

How I defeated Crohn's disease – temporary or forever ?

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Abstract

Crohn's disease (CD) is often considered to be incurable. After trying several methods, I found a combination healing me so far completely. The curing procedure is based on three assumptions: faith in healing, restarting the body with fasting and going back in diet before year 1950. The whole procedure started June 4, 2009. The first fasting took 38 days and has been repeated once/twice a year with a shortening to 25 fasting days. Almost all symptoms of CD had disappeared after the first fasting and disappeared completely after the next fasts. The third assumption implied changing a diet and eliminating all food allergens and possible harmful food additives introduced primarily by food industry after the WWII. In this regard, fasting simply restarts the body. Now my body works normally with no CD indicators and on no medication. In my opinion, strong faith and endurance are the only necessary things to combat the CD.

Introduction

My experience from the worst days of CD led me to write this article. Since this story has a happy end, it is joyful seeing similar pattern on other patients using similar approach. The article describes healing from physical and spiritual side. Physical changes could be described more easily while spiritual side must be lived through. Up today, I'm aware of four CD patients following fasting; two of us have healed completely, one partially and one case was unsuccessful. Even this small statistics shows that CD can be healed. It turned out that CD was a mean for further spiritual growth and showing a way how to love the world and neighbors as they are. A few years ago I would not believe to write such an article and to be an actor within.

CD appears normally around 30 years of age when someone has gather knowledge about society and see incorrect things around. Too much negativity becomes projected to health and CD could be one of the symptoms [Lazarev]. Lazarev talks further about negative energy which becomes emitted around, re-bounces and is received by the sender. CD is than nothing else that to understand this mechanism, changing attitude and accept things as they are.

My good friend says that spiritual growth should teach you four things: love, humility, abandonment and gratefulness. There is hardly any growth if no pressure is exerted - fight for surviving, for acknowledgment, for resources. Without any pressure a man rather degenerates and becomes lazy. God (nature, energy...) constantly exerts pressure on a man for spiritual growth, CD is no exception. After understanding the role of pressure, CD will slowly disappear. In this sense, fasting is a wonderful method how to reorganize life priorities and attitudes. During fasting you quickly understand that 99% of your worries are needles and love, life and God are the strongest elements in your life.

Situation with CD

Conventional western medicine is hopeless when it comes to curing Crohn's disease (CD). Although the western medicine transformed this lethal disease into an incurable form, no cure now and in a near future appears on the forefront. Genetic predispositions are generally accepted without explaining a trigger for the CD. Literature reports successful curing of some CD patients based on the elimination of food allergens [Balch,Klein], in contrast to "incurable" label done by pharmacy.

People always wonder how you want to combat CD if you are not a doctor. You have limited knowledge of body, limited access to information, limited diagnostics tools, limited medications. On the other hand, a closer look reveals many positive factors on our side; observing skills, wisdom, intelligence, body suffering from CD to make experiments on, and possibly a lot of time, much more than doctors devote you. Also, you have own belief, trust in God, healing, future, or other stimulating agents to stay alive and to alleviate daily troubles. Our experience clearly shows that you do not have to be an expert for a majority of things in your life, such as reproduction, and yet can handle them better than the experts.

Although it seems as an irony, your health constellation is unique to conduct selected experiments on your body. This point is important in the view of medical research, which is unable to gather necessary information from CD patients and follows only marginal constructed questions, such as "What have you been eating for the last year"? Obviously, such questions can not capture much details which you know the best. To conclude, you have different sort of information inaccessible to researchers. That is your advantage and strength.

Another factor bringing current *status quo* follows a business pharmaceutic strategy to become financially profitable. A tacit philosophy in the pharmaceutic industry is a production of chronically ill patients who desperately need a "magic pill". In this context, massive education of self-confident doctors in the same framework paves a way to sustainable profit. Saying no is not easy but it should be your health and your interest to defeat CD and not to become chronically ill and dependent on pharmacy. Thanks God, we have freedom today.

