

Ulcerative colitis – How I cured myself from a chronic inflammatory bowel

NB: This book does not give any medical advice!

Consult with your doctor before you make any changes in diet and/or lifestyle. Always turn to your doctor for medical advice or if you get acute symptoms or reactions.

Please note that:

- I am not a doctor, therapist or alternative practitioner. This book summarizes my own, personal experiences.
- I do not work professionally with healthcare, I am a private person and this is non-professional work that I do on my spare time. Many people have asked me about coaching or counselling. I do not offer that since I am not a professional in this field.
- Please read the book several times. There is a lot of new information in the book for most people and it is difficult to digest a lot of new information at one time.
- If you need professional help, always turn to your doctor. Many of those who have contacted me over the last few years have also turned to experienced alternative/complementary practitioners, such as naturopaths and homeopaths, and have received great help. So, if you look for professional help – apart from your doctor – this may be a complementary option for you.

E-mails sent to me since a free Swedish version of the book was published on the Internet (translated into English):

“I’m a 23-year-old guy who has lived with ulcerative colitis for two years. I have used the primary allergy diet the last two months and I have never had such a calm stomach since I got the diagnosis UC.”

“I’ve had this disease for almost 40 years, I got the diagnosis and like everyone else the message that it was a chronic disease and a mystery why it appears. That message was horrible; I was only about 20 years old and otherwise healthy. Anyhow, when I asked the doctors I got the answer that it doesn’t matter what I eat and you think they know. So during these years I’ve taken zalazopyrin and have had relapses every now and then, I haven’t had the worst form of the disease but sometimes it’s been like hell. As last year before Christmas, I thought I would have to spend Christmas at the hospital. That’s when I found you on the Internet and read what you had written and I could soon conclude that I was allergic to grains. I can hardly explain how simple it was when I got the connection clear. On a scale from one to ten I’m now on nine, one when it was at worst and it has improved rapidly. So considering how long I’ve had the disease it’s almost unbelievable. I feel a lot of admiration and gratefulness to you who have figured all this out, and also shared the knowledge unselfishly and also bravely.”

“I have been free from medication since the 1st of June, this year I have taken Pred klysmas for eight weeks, and that’s a miracle in itself, and my stomach has over the time become only better and better. But I must also say that it was real hell sometimes. But now my life smiles again, no diarrhoea and no blood, some small amounts of mucus but only occasionally. IT’S A MIRACLE!!!! If you hadn’t written on the Internet I had never become well, I would just have continued taking medicines that don’t work.”

“I have now eaten the primary allergy diet for an additional week. And do you think I feel better now compared to a week ago? Well yes! I haven’t had any “stomach war” (when I have gases and movements in my intestine) for the whole week. And that is extremely unusual, I can’t even remember when my stomach was so good last time.”

“I just want to tell you that my girlfriend started eating a strict primary allergy diet about a month ago. She has stopped taking cortisone and everything is just getting better and better so we absolutely believe in this.”

“I have to tell you that your book has helped me enormously! I’ve had creaking joints for as long as I can remember and depression for at least 16 years. I would never have grasped the connection unless I had read your book! Many thanks for spreading the information!”

“I believe that stress is the major obstacle for me, so I try to live a less stressful life.”

“My name is XX and I’ve had a really tough time the last two years with this awful ulcerative colitis and I have tried all medicines that may help + lots of cortisone treatments without any success. Now the doctors are only waiting for me to accept surgery for there is nothing more to do, I’ve heard. But cutting up my stomach and cutting off a piece of my intestine... no that sounds totally wrong in my ears so I’ve tried to find other alternatives. For very long I’ve believed that the diet affects the condition, but maybe not enough, therefore I haven’t cared about what I eat until a few months ago when I read your book carefully (I’ve looked into it

before but not very thoroughly) and now I'm convinced that the diet is crucial! I've found out that I'm very intolerant to lactose and believe that as long as I avoid that I won't probably need any more cortisone or help from hospitals."

Hi and thanks for your tips about how to get rid of colitis. It worked well for me and now after three months I'm free from symptoms. Praise to you for caring and sharing your experiences on the Internet. The health care system is horribly bad at learning from patients' experiences (that is, those patients who get better!).

"I wrote to you last autumn to get your e-book about ulcerative colitis. Now, when I've managed to find most of the traps, and have control of what I eat, my stomach is in perfect condition."

"My name is YY and I contacted you earlier, and got very good help, regarding the primary allergy diet. I have tried it for two months and during that time I have had no problems at all with my bowel. This has made me very happy. I study abroad and have been in and out of the hospital until I lost my belief that I would ever be able to complete my studies. After these two symptom-free months I have regained hope that I may complete my studies. So many thanks!"

ULCERATIVE COLITIS: AN INTRODUCTION TO THE DISEASE AND THE BOOK	4
A DISEASE OR A HEALING PROCESS?	5
PRIMARY ALLERGY – A VERY COMMON, BUT UNKNOWN, CONDITION	7
ARE YOU ALLERGIC? TEST YOURSELF!	9
PRIMARY ALLERGY? WATCH OUT FOR THE FOLLOWING TRAPS IN YOUR FOOD	13
PRIMARY ALLERGY PURCHASE AND RESTAURANT GUIDE	16
CANDIDA – A VERY COMMON BUT UNKNOWN CONDITION	17
OTHER TYPES OF HARMFUL BACTERIA AND PARASITES	19
CRISES AND STRESS	20
HEALING IS OFTEN TOUGH	24
HEALING PHASES AND EXTREME HEALING	30
HAEMORRHOIDS	32
THE FASTEST TRACK TO GETTING WELL	34
HOW I CURED MYSELF	35

Ulcerative colitis: an introduction to the disease and the book

Ulcerative colitis is a chronic inflammatory condition that affects the large intestine and rectum. It is considered incurable by conventional medicine. However, there are many people who have healed – completely – from ulcerative colitis. I am one of them.

