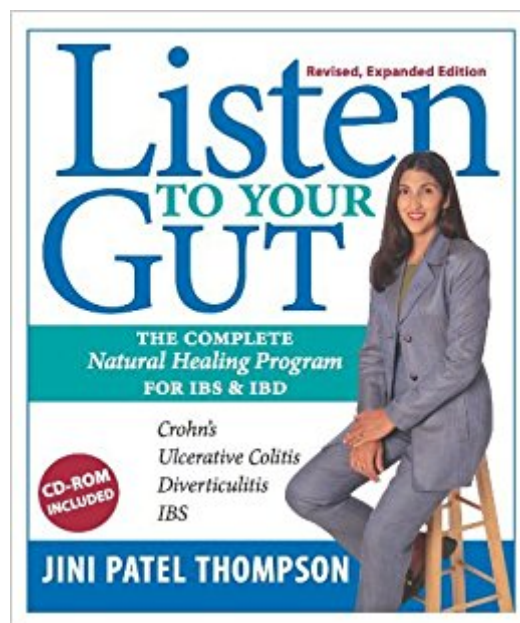




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# Listen To Your Gut: Natural Healing And Dealing With Inflammatory Bowel Disease And Irritable Bowel Syndrome



## Synopsis

Digestive disease expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD-Rom. Patel Thompson tells how she healed herself from severe, widespread Crohn's Disease and has now been completely drug and surgery-free for over 20 years. Since the first publication of this book in 2000, Patel Thompson has helped thousands of readers in over 40 countries take back their lives and heal themselves. Even medical doctors have used her holistic program to heal themselves or family members. Patel Thompson emphasizes that since the book contains only effective natural, holistic healing protocols, the reader must be ready to put in the time and focus necessary to connect with their unique body and heal the root-causes of their disease - not just mask the symptoms. Treatments range from healing intestinal bleeding, to heartburn, diarrhea, food allergies, etc. Healing Diets, bodywork therapies, herbal supplements, retention enemas and many more regimens are presented, along with detailed dosage and implementation instructions. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

## Book Information

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## Customer Reviews

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hard to follow

Good advices!

For the hard core diet person. This approach is a major lifestyle change. Not for everyone. I'd recommend getting a copy from the library first.

Our daughter was diagnosed with Crohn's disease last year. She had been terribly ill and lethargic for about a year prior to that, and none of the pediatricians we visited could tell us what was wrong with her; she was suffering from severe malabsorption, anemia, gastrointestinal issues, and was not growing. We brought her to the Children's Hospital of Philadelphia, and the treatment they offered was high doses of Pentasa and infusions of Remicade through an IV about every six weeks - they said we needed to start the treatment with Remicade immediately, and it would continue for the rest of her life. They also told us that her colon would have to be removed within the next six months. When we asked about diet and nutrition, we were told it was basically irrelevant. Our gut feeling was that these people had no idea how to properly treat this illness - they were really pushing the pharmaceuticals without even the option of exploring other avenues first. The side effects of Remicade are severe and it is not something we ever want to give our child, unless it is a last resort. This is when we started looking into alternative medicine. After spending many hours over the course of a few weeks researching, we finally came up with a way to treat our daughter (which the pediatric gastronologist was completely against, so we ended our relationship with her and C.H.O.P.). What we did is we bought two books by Jini Patel Thompson: Listen to Your Gut and The

IBD Remission Diet. We followed Jini's advice and put our daughter on the elemental diet for three weeks. It consists of a liquid diet which is the Absorb Plus Shakes (we mixed them with coconut milk) and the supplements she recommends. The liquid diet gives your intestines time to rest because the shakes are a pre-digested formula. They are full of nutrients, they taste good, and they are filling. Because they are preabsorbed, our daughter's body was able to assimilate the nutrients and we saw a drastic improvement immediately - her energy, color and health returned. The supplements also helped with her energy, and we hope and believe that they are helping to heal some of the damage that Crohn's caused in her intestines. Our daughter still drinks one shake daily along with a semi-normal diet, - but no gluten or dairy (she is able to tolerate goat's milk products well), and no fried foods or corn - too hard to digest. It has been about six months and our daughter is doing very well. We stay away from fast/restaurant food and highly processed foods. She takes Pentasa daily for inflammation (this is for a short time - she has one more month - we've seen no ill side effects from this). She also takes 24 billion count Renew Life probiotics daily. We also give her goat's milk yogurt (for calcium and more probiotics - it is easier to digest than cow's milk). We also put CoQ10, bioflavonoids, turmeric, and Udo's flax seed oil into her morning shake, and at night she drinks 2oz. of aloe vera with 1 tsp of L-glutamine (to help repair intestinal damage - it is soothing for the stomach, and must be taken on an empty stomach). We are going to continue this supplementation for a year and then reassess her health to see if she still needs everything we give her or if we need to change anything. It is an expensive and time consuming regimen, but worth every penny when you see your child come back to life before your eyes. We believe Remicade would have destroyed the quality of her life, and this has restored it instead.

roweboat09@gmail.com Update! 6/20/2014 It has been over two years now since my daughter has been in remission or I like to say healed. She has not had any surgeries, she is growing, and her bloodwork levels are all normal except for her iron and CRP levels. Keeping those two in their normal levels has been a challenge. If you are having problems with IBS or IBD I strongly suggest you give this a try. I have seen it work with my own eyes!

i followed her protocol for ulcerative colitis and found no relief at all. i bought all of the products and her supplements and spent a fortune. many others i know have done the same thing with no results or worsening of symptoms. definitely beware of buying this.

While I believe Jini Patel Thompson means well, she also is a bit of a self-marketing guru. This being said, since the day I ordered her book, I have received no less than 2 or 3 emails a day from

her (it's been a month now). While this may be OK for those out there with nothing better to do than clean out their inbox, I find that the content of most of her emails is pure fluff or marketing intended to get you to buy more of her stuff. Frankly, for the amount she charges for everything she hawks, the book ought to be free.

This is not the latest version of the book. As good as this one is, the new one has a lot more & updated info. This book does not have the oil of oregano protocol or the cd . I sent it back because there was ink writing in the book too. The list price was \$24 on the book cover but I was charged \$32 for an old book. I had no problem getting a refund from . I ordered the e-book from the "real" website. If you have gut issues, it might help you too.

Best book written for UC so far. I have ready many books on Crohns Disease and Ulcerative Colitis and this by far has helped me the most. Her recommendation for probiotic supplements really helped my condition do a 180 (turnaround). Also her recommendation for Oregano oil which I don't remember being in the book, but on her website has helped tremendously. I would recommend reading it if you are a UC sufferer.

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