Browsing alternative medicine books, I discovered more interesting facts putting CD in different context

- CD is very rare in "primitive" societies using unprocessed and whole food [Balch].
- CD rocketed up after ~1950 with a boom in refined and chemically treated food [Balch].
- Food allergies seem to play a significant role [Balch].
- Dietary therapy belongs to a crucial factor that may lead to elimination of symptoms [Balch].
- Many doctors deny the idea that diet plays any role [Balch].
- Antibiotics exposure and immune system abnormality may be another factors [Murray].
- Elemental diet, supplying only essential nutrients, usually efficiently improves acute stage of CD. The improvement is believed due to the elimination of allergens from food. Relapse normally occurs when a patient returns to a normal diet [Murray].
- Fasting helps in a majority of diseases. The aim is a renewal of body cleaning-mechanisms

which mobilize body energy against diseases and pathologies. Only 7 % of patients with various diseases (!) did not respond to fasting, others improved or were cured completely [Partykova].

The message of these observations started to be clear – return before year 1950 in diet. At that time, food was less processed and with minimum preservatives and potentially dangerous additives. Also, eliminate possible food allergens. So what had happened when I returned before 1950 and eliminated food allergens (some milk products in my case) ? My CD had improved by approximately 50 % but apparently still prevailed. A second step was necessary – restart the body with fasting. Let us go into more detail, starting with my diagnosis.

My CD history and preliminary curing

I was diagnosed with CD in my 29.5 years, Feb 2008, and I immediately knew what it meant since my aunt has had the same disease for 30 years. Colonoscopy and ultrasonic probe discovered two areas to be damaged; terminal ileum and rectum. Maximum 8 bowel movements occurred during the day and 3 were very common before any treatment, corresponding to mild form. Blood and mucus were always visible in the stool.

I was put on six PENTASA tablets a day plus a PENTASA plug to inhibit inflammation. Medication helped within a few days and blood disappeared. Although my body stabilized, I suffered from anemia and overall weakness.

Before the diagnosis, I used to drink anti-inflammatory herb tea prepared from calendula (*Calendula officinalis*), yarrow (*Achillea millefolium*), nettle (*Urtica dioica*) and horsetail (*Equisetum arvens*). The nettle part helped to supply the body with iron, effective only under weak anemia. Once PENTASA had been taken and intestine bleeding stopped, nettle raised iron to normal levels. Disrupting the tea for one month caused stronger anemia to reappear. The herb tea seemed to reduce the inflammation but found ineffective for a strong inflammation or profound curing.

What still remained, even on PENTASA, was an urge morning bowel movement after awaking. 0.5 ml of Swedish Bitters applied directly inside damaged rectum once a day acted as a miracle. Just three days after the first shot, the mucus slightly reduced and no urgency reappeared. So I kept applying the bitters daily with a week rest during one month. Maria Treben [Treben] wrote that the Swedish Bitters are effective for fistulas as well. It would be probably better do dissolve 1 part of bitters in 2 parts of water to have diluted solution. These partial successes were the first indicators that CD is responsive to alternative treatment.

Changing the diet and returning back before year 1950

During my CD, I needed to change eating habits and the diet. My engineering approach was to return before 1950 when CD was very rare. I eliminated all unnatural and suspicious food components that could be triggering CD. This may seem too strict but, in fact, follows a precautionary principle; from a pool of possibly harmful components eliminate all. If it does not help, we are on a bad track and it does not make sense to search for any other combinations. I strictly **avoided** [Balch]

- All preservatives, artificial flavors, flavor enhancers – like salts of sorbic, benzoic, glutamate

acids.

- Carrageenan as a stabilizer – a compound extracted from seaweeds and added to stabilize milk proteins. Mild acidic hydrolysis is thought to cause ulcerative colitis in Guinea pigs as has been repeatedly proven since 1969 [Murray]. It is added to soft cheese or yogurt in many cases.
- Phosphates, polyphosphates, phosphoric acid – all coke-based products and many soft drinks.
- All carbonated drinks except one small beer a day occasionally.
- Spicy food.
- Nitrates, nitrites – smoked meat, ham.
- White bakery products (white flour) while replacing them with whole-grain equivalents.

Reduced

- Refined white sugar which was replaced with honey or cane sugar.
- Fat and oily meats - French fries.
- Read meat and meat in general except for fish one a week. Substituted with beans.
- Alcohol, caffeine.
- Sulfates, found in wine.