I'm not a doctor, a nurse, a therapist or an alternative practitioner. I am an ordinary person who was diagnosed with ulcerative colitis some years ago. Spending a lot of time and effort searching for information and experimenting with my diet, lifestyle and habits I managed to solve my intestinal problems. Hopefully, my experiences will help you to heal as well.

While experimenting I discovered that every person, and every body, is unique and that the cause/causes of ulcerative colitis may vary from person to person.

In 2006 I published a Swedish version of this book on the Internet for free downloading. Many people have contacted me since then and I have spent a lot of spare time helping people regaining their health. Based on my own and other people's experiences my conclusion is that there are four main causes of ulcerative colitis:

- Allergies and intolerances, often found within the primary allergy concept
- Candida – an overgrowth of yeast bacteria in the intestinal tract
- Other types of harmful parasites and bacteria
- Emotional reactions and crises. Stress or crises often initiate or aggravate the intestinal problems.

There are of course many other causes as well. Intestinal problems are like knee problems. There are many different causes so the solution varies for each individual.

A disease or a healing process?

The inflammation is a healing process

My conclusion is that an inflammatory bowel is not a disease. It is a healing process. Something has injured your intestine and therefore it has to heal. When healing, the body increases the circulation of blood and lymph fluid to increase the supply of nutrients to the healing process. Healing requires extra resources!

If your intestine is inflamed, that simply means that something has injured it and consequently it has to heal. A chronic inflammation means that your intestine is injured again and again, and consequently has to heal again and again. When your intestine is swollen and sore, it can easily get wounded when you visit the toilet. That is why you sometimes get blood in your stool. You may also experience diarrhea, liquid and mucus in your stool when the body tries to get rid of dangerous substances that injure your intestine when it is healing.

The injuring process is the real problem

The real problem is the injuring process. What is injuring the intestine so that it has to heal (stay inflamed)?

Your intestine may very well be injured by something you eat. There is simply something in your diet that your body doesn't tolerate. You may also have an unbalanced bacterial flora with lots of harmful bacteria. Emotional crises and stress may also cause or aggravate the inflammation.

There is however one thing you can take for granted. An inflammatory bowel doesn't appear out of thin air. Doctors have told me that "the intestine has inflamed itself and then, without any reason, can't stop inflaming itself". I think that is complete nonsense. The body would never waste lots of resources on unnecessary healing. The body is not that stupid. If it heals, it has a very good reason to do so.

Temporary or chronic inflammatory bowel

Sometimes an inflammatory bowel is only a temporary problem, while sometimes it becomes a chronic condition. Sometimes the inflammation comes back after several years. This is a complete mystery to doctors. I think it is crystal clear.

A temporary inflammation is simply a result of a temporary injuring process. For example, bad eating habits may push the bacterial flora off balance as well as the use of antibiotics. With some luck, the bacterial flora regains its balance after some time and the injuring process stops.

A temporary inflammation may also be the result of declining health due to an emotional crisis or stress. In this case, mildly harmful substances, that the body under normal circumstances can handle, will have a worsened effect. When the crisis or stress is over, the body will be able to handle the mildly harmful substances again.

An inflammation that appears "again", after maybe several years, is nothing strange. A new injuring process has simply appeared. It doesn't even have to be the same kind of injuring process as last time. At the first occasion, the bacterial flora might have been out of balance. At the second occasion, stress or a crisis may have caused the inflammation. Compare to knee problems. Maybe you fell and hurt your knee when you were a kid. Later in life you stumble

again and once again hurt your knee. This hardly means you have a chronic knee disease!

A chronic inflammation is the result of a chronic injuring process. Something is constantly injuring the intestine, which means that it constantly has to heal (stay inflamed). If you have developed intolerance to something, but don't know that and continue eating what you are intolerant to, this might happen to you. A chronic inflammatory bowel may also be the result of a bacterial flora that has become so unbalanced that it will take a long time with a very strict diet to regain a healthy balance again. Repeated crises and stress may further aggravate the condition.

Irrespective of the inflammation being chronic or temporary, you can help your intestine to heal by eliminating the cause of the inflammation. Having accomplished that, your intestine can heal completely.

Intestinal problems are similar to knee problems. Knee problems are caused by many different factors. For some people the problem is solved fairly easily. For others it may be very, very difficult. It may take a very long time before you find out what is causing your individual knee problem, or intestinal problem, and then it may take a lot of time and effort to heal. Remember to be patient and accept that you may have symptoms for a very long time. And even if your problems have caused permanent damage to your knee, or intestine, changes in diet, lifestyle and habits may still improve your condition.

The problem with suppressing healing

Doctors consider inflammatory bowel conditions such as ulcerative colitis and Chron's disease as incurable and unexplainable. As I see it, instead of trying to find the root of the problem, they actually prevent the intestine from healing through prescription of anti-inflammatory ("anti-healing") medicines, immune suppressing medicines and cortisone. These medicines are very, very good in the short term to stop acute bleedings or acute diarrhoea. But in the long term the intestine gets more and more injured, by for example bad food or bad bacteria, and finally some patients have their large intestine removed through surgery.

