



The IBD Remission Diet

Jini Patel Thompson

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The IBD Remission Diet is ideal for anyone with Crohn's disease, ulcerative colitis, diverticulitis or severe irritable bowel syndrome who has had enough of the drugs and surgery cycle. It's an easy to follow, 100% natural program that combines an elemental liquid bowel rest diet with tried and tested natural remedies proven to heal the rectum, bowel and colon.

If you're ready to take control of your health and heal your IBD naturally, then make the most of this step-by-step program to:

1. Stop bleeding and heal inflammation
2. Give intestinal fissures, fistulas and ulcers time to heal
3. Heal the mucosal lining of the intestine with targeted amino acids and herbs
4. Heal leaky gut syndrome
5. Clear intestinal obstructions
6. Replace bad and imbalanced intestinal flora with good bacteria
7. Provide a layer of good bacteria to coat and protect the mucosal lining from toxins, parasites, fungus and damage
8. Ensure long-term, ongoing health in the entire GI system
9. Heal and balance the immune system with proven supplements
10. Gain solid weight (muscle) if underweight or malnourished
11. Test for food intolerances and allergies
12. Achieve emotional healing
13. Prevent relapses with a Maintenance Diet

Dozens of clinical studies have shown that an elemental liquid diet is as effective as steroids at inducing remission for IBD, in an average 3 to 6 weeks.

An elemental diet is one where EVERYTHING you consume for 3 to 6 weeks is in liquid, pre-digested form. It combines protein shakes with vegetable broths, bone broths, homemade jello and supplements. You can also do a vegan version. But if you "cheat", you will not be providing the total bowel rest necessary for healing.

Because your diet is completely liquid, be prepared for multiple liquid bowel movements throughout the day. This is not diarrhea – liquid elemental diets produce liquid stool. You will likely need to take time off your regular schedule to do this diet.

"Elemental diet therapy is as effective as steroids in inducing remission, whilst avoiding steroid side effects."
Dr. Bhupinder Sandhu, MD

"In children with active Crohn's disease, exclusive nutritional therapy shows a more rapid effect than steroids in inducing clinical remission and is markedly more effective than steroids in producing healing of mucosal inflammation."

Dr. Robert Canani, MD

"THE IBD REMISSION DIET has been a dramatic, positive step forward in what I see as an ongoing healing process. I followed the diet for two and a half weeks then tapered off the shakes gradually over the course of another one and a half weeks. Within the first week of returning to solid food I experienced the first solid bowel movements I had had in almost a year. My digestion was quiet and painless and food was properly broken down. My energy levels stayed up and my weight has stayed on. Although I may experience flares again in the future, the fear factor is almost gone now that I know I have a powerful tool for managing them that will not cause horrible side effects or damage my immune system. I would highly recommend this diet for anyone with gastro-intestinal problems or anyone seeking a balanced, natural approach to long-term health."

ED, Toronto, Ontario

"Having recently undergone the second of two major surgeries for severe ulcerative colitis, I decided to follow THE IBD REMISSION DIET for two weeks with the goal of restoring balance to my gut, losing some weight, and generally "detoxifying" my system. After following the Diet, my digestion has vastly improved and I have had no blockages at all. This has led me to question whether my surgeries might even have been averted had this elemental diet program been available to me earlier."

CS, Toronto, Ontario

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