Added more

- Fruit and vegetable. I prefer raw forms or stewed preferentially in vapor. Fruit and vegetable give roughly 50 % of all food. If possible I buy organic brand although it does not seem to be a critical factor.
- Whole grain oats for every morning. Due to my cow milk allergy, I prepare just by mixing oats with water and boil them for a couple of minutes.
- Herb teas which people used to drink for centuries but our modern culture has abandoned them. Be specific to your location. For example, calendula, one of the most versatile garden flowers, is really modest plant growing around the world. The tea is anti-viral, anti-genotoxic and anti-inflammatory.

The most difficult part was to find allergens in food. Food stays in large intestine for roughly 12-18 hours. Even a mild allergen can irritate epithelium if applied over a long period of time. Wheat, cereals, dairy, cheese, celery, and yeast are common allergens [Balch, Gaby].

I started with oats and water and ate only that for five days. The CD stabilized to some level and for the next 3 days and I added some vegetable. If no change happened within these 3 days, I considered no allergy to that food. It took together 4 weeks to include the majority of food. I realized that my condition worsened after cow milk, yogurt, but not hard cheese. Also, sheep milk did not irritate me. I repeated this experiment with the milk over and over with the same results. So it came clear that eating

yogurt with "probiotic" bacteria was counterproductive. The CD improved by roughly 50 % when excluding the milk but the disease still persisted.

First fasting for 38 days

I was trying to find a solution why CD prevails even there is theoretically no trigger or a bowel irritation. You know when inflammation gets into a wound, the healing process slows down. It can even lead to necrosis or gangrene. Your inflamed intestines form the first immune barrier in your body fighting routinely with bacterias, being in a direct contact with them. So how long would it take to heal such tissues? Probably a long time like months or years.

By coincidence, I came over fasting process and found some parallelism between CD and cancer. For CD, two benefits are apparent in the fasting; intestines can take a rest after years of continuous work and, second, your body will destroy the inflammation and will rebuild damaged tissues. There is a lot of "side effects" of fasting like detoxification of body, changing the mind, or bringing positive energy.

I used the fasting based on Breuss' anticancer diet [Breuss]. Although several Breuss' assumptions were rejected like that cancer lives just from food proteins, overall fasting mechanism works wonderfully since at least the time of Hippocrates. By the way, Breuss was an Austrian electrical engineer, not a doctor.

The fascinating mechanism (real nano-surgery) starts from roughly the sixth fasting day; an organism realizes no proteins are coming and starts destructing endogenously all unnecessary and damaged tissues to resupply the proteins. Majority of toxins go away from the body and bacterias in intestines normalize. The moon calendar and the year season should be obeyed to have the best fasting results [Partykova].

A majority of people thinks that your body can not survive any longer fasting, like two days, and perceive it as a negative process, especially connected with a malnutrition often associated with CD. Let's look for some facts. Normal body survives without any food for 40-70 days while loosing up to 20 % of its weight [Malachov, Partykova]. Under these conditions full reversibility of all mechanisms is empirically proven with no permanent harm to fasting body. Let us assume a typical body 65 kg with a typical amount of 8 kg of body fat. The fat itself stores around 310 MJ of energy, which is enough to power the body for $310/12=26$ days. In addition, the body has proteins (muscles), glycogen and other resources to convert to energy. Also, the metabolism slows down so 12 MJ/day is exaggerated.

Two things are mandatory for successful and safe fasting: i) **free will** with a decision to undergo the fasting process and ii) **proper returning diet**. At the absence of free will, a lack of food may lead to death within a few days; accomplished by stress and fear but not due to missing energy from food. The free will implies that the fasting can be stopped any time if unbearable. Ignorance of returning diet may be detrimental; peristaltic movement of intestines is limited and no solid food can be taken in the first days of returning diet. Otherwise, strangulation occurs with a straightforward death.