In other words, it is a good idea to try to find out what you can do yourself to help your intestine. Otherwise your doctors and your body might fight a losing battle.

Remember to always turn to your doctor if you get acute problems. Healing your intestine in the long-term by improving your diet, lifestyle and habits is something you can do parallelly.

Primary allergy – a very common, but unknown, condition

Primary allergy: A definition

The theory of primary allergy was presented more than 30 years ago by the Swedish agronomist Ursula Jonsson¹. Primary allergy comprises allergies and intolerances to milk products, wheat, oat, rye, barely, yeast and glutamate (E620-E625). In addition, primary allergy may include intolerances to soy, corn, fish oil and citrus fruits as will be explained below.

As I see it, there are three explanations to primary allergy: the evolution, the increased exposure to certain foods, and milk substitutes/infant formula. The original theory presented by Ursula Jonsson only comprises the milk substitutes/infant formula.

Evolution

Lately, the Paleolithic diet, or Stone Age diet, has become popular among scientists, gurus and people in general. It comprises food that man ate before the development of agricultural societies. The Paleolithic diet has varied substantially in different regions. In some parts of the world, the diet was based on mainly meat and fish while in other areas people sustained their living on mostly (but not only) vegetarian food. However, there was some food that Paleolithic peoples never ate, or ate only small amounts of – food that needed cultivation, harvest and advanced stock farming, all impossible for a non-resident population.

According to archaeologists, modern diseases and ailments increased rapidly when man switched from the varied and nutritious Paleolithic diet to diets based on a very limited food selection, which characterizes agricultural societies. Diseases increased, people became shorter and expected lifespan decreased significantly. The diseases that appeared with the agricultural societies are the very same diseases that trouble us today. Modern diseases such as diabetes, cardiovascular diseases, autoimmune diseases, visual defects etc. are virtually non-existent among the Paleolithic populations that still exist.

In the old, agricultural societies people learned how to prepare agricultural food in order to make it easy to digest and to avoid the health problems described above. What is clear, however, is that our immune system is not fully adjusted to cultivated food, especially grains and milk products, and especially not the modernised, processed forms of today!

Exposure

Another reason for allergy or intolerance to grains and milk products is the enormous exposure to (processed forms of) milk products and grains in modern diets. The Western diet is extremely limited. About 70 % of our daily intake consists of processed flour- and milk products, sugars and margarines. In other words, our bodies are extremely exposed to processed foods that our immune system isn't fully adjusted to.

Infant formula and milk substitutes

The original explanation of primary allergy that Ursula Jonsson presents is the use of infant formula. In the first year, an infant's immune system is not fully developed. Instead, the infant's immune system is supported with antibodies from its mother's breast milk.

¹ Ursula Jonsson has written a book about Primary allergy called "Nu räcker det!" (It's enough!").

An infant cannot properly digest other food than breast milk during the first months. If the infant is exposed to infant formula or other kinds of substitutes before six months of age, undigested food will penetrate the intestinal wall and enter into the body (in fact, the intestinal tract belongs to the outside of the body). As a result, the development of the immune system is hampered and will cause health problems for the rest of the person's life.

In-depth explanation of primary allergy

A grown up person's immune system digests food completely. All proteins are broken down into simple amino acids, starches are broken down into glucose and fats are broken down into simple lipids. These simple building blocks can then be tailor made into complexes that perfectly suit the body's needs. Thereby foreign substances, that are "body-unknown", will be broken down and built up into "body-known" substances.

An infant cannot do that. Luckily Mother Nature presents a perfect solution to this problem: breast milk supplies the infant directly with body-known food. However, if the infant is fed with for example infant formula instead of breast milk, body-unknown substances will penetrate the intestinal wall without first being made into body-known substances. Unfortunately, the infant's body will believe that the infant formula is breast milk and consequently it will treat these body-unknown substances as the body-known substances found in breast milk. The body-unknown substances in the infant formula will thereby get a "false passport" into the body. Consequently, the infant will have undigested substances from cow milk and grains circulating in the body, causing all kinds of damage and health problems. As the immune system was hampered at such an early age, before it was even fully developed, this condition will continue for the rest of the person's life.

Symptoms will slowly develop over the years, in an insidious way, and often the person cannot even tell when the symptoms started. Body-unknown substances will be built into tissues, glands and organs and cause decreased functionality. These kinds of health problems are often overlooked or considered unexplainable. Some common symptoms are asthma, pollen allergy, cat allergy, IBS, arthritis, oedema, repeated colds, eczema, depression, panic attacks, aggression, eating disorders and mental disorders. Cardiovascular diseases and cystic fibrosis are other problems according to Ursula Jonsson.

It might be surprising that the symptoms of primary allergy are so varied. But the body-unknown substances are spread all over – no part of the body is spared. That is why the symptoms of primary allergy are so varied but illusive.

Substances found in infant formula are generally cow milk and wheat flour (if you are intolerant to wheat you are automatically intolerant to oat, rye and barley as well as they are fairly similar to wheat). Other substances have also been used over the years in infant formula. Therefore, primary allergy may vary from person to person depending on birth year and what was popular at that time to put in infant formulas and milk substitutes. For most people primary allergy implies allergy/intolerance to milk products, wheat, oat, rye, barley, yeast and glutamate. People born in the 70s and 80s are often allergic to soy as well. My guess is that corn allergy may be part of primary allergy in the United States. Milk substitutes for very small infants sometimes contain citric acid and vitamin A and D from fish oil. As a result, some persons suffering from primary allergy may be allergic/intolerant to citrus fruits and fish as well.

