

# DAY *two*

## *Crohn's Disease* *Cure*

Crohn's disease is a very devastating disease. Crohn's disease, or its cousin, ulcerative colitis, are characterized by uncontrolled inflammation in the digestive tract. Bacteria, food, viruses or other material may trigger an attack against these foreign substances that produces ulcers, pain and even bleeding. The National Institutes of Health says *"at this time, treatment can help control the disease, but there is no cure."*

Steroids comprise the drug treatment of choice, but while steroids quell inflammation, they also impair wound healing, weaken bones, promote blinding cataracts and interfere with sex hormones. A more recently approved drug for Crohn's disease, infliximab (Remicade), blocks an inflammatory protein called tumor necrosis factor, which is involved in this disease. [NIH Publication No. 03-3410, January 2003] Uh, don't tell anybody else, but green tea is an effective TNF inhibitor too! [Ann NY Acad Sci 928:274-80, 2001] Green tea is even proposed as a natural remedy for inflammatory bowel diseases. [J Nutrition 131: 2034, 39, 2001] But there is another natural remedy that can throw Crohn's disease into complete remission for extended periods of time.

Health authorities recognize omega-3 oils from fish and flaxseed are effective anti-inflammatory agents.

Investigators concede that omega-3 oils have therapeutic potential for the treatment of Crohn's and irritable bowel. Italian health authorities from the S. Orsola Hospital in Bologna, Italy, say a review of all the studies involving fish oil and bowel disease *"suggest the effectiveness of these new therapeutic approaches, not only when conventional treatment fails or when it is not possible to treat chronically, but also, in some instances, as first choice treatment."* [Proceedings Nutrition Society 61: 391-95, 2002] They point to the evidence provided by researchers who found that Eskimos, who consume up to 13,000 milligrams of omega-3 fish oils, have very low rates of inflammatory bowel disease. [Am J Clinical Nutrition 71: 339-42S, 2000] (Psst.... interpretation ... the Eskimos don't have these diseases!) But researchers in Brazil predictably claim that omega-3 oils and other nutritional therapies for inflammatory bowel diseases *"require further evaluation."* [Nutrition Hospital 18:57-64, 2003]

In 1996 a Canadian doctor had the gall to suggest (in print), that while remissions from Crohn's disease have been linked with omega-3 oil consumption, fish oil pills could not be recommended, but a diet rich in fish oil could. [Nutrition Reviews 54: 248-52, 1996] Of course, one of the major problems

## *Crohn's Disease Cure (cont'd)*

Crohn's patients suffer with is their inability to tolerate many foods! Fish oil capsules would be a welcome alternative, but this doctor would rather cram a tuna fish down the throat of a Crohn's patient.

health regimens. The health claims made for dietary supplements and other natural remedies in this report are not those of the manufacturers of these products.

But our relentless researchers in Italy showed that about 3000 milligrams of fish oil taken as an enterically-coated capsule on a daily basis brought about a remission in 72 percent of Crohn's patients versus only 31 percent taking an inactive placebo pill. After a year the remission rate doubled on the fish oil capsules compared to placebo. The prestigious New England Journal of Medicine even accepted the report for publication. [New Eng J Med 334: 1557-60, 1996]

About 400,000 people in the United States suffer from Crohn's disease. In a city of 100,000 people, about 148 will suffer from this disease. How many Crohn's patients are told by their doctors that fish oil might bring about a prolonged remission from their disease? Few, if any.

Copyright 2003 Bill Sardi. Single copy duplication for personal use is permitted. The information in this report is for information purposes only. Other sources of information should be pursued before altering dietary or