Originally I aimed at 42 days but the circumstances led me to end "prematurely" at 38 days. I simply decided that it is long enough. After roughly 21 days I felt healing process in intestines. Before this fasting, I had had experience only with one day fasting and knew that I can easily survive. During the 38 day fasting, I was normally working in academia, rode slowly a bike and doing various manual works. Of course with limitations arising from the fasting like bad thermal regulation, nausea in the

first days, or lower physical power.

Here are some details what I did based on the Breuss anti-cancer diet [Breuss]. Once you decide to fast, it is much easier than you might have ever thought. I drank only five liquids during the fasting:

- 1) home-made **vegetable juice** ready for three fasting days. I took 1800 g of beetroot (preferably organic), 600 g of carrot, 600 g of celery, 180 g of white or red radish (black is probably better but was unavailable at that time) and three small potatoes. Wash, peel off, cut into pieces and throw into sapper (should be with alumina-free parts like stainless steel). You get juice about a half of input weight so in this case 1.5 liter. Fine pulps remained in the juice which were filtered through fine linen to remove them and not to supply your body with additional proteins. Put the juice into a refrigerator for three days or keep at ambient temperature for one day use,
- 2) **kidney tea** for the first three weeks to support your kidneys' detoxification. The herb mixture for three weeks consists of 15 g horsetail (*Equisetum arvens* - *přeslička* in Czech), 10 g nettle (*Urtica dioica* - *kopřiva*), 6 g knot-grass (*Polygonum aviculare* - *truskavec*) and 6 g Klamath weed (*Hypericum perforatum* - *třezalka*). The preparation follows two stages. Put one teaspoon of mixture into 0.2 l hot water. Leave 10 minutes while letting it to cool down. Filter the tea so the herbs remain in the cup and put filtered tea in a separate cup. Refill the cup with the herbs with 0.4 l boiling water and boil again for 10 minutes. Mix teas 0.2 l and 0.4 l together. The cold and hot stage is necessary to extract all drugs from the herbs. The tea is ready for two days. No metals like spoon should keep in touch with a herb tea, use glass or ceramics instead,
- 3) **salvia (sage) tea** (*Salvia officinalis* - *šalvěj*) for the overall healing of your body. Put 1-2 tablespoon to 0.5 l boiling water and boil for 3 minutes to vaporize volatile oil. Add a crumb of balm (*Melissa officinalis* - *meduňka*), Klamath weed (*Hypericum perforatum* - *třezalka*) and mint (*Mentha piperita* - *máta*) and leave for 10 minutes, filter. Mellissa possesses a weak sedative properties,
- 4) **disease-specific tea** for CD is above all anti-inflammatory. Three tablespoons of calendula (*Calendula officinalis* - *měsíček*), one teaspoon of each yarrow (*Achillea millefolium* - *řebříček*), nettle (*Urtica dioica* - *kopřiva*), and horsetail (*Equisetum arvens* - *přeslička*) put into 0.5 l of boiling water and filter after 10 minutes,
- 5) **spring or tap water**, no bottle or sparkling water.

Liquids should be drunk by sips and with a strong saliva interaction. No sugar is allowed. My daily schedule looked like, adapted from the Breuss anticancer diet:

- 1) Morning 0.1 liter of **kidney tea** by sips. Applies for the first three weeks only. Wait about one hours to follow the next item.
- 2) Every 20 minutes 0.1 liter of the warm **salvia tea**. There is no limit per day.
- 3) Every 20 minutes a few sips of the **vegetable juice**. Limit is 0.5 liter a day but can be as low as 0.1 liter, depending on a taste.
- 4) Around noon 0.1 liter of **kidney tea** by sips, just the first three weeks.

- 5) Around 2 PM the vegetable juice should be finished.
- 6) Drink **disease-specific tea** during the afternoon in the amount of 0.5-1.0 liter. Can be combined with **salvia tea**. Again, follow roughly 20 minutes breaks between a few sips.
- 7) Drink 0.1 liter of **kidney tea** by sips before going into bed, just the first three weeks.

I drank a tap water when either I had no occasion to prepare the teas or I felt too boosted by herbs. Total liquids should be around 2-3 liters a day. From time to time I had a broth from one raw onion. Absolutely no food is allowed during the fasting and eating is a hazard with your life. Last week of my fasting, I added home-made juice from red currants (0.3 l/day) which was probably incorrect due to higher triglycerid level in my blood found later.