Are you allergic? Test yourself!

In this chapter there are several tests that you can use to find out whether you have an allergy/intolerance within the primary allergy concept.

Lactose intolerance

Lactose intolerance means that your body cannot digest milk sugar – lactose. Breast milk contains lactose and that is why most children tolerate lactose. Among many adults, the body has lost its ability to produce the enzymes that digest lactose. Instead, yeast bacteria, such as candida, start feeding on the lactose. You can easily imagine what will happen – your stomach becomes like rising dough. Gases and diarrhoea are very common symptoms among people who are intolerant to lactose but continue eating it.

Lactose intolerance test

Exclude all milk products from your diet for two days. NB! Lactose is often added to for example ready-made soups, salad dressings, snacks and candy bars. On the third day, drink a large glass of milk on an empty stomach in the morning. If you in about an hour experience gases and your stomach blows up like a balloon, you are intolerant to lactose. If this is the case you have to eat lactose-free milk products.

Milk protein intolerance/allergy

Intolerance/allergy to milk proteins means that the body cannot properly digest proteins and amino acids in milk. Foreign proteins and undigested substances circulating in the body are very harmful. Your immune system will therefore fight proteins it cannot digest as toxins. Some people will get acute histamine reactions as a result of food allergy/intolerance, but for most people symptoms will be noticed in about 12-24 hours after they have eaten food they are intolerant to. It simply takes some time for the immune system to mobilize its forces.

Common symptoms of milk protein intolerance/allergy include:

- Diarrhoea/constipation
- Vomits and a deficient nutrient uptake (common among children who are allergic to milk protein)
- Eczema, rashes
- Cough, colds, asthma or similar symptoms
- Postponed weight gain (children)
- Anemia (lack of iron)
- Sleeping disorders
- Sore joints
- Edema
- Mood swings, depression
- Pollen allergy
- Cat allergy

Milk protein intolerance/allergy test

I cannot give you a ready-made test here like the lactose intolerance test. Instead you have to document your symptoms and compare them to the list above. The best test you can do is to exclude milk products *completely* for about four weeks and notice how your body reacts. Did you notice any difference? You can then start eating milk products again and again notice

how your body reacts. Keep in mind though that some symptoms take a very long time to clear up, sometimes several months. Sore joints, asthma, cat allergy and pollen allergy may even take a few years to resolve.

Gluten intolerance

Gluten is a specific protein found in wheat, oat, rye and barley. There are many so-called “gluten free” products on the market, but they often contain starches from wheat. It is impossible to free the starch from all traces of gluten. This means that many “gluten free” products actually contain traces of gluten. If you are very sensitive, you had better exclude everything containing wheat, oat, rye and barley. Some people claim that oat doesn't contain any gluten. Unfortunately, oat is often stored in the same silos and is part of the same production chain as the other gluten containing grains, and is hence contaminated with gluten anyhow.

As mentioned above, foreign proteins and undigested substances circulating in the body are very harmful. Your immune system will therefore fight proteins it cannot digest as toxins. Intestinal reactions normally appear about 12-24 hours after you have eaten food that contain gluten.

Gluten intolerance test

The easiest way to detect gluten intolerance is to find out if you have common symptoms of gluten intolerance. Here are some common symptoms:

- “Gluten stomach” – a hard and distended stomach that appears 12-24 hours after you have eaten something that contains gluten. The distended state may last for up to seven days. It is not like the gassy balloon stomach you have when you are allergic to lactose but rather a constant distended condition, as if you are pregnant.
- Stomach cramps and pains
- Mood swings
- Diarrhoea, loose stool or constipation. The warfare in the stomach will lead to different symptoms for different people.
- Edema. Your body will retain water to dilute toxins and facilitate easy transport out from the body.
- Anemia, fatigue and weight loss (especially for children)

Grain intolerance/allergy (wheat, oat, rye and barley)

Some people are not only intolerant/allergic to gluten but to all proteins and amino acids, starches and lipids found in wheat, oat, rye and barley (including – but not only – gluten). In addition, grain intolerance includes intolerance to yeast and glutamate (MSG or E620-E625) as these substances contain an amino acid that you find in the grains. If you are allergic to grains you have to exclude all traces of these substances in your food.

Grain intolerance/allergy test

Part of the grain intolerance is gluten intolerance. Read above how you can test for gluten intolerance. If you are intolerant/allergic to grains you may also experience the following symptoms:

- A running nose
- Flue-like symptoms (fever, aching body)
- Strange feelings and contractions in the heart area
- Forgetfulness

- Depression
- Split personality

Some people may doubt the fact that intolerances or allergies may cause depression. However, both my twin sister and I belong to those who become depressed if we by mistake eat traces of grains and/or milk products. For my part I get mood swings with sometimes unexplainably strong anger outbursts if I accidentally eat milk products.

I have read about two independent studies, which showed that milk proteins could block dopamine receptors in the brain. As dopamine is very important for our wellbeing, it is no wonder that we can get depressed when these receptors are blocked.

Primary allergy

Primary allergy implies that you are allergic or intolerant to all substances – proteins, amino acids, starches, sugars and lipids – in milk products, wheat, oat, rye, barley, yeast and glutamate. Primary allergy may also include allergy or intolerance to soy, and in rare cases fish oil and citrus fruits. In other words, if you have primary allergy you will be allergic or intolerant to everything I have written about above.

