why would a human drink cow's milk?"

I am looking at a milk advertisement that reads, "Natures Pure Food." I guess that's true, if you're a cow(3)!

Milk it for all its worth

A book could (and should) be written on this topic, but the truth is that it would be lampooned by doctors, criticized by scientists, attacked by pharmaceutical companies, investigated by the government and hated by the dairy farmer! That's why I wrote an article full of questions for the reader to answer on his or her own after researching the above facts, as well as the myriads of additional information available to the public.

There is a good reason I titled this piece, Intestinal Fortitude for it will take all you can muster to beat Crohn's disease. It is my prayer that once you read the following definition you will let nothing, or no one, get in the way of the truth...

As long as there is a God in heaven, there is no such thing as an incurable disease and if you don't give up I am convinced that you, dear reader, will find it.

Until next month,

Michael

Definition of Intestinal Fortitude: Courage, also known as bravery, fortitude, will and intrepidity, the ability to confront fear, pain, risk, danger, uncertainty or intimidation or in other words...Guts!

"Have I not commanded you? Be strong and courageous. Do not be terrified, do not be discouraged, for the Lord your God will be with you wherever you go." ~ Joshua 1:9



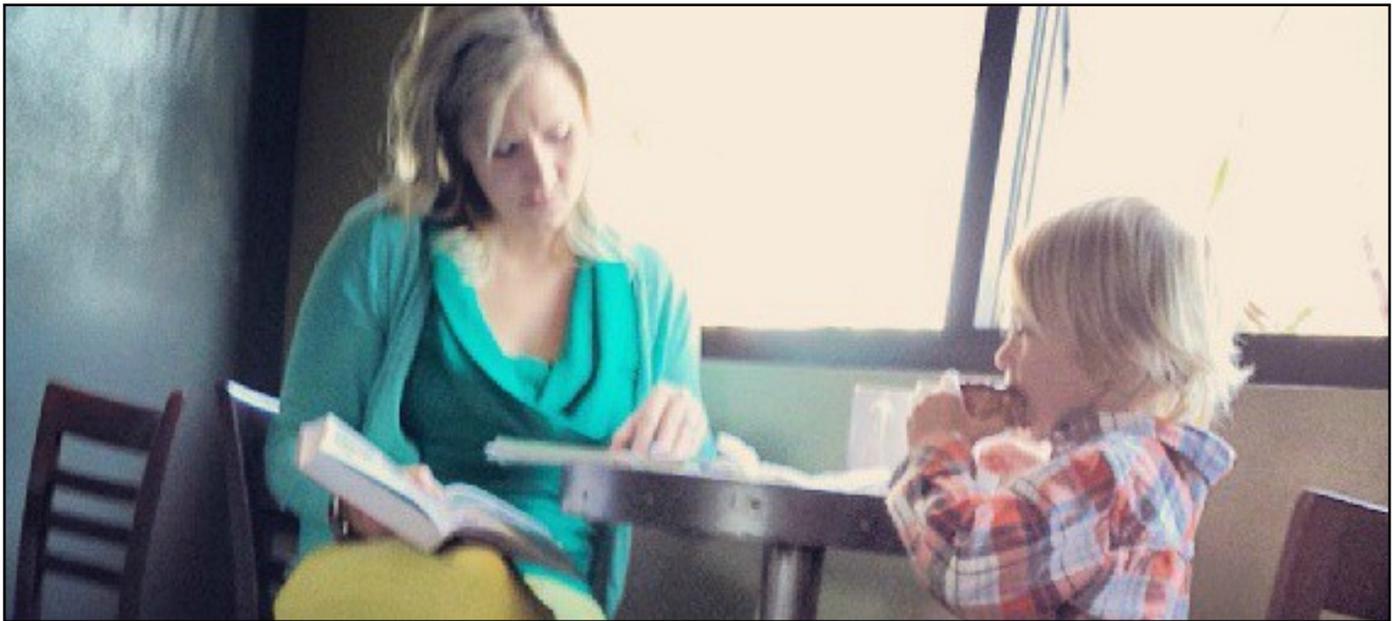
Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.
www.michaelyrrell.com

(1) http://www.crohns.net/Miva/education/articles/HSO_PrimaryDef.shtml

(2) <http://foodmatters.tv/articles-1/how-many-pus-cells-are-in-your-milk>

(3) <http://articles.mercola.com/sites/articles/archive/2012/04/15/inhumane-treatment-on-dairy-cows.aspx>

(4) http://en.wikipedia.org/wiki/Somatic_cell_count



Crohn's Disease Diagnosis - Where to Go From Here

By Leslie Prins

Taking a phone call from my new doctor in the middle of a Famous Daves parking lot wasn't exactly how I imagined I would be finding out about my new health challenge. The "diagnosis" of Crohns disease spoken over the speaker phone (so my mom could hear, too) hit me like a ton of bricks.

I didn't even really know what it meant, how I got it, and where we were going to go from here. This began my journey in to the world of medical doctors, colonoscopies, drug trials, drug reactions, expensive medical bills and a lot of internet time.

Crohn's Benchmark Symptoms

I was going in to my senior year of college. Bright-eyed and ready to take on the world, a CHRONIC DISEASE wasn't something I had time for.

I set my appointments with my doctor and followed his lead. The only real research I did was to try to figure out why I got this. I found it was common in Type A, high stress personalities (at least that's all I remember relating to), and I figured I was just going to have to live with this new label.