First day I felt a little hunger and fought with the fact not to eat for more than one month. The third day I experienced a crisis which resembled a light hangover. Walking like 10 km in the nature and a warm shower helped to cope with the crisis and to feel much better. After the fifth day I felt absolutely no desire for food, it was just a matter without any interest. I stopped to take my medication for CD. This is mandatory since the medication effect goes one order of magnitude higher after a few fasting days and it should be consulted with your doctor in advance. At that time I felt absolutely no problems in my intestines.

Roughly the eighth day my mind began to change. I was very phlegmatic and full of psychical energy as never before. A lot of things did not bother me and I felt as a newborn. This lasted more or less to the end of fasting so I was very productive in my academic job. The thermal regulation of my body was generally bad and I had to dress up a lot. Around 18th day, the acidotic crisis occurred. Not much changed during the last days when I was losing like 0.15 kg a day, see Figure 1. An acceptable weight loss is generally taken as 20 % of the body weight to ensure no irreversible damage [Partykova]. Therefore my bottom fasting limit was 51 kg.

Returning diet is also very important stage and should take roughly the same time as the fasting process. An exception to the returning diet is fasting shorter than 3 days. When the fasting is over, the body aims to regain the weight and hunger becomes huge. Temptation to eat as much as possible must be controlled. First few days only fruit / vegetable juices (apple, carrot etc.) are allowed, followed with steamed vegetable and mash. Salt and oil are strictly forbidden in the first 7 days due to decreased activity in pancreas, gall production, and peristaltic bowel movements. A small portions of meal should be served rather frequently. After 7 days, the digestive tract works almost normally, still meal should be light. The table below summarizes returning diet for 20-30 days fasting which I practice every year and works wonderfully [Malachov], with some small personal modifications:

	Returning day after 20-30 day fasting							
Food	1	2-3	4-5	6-7	8-10	11-15	16-30	
Fresh carrot and apple juice, mixed 1:1	700g juice mixed with 700g water, take it spoon by spoon, insalivate properly. Start at 7.00, finish at 18.00.	1000g	500g	600g	-	-	-	

Hard fruit	-	-	500g	600g	-	-	-
Shredded carrot	-	-	250g	600g	300g	200g	-
Acid milk	-	-	-	-	300g	400g	600g
Fruit soup with rice	-	-	200g	400g	700g	700g	700g
Honey	-	-	-	40g	60g	60g	75g
Nuts	-	-	-	-	70g	70g	100g
Potato salad	-	-	-	300g	400g	400g	500g
Butter	-	-	-	-	15g	15g	10g
Mash with milk	-	-	-	150g	200g	200g	200g
Vegetable salad from raw vegetable	-	-	-	-	400g	400g	400g
Dark bread	-	-	-	-	100g	300g	400g