NB! Corn is not used in infant formula in Sweden. If you live in the US, this might be the case. The guides above and the remaining of this book do not discuss corn as part of primary allergy.

Primary allergy test

Ask your mother for how long you were breastfed. If she claims that she breastfed you for more than six months you have to ask her if she breastfed you *exclusively* during these first six months or if she gave you other food or infant formula as well. In that case you have primary allergy. Bear in mind that mothers often forget exactly what they did during this hectic period and they might see everything through rose-colored spectacles. You may also have primary allergy if you were breastfed exclusively for a very long time but your mother was not. In that case you will inherit her primary allergy, even if it may not be as severe. In this case your mother cannot digest primary allergens so you got them with her breast milk!

Propaganda for infant formula was heavy during the 50s, 60s, 70s and 80s and many mothers were told that breast milk was deficient and not “nutritious” enough for babies. You also have to understand that not everyone can, or want to, breastfeed their infants. This is part of your mother’s integrity and you have to respect that.

My primary allergy symptoms

Many of you who read this book may wonder if you can really have all these symptoms described above. The answer is yes. I got the following symptoms (apart from ulcerative colitis):

- Stomach cramps and pains
- Loose stool, diarrhoea
- Eczema
- Cracking joints and lumbago
- Periodically sore and swollen joints
- Moderate pollen allergy and cat allergy
- Red eyes

- Puffy under the eyes
- Mood swings
- Edema, periodically I gained 3-4 extra kilos of lymph fluid. This is quite irritating as the extra fluid follows gravitation. In the morning your face will be swollen, in the evening your legs will be heavy and swollen.

My identical twin sister, who has primary allergy like me, has never had ulcerative colitis. On the other hand, she has had many other allergic symptoms, among others:

- Depression. Her depression disappeared after two weeks on a primary allergy diet. It comes back if she accidentally eats primary allergens.
- Insipient arthritis
- Sore lip
- Red eyes and dark circles around the eyes

Watch out for unreliable allergy tests

Some people turn to the health care system to test for allergies. Unfortunately, doctors and laboratories only test for antibodies, which are only one of an array of different measures that your immune system has at its disposal to fight toxic substances.

Your body may as well use white blood cells, decrease/increase circulation, decrease/increase your metabolism, start diarrhoea, vomits, eczema, store toxins in body tissues (resulting in chronic pain, stiffness and diseases). Etc. An allergy test therefore doesn't say much about what is good for your body or not. A better, and safer, method is to study your body's reactions instead.

If you have primary allergy, it is even less likely that your immune system will develop antibodies. The primary allergens received a false passport into your body when you were a baby and your immune system wasn't fully developed. An allergy test may therefore incorrectly give the impression that you are free from allergies.

My sister once met a massage therapist whose small children were so allergic to milk products that they couldn't drink milk without vomiting. If they got small amounts of milk on their skin they immediately got rashes. Still, doctors claimed that the children were tolerant to milk, basing their conclusion on lab tests.

You don't necessarily get an allergic reaction to a substance that is toxic to your body. If I for example would eat arsenic it would harm my body but I wouldn't get an allergic reaction. Exclusively using allergy tests to judge whether a substance is bad for you or not is in my opinion naïve. Trust your own body. If certain food make you feel bad don't eat it!

Primary allergy? Watch out for the following traps in your food

If you have primary allergy you have to avoid all substances and traces of milk products, wheat, oat, rye, barley, yeast, glutamate (MSG or E620-E625) and sometimes soy. If you live in the US, you may also have to avoid corn.

Milk products are found in:

First of all you have to exclude all milk products, that is, everything made of cow milk. You must also avoid goat milk and sheep milk products. Milk, yoghurt, butter, cheese, cream, cottage cheese, ice cream etc. must be avoided. In addition, lots of food contain milk products of some kind, such as added lactose, milk powder, etc. Watch out for:

- Soups, dressings, ready made foods, mayonnaise, mayonnaise salads, fast food
- Cured meats such as sausages and ham
- Cakes, cookies, bread, chocolate, candies
- Snacks, crispies, nuts
- Ice cream, sherbet, puddings, cream
- Most drugs and food supplements contain lactose as binding agent. For my part, I had to stop using contraceptives out of this reason.

Grains are found in:

- Bread, buns, cakes, cookies, muesli, porridge
- Pasta, couscous
- Dinkel, spelt (different kinds of wheat)
- Beer and alcohols based on grains
- Starches, glucose syrup, glucose
- Almost all kinds of candy
- Almost all kinds of snacks
- Soups, ready made foods, dressings
- Cured meats
- Ice cream and sherbet
- Syrups for coffee and drinks

Starches, glucose syrup and glucose are made of wheat, corn, rice or potato. If you know for sure that it is made of for example potato or rice it is ok to eat. In other cases, avoid it.

Also watch out for cultivated fish. Cultivated fish is often fed with grains, and since grains are not part of the fish's natural diet, there may be traces of grains in the fish. Personally I get reactions if I eat too much cultivated fish for a period. In Sweden you can buy organic cultivated salmon that is fed with its natural food (shrimps and so on) and that is of course ok to eat.