My only real symptoms were some blood and tissue in my stool (which didn't seem like that big of a deal at the time) and some pain in my abdomen. Almost everyone I knew had some form of was Irritable Bowel and it didn't seem that weird. Not to mention that I wasn't really living a healthy lifestyle in college: out late, eating fast food, but making sure to get some workouts in! Ha!

I listened to what I was told. I heard the horror stories of colostomy bags, people who couldn't have children, people who weren't absorbing nutrients and started to wither away. I was convinced that we needed to find the right medications to make this disease calm down.

Steroids, infusions, new pills, a drug reaction and a clinical study later, I seemed to feel fine. Humira seemed to be the drug of choice to help my symptoms and I was okay with taking the expensive shots every 2 weeks. After all, that's what my doctor had told me to do and it was working. Life seemed to be okay. That was until I became a first time mother....

Crohn's Complications

After 2 very close miscarriages shortly after I was married, I became pregnant again for the third time in 5 months (not doctor recommended!). I was nervous and determined to hold on to this little blessing and begin doing the online searching for reasons why people miscarry, what things are safe during pregnancy, etc.

This led me to the world of preventative medicine and natural remedies. My eyes were opened to the side-effects of what I had thought was always needed: prescription drugs. For the health of my own child's immune system, I found out about balancing hormones naturally and other precautionary measures.

As I began to do some research in to the drug I was using, I questioned my doctor about the long-term studies showing its safety during pregnancy. There were none! There was nothing to show the long-term effect of Humira on my child or myself, though the pharmaceutical company claimed it was safe. However, it was recommended that I only take the drug up to the 3rd trimester of pregnancy and then stop it until post delivery, but otherwise it was "safe."

A few years prior to being pregnant, I would have just trusted and went along with the doctors orders. Who knows.... my beautiful boy Jude and I may have been just fine. But, the so called "safe" plan to stop before delivering concerned me. After the scare of miscarriage and not trusting anything I previously believed, I decided to stop taking my medicine (not doctor recommended) a little sooner that he had wanted.

After about 2 weeks post delivery, I started to have Crohn's-like symptoms again and was an emotional wreck.

- Was I to start my medicine again with no valid research on the long-term effect of what this might to do my breastfed child?
- Or do I stop breastfeeding to get myself healthy and give my baby formula?

I remember crying for weeks trying to make the final decision. Meanwhile, I was in pain and exhausted. I had limited information on options for mothers who couldn't breastfeed and I decided I was not comfortable putting the drug into my baby's body through nursing, and so I opted for formula.

Slowly I continued to learn more about natural health and things to do to increase my immune system. I tried



juicing and fasting. I added in probiotics and other natural products to heal my gut. I spent hours on the discussion boards learning from others who were battling chronic autoimmune disease and what was working for them. I learned about people who had been healed by the power of Jesus and prayed for that same healing for me. I believed it could happen. I had seen it happen. And I was ready for it to happen for me.

Victory with Crohn's

I met with a naturopath friend, Amanda Box (she is also the Naturopath in residence for Home Cures That Work!), and she gave me some recommendations for improving my health. Over the course of a few months I had been feeling the promptings from whom I believe was the Holy Spirit, to talk to my doctor about natural remedies and the possibility of stopping my medications.

He did not believe I could be healed. Why? Because there were no drugs to heal people with Crohn's Disease. There was simply no cure in his expert advice. To his defense, he just had never seen anyone healed. I asked him about natural remedies... and he didn't know of any. This concerned me. He was a great man, but like I had thought my whole life, he believed medicine was only found in the pharmaceutical isle. Natural options just weren't worth looking into.

So... I met with prayer warriors and decided to stop my medicine cold turkey, knowing that if my disease became active again, the one medicine that worked for me may not be able to help me again. I didn't really tell many people that I was going to stop. I just did. And I never looked back. I had the faith of a mustard seed and I was going for it!

Incorporating probiotics into my daily schedule really helped me. I had read about Jordan Rubin who had cured himself of Crohn's Disease by going back to the biblical way of eating. His victorious story really inspired me.

As I started learning more about healthy and whole foods, my body even began to change. It was healing itself. I had my second baby without ever needing any prescription drugs for Crohn's during the pregnancy and haven't needed any since. I nursed my baby for 12 months and was never on prescription medications. I felt wonderful. I felt empowered. I felt like my health was in my control; I just needed to take the time to figure it out and do some research on my own.

It has been a journey. One that I wouldn't wish on anyone else. But I have learned a lot about my body, my strength, and that we are ultimately in control of our life and the way we want to live it!

Tips for your own journey to healing:

Medicine can be good. It can help. It can be used short-term. But, it never solves the problem of your illness. It masks it. You have to get to core of what's wrong with your body, feed and fuel it properly, the way God designed it to run. We were not created to be sick and unhealthy. We were created to live life to the fullest and to fulfill our God-given destiny.

Take control of your own health. Dig in. Do the research. Meet with Naturopaths and alternative doctors and start looking for remedies. Your body will thank you... and so will your bank account!



Climbing hurdles, juggling time constraints, and keeping everyone on task at Barton Publishing really is not much different than being at Leslie's home any given evening during the week. With two young children, Leslie is used to keeping things running (literally)! She and her husband Tyler currently reside near

Sioux Falls, SD with their children, Jude and Selah. Leslie enjoys learning & reading, and has an interest in food, fitness, and healing.