Healing by Design

Crohn's, Colitis and IBS

10 STEPS (Products highlighted)

1. Stick to easy to digest foods! This would be juices, blended smoothies, cooked/steamed vegetables, soups and chicken broths. Body Ecology Diet to eliminate all allergenic foods, heal gut lining, boost immune system and fight infections.

2. Avoid DRUGS, like steroids, try to get off them. Use natural anti-inflammatories. **CBD Liquid or capsules by Miracle Balance** is amazing! Also use **Turmerol by North American Herb and Spice and Dodecin by ByPro Nutrition.**

3. Living Green Calcium Bentonite Clay. This will detox the body and heal the gut lining. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. **Liquid or Detox Powder by Living Clay or Earths Living Clay**

4. **Inner Vitality plant minerals by Morningstar.** 2-4 ounces daily. This will provide much needed trace minerals and also feed your healthy intestinal flora. Also repairs damaged gut lining.

5. Aloe Vera Juice can heal a damaged gut lining also. We like the **Aloe Gold Tablets or Aloe Gold Juice by Aloe Life.** Other mucilagenous herbs can help such as slippery elm and marshmallow bark. Make a tea on your own. You can use **Stomach and Bowel Formula One by Dr. Morse, Intestinew by Renew Life or Digest Tea from Spirit of Health.**

6. **Renew Life 50 billion Ultimate Flora** and **Prescript-Assist probiotics.** Both are important. These are the most critical part of your gut, digestion and immune system. Also eat fermented foods if you can handle them, such as sauerkraut and kim-chi. If it irritates your colon, try sauerkraut juice only.

7. Fight infections. Often with gut damage comes infections. Try the **Oregabiotic by North American Herb and Spice, Fungal Forte by Original Medicine or Parasite M by Dr. Morse for bacteria, viruses, fungus, mold and candida.** A parasite cleanse often helps, such as **Dr. Hulda Clark 3-part cleanse.**

8. **Castor oil packs by Heritage.** Castor Oil packs are very healing for the colon, boost the immune system and relax the nervous system.

9. Consider fasting. Research water fasting, juice fasting or a Daniel's Fast. Read "**The Science and Fine Art of Fasting by Dr. Herbert Shelton.**" This is the fastest way to healing. Regardless, you must eat pure, whole foods and take stress off digestion. Warm, cooked foods, soups and broths work great!

10. Try enemas or even better, implants! Putting Bentonite clay, slippery elm, plant minerals, baking soda or other nutrients directly on the damaged area of your colon is one of the fastest ways to heal!

11. Use iridology! You can tell the extent of your gut damage and get an idea where to start by examining the iris of the eye.