Yeast and glutamate (MSG or E621-E625) are found in:

If you are allergic to grains, you also have to avoid eating yeast and glutamate. Yeast is used as a rising agent and yeast and glutamate are often used in food to make it taste more "meaty". You can find them in many foods such as:

- Bread, cakes and other products that contain yeast.
- Soy sauses and other fermented products may contain yeast. In addition, many soy sauces contain wheat so my advice is that you should be very careful if you choose to

eat soy sauce. Moreover, bear in mind that many people with primary allergy are intolerant to soy.

- Almost all grill spices and marinades
- Products that contain grill spices such as crisps, ready-made meats, grilled chicken, etc.
- Almost all stocks that you buy ready-made
- Almost all turkey and chicken products
- Almost all kinds of cured meats
- Snacks, in particular, watch out for those kinds that have a "grill flavour".
- Some ready-made fish products, including canned tuna with "Mexican flavour" and pastries made of fish
- Japanese food, Chinese food and Thai food sometimes contain glutamate
- Everything that contains hydrolysed proteins, including protein powders and bars for body builders. Glutamate is formed in the production process.
- *Added* B-vitamins. B-vitamins are very important to our health and food that naturally contains B-vitamins is important to eat. However, B-vitamins are often added to food and these added B-vitamins are often extracted from yeast. Therefore you have to avoid food that contains *added* B-vitamins unless you are absolutely sure these added B-vitamins are not made of yeast. Remember that these B-vitamins are often called their specific names, such as thiamine, niacin and riboflavin.
- Mushrooms
- Tomatoes

Food often contains small amounts of natural glutamate. Normally, this will not pose any problem for you. Some food however contains slightly larger amounts of natural glutamate such as mushrooms and tomato. If at all, eat only moderate amounts of mushrooms and tomato. If your intestine is very injured you should refrain totally from eating mushrooms and tomatoes for a period. Once your intestine has healed, you may eat mushrooms and tomatoes now and then but remember to avoid large amounts.

Food supplements – generally good but may contain allergens

If you have primary allergy or other food allergies, you have to be careful when you buy food supplements. Food supplements themselves are generally good, but they may contain substances that can cause problems. For example:

- Drugs and food supplements sometimes contain lactose as binding agent
- Vitamin B is often extracted from yeast
- Vitamin E is often extracted from wheat sprouts (this may be a problem for very sensitive people with primary allergy or people who have grain allergy)

Unfortunately, you don't always find information about allergens on the jar/package. Sometimes, producers present detailed information on their web sites instead. Always contact the producer if you are not sure.

A special warning against glutamine

Glutamine (which is fairly similar to the amino salt glutamate) is a very common amino acid in the body. However, it should not be eaten in its pure form. There is a reason why we have teeth, a stomach and intestines! Glutamine is sometimes used as a food supplement that is supposed to heal intestines. People that I know who have tried glutamine to cure their ulcerative colitis have experienced *strong, negative reactions*. Warning!

NB!

Remember that a primary allergy diet must be very strict. Small mistakes might lead to up to a week of increased intestinal problems and all other allergic symptoms may bounce back into full force. A small mistake might for example be small amounts of wheat or glucose syrup in your food, added vitamin B, a headache pill containing lactose and so on.

Important information about nutrient deficits

In the 1930:s, an American dentist, scientist and adventurer called Weston A. Price travelled to primitive peoples and very old agricultural societies all over the world.

Everyone he met in these societies had perfect teeth, hardly any caries at all, perfect bone structure and a very good health and immune system. But only as long as they ate their original diets. As soon as they started eating a modern Western diet they got the same problems with crooked teeth, cleft palate, scoliosis, clubfoot and various chronic deceases and ailments that are so common in the modern world.

The peoples Weston A. Price met ate very different diets, but they all had some things in common. Weston A. Price discovered that they ate considerably larger amounts of minerals compared to a Western diet and about 10 times more fat-soluble vitamins. The fat-soluble vitamins function as activators, or catalysts. In order to develop a strong and well-formed bone structure, as well as strong teeth, it is not enough to eat food rich in minerals such as calcium and magnesium. The fat-soluble vitamins are also needed to help the body absorb the minerals.

Food rich in fat soluble vitamins are animal fat (such as butter, cream, lard and fish fat), eggs, fish roe, organ meat (such as liver), shell fish and fish.

If you discover that you are allergic to milk products, the consequence may be that your intake of fat-soluble vitamins decreases, as you stop eating butter, cream and cheese. Therefore, make sure that you eat regularly from the other food sources mentioned above. You do not have to eat them all, choose the ones that you like.

Primary allergy purchase and restaurant guide

Below is a primary allergy purchase and restaurant guide. Copy it and bring it with you next time you go grocery shopping or visit a restaurant!

Primary allergy

All kinds of milk products

Examples: milk, cheese, yoghurt, milk powder, lactose, ice cream, milk protein

NB: Check ready made food carefully, powder soups, spices, cured meats etc.

All products made of wheat, rye, oat, barley (and maybe corn if you live in the US)

Examples: bread, pasta, cookies, muesli, beer

NB: Glucose/glucose syrup/starch may be made of wheat. Avoid it if it is not specified that it is derived from i.e. rice. Glucose/starch is found in all kinds of products such as candy, cookies, jam, ice cream, cured meats, sherbet etc.

All kinds of soy products (some people who have primary allergy may tolerate soy)

Examples: soy sauce, tofu, temphe, soy-milk, soy ice cream

Yeast

Examples: yeast in bread, yeast extract (often found in spices)

NB: Watch out for foods with added B-vitamins since they are often derived from yeast.