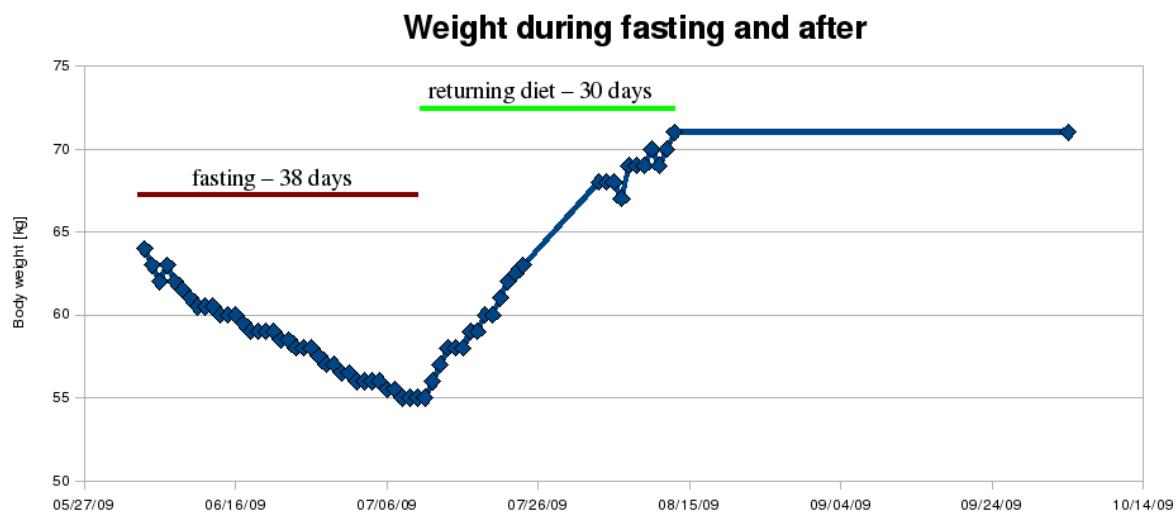


Fig. 1: Weight loss during the fasting process and recovery.

My weight change is recorded in Figure 1. The Crohn's disease was diagnosed in my 29.5 years. Since my 18th I had maintained approximately 64 kg which I think was already the CD indicator (body height 178 cm). Immediately after the fasting the weight dropped to 55 kg as the lowest weight ever and one month after ended in 71 kg which stabilized and has remained 68 kg till today. Fig. 2 demonstrates my appearance at the end of fasting and one month later, at the end of the returning diet.



Fig. 2: At the end of fasting (55 kg) and after one months later (71 kg).

What happened after the first fasting in 2009

I was naturally worried how long the stabilized situation would last. In any case there was a hope that fasting can be repeated any time to keep the CD under control. However, the things were going different way. Once or twice a year, usually during January or November, I go for a 25 day fasting, drinking only water and a bit of herb tea. The reason for fasting is purely spiritual, not due to any health symptoms. Since 2009, no CD symptoms have ever emerged. The fasting helps to relieve stress accumulated over the year and I'm really looking forward for it. Also, one day a week I do not eat anything. This keeps right attitude to the food, considering it as a gift and not becoming a slave of my appetite.

Conclusion

After the first fasting, the only thing remaining and related to CD was a negligible and irregular rectum bleeding. Apparently, it was caused by fissure in rectum, not by damaged intestines. No mucus, no blood in stool, no gases, no anemia like before. Rectoscopy did not reveal any damage in the rectum tissues which was bleeding severely before. According to ultrasonic images, some remarks of coalescence might be possibly present in terminal ileum. Blood tests showed lower values of iron, but still within the limits. Bowel movements have stabilized at regular one per day and my body weight have been constant (69-71 kg compared to previous 64 kg). I felt healthy.

Colonoscopy after the third fasting revealed only slightly irrigated epithelium around terminal illeum, no bleeding, no mucus, no damage. Rectum and other parts damaged before were apparently

completely healed. What a pity I do not have these images to show you the difference.

For fasting, I needed no special medication and the cost is minimal – just to buy a sapper, vegetables and herbs (roughly 400 USD in total, similar to eating budget for the same time period). Studying the literature of fasting, I found myself to respond as a normal individual. According to Partykova [Partykova], the gastroenterology problems and CD are very responsive to fasting. So nothing new in the world.

Before going into fasting, consult your doctor and read literature. You need to stop taking your medication after roughly 5 days. Internet is helpful to know the fasting process and possible complications. But do not be scared. Mammals' evolution through the millions of years imprinted fasting into organisms; bear's winter sleep is not that far from a true fasting process. Long fasting should be conducted under the supervision of experienced doctor. The reality might be somewhat complicated: a doctor can not supervise you, is too expensive, too apart from your home, or unavailable. I had to guide myself without any supervision and often going against a majority. Enema with own urine (approx. 2 l) is very helpful for intestines during fasting.

Hippocrates (ca. 460 BC – ca. 370 BC):

Treat the cause of an illness, not the symptom.

A healthy colon is essential.

Most illness can be prevented by eating natural foods.

Extreme remedies are very appropriate for extreme diseases.

Walking is man's best medicine.

What medicines do not heal, the lance will; what the lance does not heal, fire will.

P. Paracelsus (1493-1541)

Fasting is the greatest remedy - the physician within.

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No copyright applies, distribute to other CD patients and keep their hope alive. I appreciate you write me how the method worked for you, even if failed.