

Colitis Summary

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Colitis is a bowel disease (an inflammation of the inner lining of the colon), resulting in pain, loose bowel movements or diarrhea, loss of bowel control, and intestinal bleeding (blood in the stool). There are over ten types of colitis, with the most common being ulcerative colitis, ischemic colitis, microscopic colitis, and infectious colitis. Causes of colitis include bowel disease, infections, poor blood supply, and autoimmune reactions.

After years of research and experimentation with alternative medicine, Jini Patel Thompson healed herself of serious inflammatory bowel disease (Crohn's). She has continued to research treatments for all types of colon and bowel conditions including colitis, earning international recognition as an expert on natural remedies for gastrointestinal disorders.

Jini's research led her to discover eight key steps that nearly everyone with a bowel syndrome needs to take in order to heal their bowel disease quickly, without drugs or surgery. Jini's eight steps to healing IBD (detailed in her book *Listen To Your Gut*) are:

1. Providing bowel rest using a liquid diet
2. Killing off the disease-causing bad bacteria and fungus in the gut
3. Re-populating the gastrointestinal tract with good bacteria
4. Healing intestinal inflammation and ulceration
5. Resolving nutritional deficiencies
6. Detoxing your living environment
7. Addressing the emotional factors underlying your disease
8. Balancing your hormones

By the time people find their way to Jini's colitis treatment plan, their bacterial flora is usually unbalanced throughout their gastrointestinal tract, and disease-causing organisms like yeast (*Candida albicans*), viruses, parasites, and bad bacteria are flourishing. This excess of disease-causing organisms causes inflammation and damage to the mucosal lining.

In many cases, the fastest way to heal colitis is to start with an elemental liquid diet in order to rest the bowel and eliminate any foods that trigger inflammation. Jini's effective Wild Oregano Oil Protocol, high quality probiotics, and targeted herbal and nutritional supplementation are also important components of natural ulcerative colitis treatment.

Even if you have tried every colitis treatment available without success, don't give up hope – Jini's remedies for colitis have helped tens of thousands of people worldwide. In order to be truly freed from the oppression of colitis, Jini stresses that you need to take the time to address and heal ALL of the contributing factors and underlying ulcerative colitis causes.

The key is to do all eight steps – preferably all at once – without skipping over any of them. Step-by-step guidelines including targeted Healing Diets, self-assessment tests, symptom guides and more are included in *Listen To Your Gut*.

For full details and instructions, including dosages, please see our website:
www.ListenToYourGut.com