Glutamate (monosodium glutamate, MSG, E620, E621, E622, E623, E624, E625)

Examples: E621 is the most common form of glutamate and is often found in cured meat products, ready made food, spices, grill spices (in almost every grilled chicken you can buy...), chicken dishes etc.

Tomatoes and mushrooms

Natural glutamate is often found in very small amounts in food. In tomatoes and mushrooms, there are slightly larger amounts of natural glutamate. Hence, only small amounts should be consumed.

Hydrolyzed proteins

Glutamate is always formed, and therefore always found, in hydrolyzed proteins. Hydrolyzed proteins must therefore be avoided, i.e. all kinds of protein powders and hydrolyzed protein that is sometimes found in spices.

Candida – a very common but unknown condition

Candida infections may also cause ulcerative colitis. A candida infection often follows treatment with antibiotics. The intestinal bacterial flora is often put off balance by antibiotics, which paves the way for candida bacteria.

Candida is a yeast bacterium that constitutes a normal part of the vast flora of micro-organisms in the body. There is nothing wrong with it as such; the body cooperates symbiotically with candida as well as with many other micro-organisms. There are for example billions of bacteria in the intestinal tract that cooperate with the body to digest food. Sometimes however, there might be an overgrowth of candida in the mouth, intestinal tract, toenails and genitals, due to stress, antibiotics, medication and/or a diet rich in fast carbohydrates.

Candida overgrowth generally starts in the intestinal tract. You become like a bubbling beer or wine barrel, with gases and cramps and you may also experience dizziness, headache, migraine, eczema and a large number of other reactions due to the toxins produced in the process.

To get rid of candida, you have to eat a strict diet with a very low intake of carbohydrates. Candida is tricky. Even if the symptoms soon disappear with a low carbohydrate intake, the bacteria will still remain and quickly build up again if they are “fed”. Thus, you have to skip sugars, glucose syrup, starches, cakes, candy, snacks, pasta, rice, bread, buns, ketchup and other food rich in carbohydrates for about 6-8 weeks. The carbohydrate intake must be low during these weeks and when/if you eat carbohydrates they should consist of small amounts of slow carbohydrates such as vegetables, root vegetables and whole grains.

There is no point in using sweeteners such as maltitol, sorbitol, saccharine, aspartame and sucralose. Apart from the fact that most of these sweeteners are toxic, your body cannot digest them properly. Consequently, they may cause similar problems with gases as candida.

If you have candida overgrowth you also have to watch out for yeast, yeast extract, glutamate and hydrolysed proteins. These substances add fuel to the candida infection you already have. Carefully read the ingredient list on all food that you buy. Yeast may hide in tapenade, sausages, snacks, salad dressing, meats – yes more or less everything. Added vitamin B is often extracted from yeast so you have to avoid it unless it is specifically stated on the product that it is free from yeast. Vitamin B is often added to food as a colorant or to make it more nutritious, and added B-vitamins often go under the names thiamine (B1), riboflavin (B2) and niacin (B3). Bread is another tricky question. Bread dough is seldom let to rise long enough today and is therefore boosted with unnecessary large amounts of yeast to make it fluffy. The bread will therefore contain yeast residue. Once in our stomachs it will continue to make our stomach fluffy! Be careful!

Do you have candida? Test yourself

Candida is not an allergy; it is a yeast infection. There is a simple candida test that you can do. I have noticed that this test is the most popular one in my book and people living together often compare their tests!

In the morning, before you eat or drink anything, take a glass of cold water and spit some saliva in it (not phlegm). If you have candida, “threads” or “spikes” will develop from the saliva on the surface and down into the water within 5-60 minutes. If you don’t have candida, nothing will happen and you will only see your saliva floating on the surface.

You can also check if you have candida by analyzing your symptoms. The following symptoms are common:

- Gases
- Depression and panic attacks
- Fatigue
- Diarrhoea
- Bleedings
- Constipation
- Asthma
- Migraine
- Urinary infections
- Weight loss or weight gain
- Decreased hearing and smell
- Psychological effects such as memory deficiency and lack of concentration
- Sense of fullness, of too much food even if you don’t eat much
- Allergies and intolerances
- Infections and inflammations
- Blood sugar imbalance
- PMS

I had a slight candida infection for a period and the symptoms that I experienced, apart from the fact that my intestine got inflamed and started bleeding again, was gases, diarrhoea and oedema. This happened after I had switched to a primary allergy diet. My intestinal flora was sensitive for quite some time before the strict primary allergy diet had restored it to perfect condition.

Candida? Watch out for the following in your food

If you have candida you have to stick to a low-carb diet for 6-8 weeks. In particular, you have to avoid fast carbohydrates. Reduce or completely avoid:

- Bread, rice, potatoes, pasta muesli etc. If you want to eat small amounts of these food sources, chose whole grains.
- Sugar, candy, cakes, cookies, jam, sweetened yoghurt, ice cream, sodas and other products containing lots of sugar
- Completely avoid products containing artificial sweeteners such as aspartahame, maltitol, sorbitol, sucralose/splenda. Your body has no enzymes that can digest these substances, which means they will be food for the yeast bacteria or other harmful bacteria.
- Crisps, chips, popcorn and other snacks containing lots of carbohydrates
- Ketchup, mustard and other products that surprisingly contain sugar
- Sodas, soft drinks and other sweetened liquids, including diet products
- Dried fruit

In addition, if you have candida you have to avoid everything that contains yeast. Follow the yeast list in previous chapters strictly.

Other types of harmful bacteria and parasites

Primary allergy and candida are not the only causes of ulcerative colitis. Another cause is other types of harmful bacteria or parasites. There are for example certain bacteria that may cause inflamed intestines in cattle. A scientific study has shown that in areas where this problem is common among cattle, intestinal problems such as ulcerative colitis and Crohns disease is more common among people. Another study has shown that patients that have been treated with antibiotics may end up with a dominance of certain resistant bacteria that may cause diarrhoea and a bloody stool. An unbalanced or very weak bacterial flora may take a long time to restore. There are certain diets that are gentle on the stomach and help restore a weak stomach. You have to try out for yourself but here is some general advice:

Avoid

- Exclude gluten containing grains and milk products, as they are generally difficult to digest with an unbalanced bacterial flora
- Avoid fried products and large amounts of fat
- Avoid sugar
- Avoid proteins that are heavy to digest, such as red meat
- Eat vegetables but cook them. If you have a weak stomach you may have problems digesting the cellulose in fresh vegetables
- Be careful with fresh fruit. Cook them or try eating berries instead
- Avoid coffee and alcohol
- Avoid whole grains and other products containing lots of fibres

Eat

- White fish, boiled egg and lean meat such as turkey and chicken filet
- White rice, boiled potato
- Boiled vegetables (avoid vegetables that may cause lots of gases such as beans and onions). Green salad may be ok to eat fresh
- Support your intestinal flora with for example sauerkraut or lacto bacteria food supplements and enzymes
- Be careful with fresh fruit, try cooked fruit or berries

NB! This type of diet is often very good also for those with a very sensitive intestine!

If you suspect that you suffer from harmful parasites you can also try certain herbal remedies. Alternative practitioners often help patients getting rid of for example tapeworms using herbs as well as other kinds of harmful bacteria or parasites (of course you may turn to a conventional doctor as well). Certain herbs create an environment that is horrible for parasites and harmful bacteria but great for the body and beneficial micro-organisms. If you want to test herbs there are fairly cheap herb complexes that you can buy at health food stores. People who take medicines are often recommended to contact their doctor if they want to try herbal remedies.

Cramps

Some people with ulcerative colitis have severe problems with cramps. Cramps may worsen their symptoms, with more pain, more diarrhoea, and more blood. In some cases, flat coca-cola can help. However, make sure that it is flat, that is, stir it until there is no carbonic acid left. Try carefully to see if it works for you.

Crises and stress

An accident seldom comes alone (Swedish proverb)

Many people experience that diseases appear in connection to or after emotional crises and difficult periods in their lives. It is well known that stress weakens the body's ability to cope with harmful substances. And many are those who claim that their health problems appeared in connection to a crisis, even though conventional medicine wouldn't agree.

Personally, I see a direct connection between my inflammatory bowel and a minor crisis in my life, even though allergies were the main cause of my problems. It dawned upon me that there is in fact a very logic connection when I heard about Dr. Hamer and his theory about crises and cancer – the German New Medicine.

Hamer's story

The German New Medicine was presented a few decades ago by the German cancer physician Dr. Ryke Geerd Hamer. You have probably never heard of him. It seems there are many people who want to silence him. He has received death threats a number of times and someone has even tried to assassinate him. He has also been put in prison accused of quackery – or incorrect or dangerous treatment – and he has been struck off the medical register. At every trial, Hamer has demanded that his theory should be put to the test. As far as I know he has always been denied this.

Several years ago, one of Hamer's grown up sons died accidentally. Shortly after, Hamer was affected by testicle cancer. Being a cancer physician himself, he began to wonder if there could be a connection between his cancer and the crisis he got after his son's tragic death. Hamer started asking his patients and slowly he began to build up a map where it became clear that different kinds of emotional crises activated different parts of the brain. A certain crisis did not only activate a certain part of the brain, it also activated a certain part of the body, exactly the part of the body controlled by the corresponding part of the brain. The extra activity in the specific part of the body would result in a cancerous process. Hamer did not only interview his patients. He also examined their cases via computer tomography (brain scanning) to map the connection between increased activity in certain parts of the brain and cancerous processes in certain parts of the body. Computer tomography is a standard procedure at hospitals for cancer patients to detect transmission of the cancer to the brain.

Based on computer tomography and interviews (as far as I know surveys comprise more than 30,000 patients), Hamer was able to build up a very detailed map of different types of crises that result in certain types of cancer. His theory also includes other severe diseases such as heart attacks, diabetes, multiple sclerosis and rheumatism.

The theory in short

Why does a crisis result in cancer? According to Hamer, it is a reaction that once constituted a very clever mechanism. This mechanism was built into our cells at an extremely early stage in evolution.

Hamer himself is a good example. For a simple organism (for example a small animal) the loss of offspring implies that the small animal must produce new offspring to ensure the survival of its genes. The crisis (affecting a certain part of the brain) will therefore intensify cell renewal and multiplication in the reproductive organs (the testicles), making them stronger. Once new offspring is on its way, the abnormal activity will stop and the function of

the organ will once again be normal. “Cancerous” cells and tissues will regress and will be broken down by bacteria and viruses (thus, there is a well-founded logic for our bodies to host micro-organisms, they are not simply intruders that have to be eliminated).

However, problems arise if the crisis continues for extended periods. The increased activity and cell multiplication will continue as well, resulting in cancer. Life for humans of today is far more complex than it was for our ancestors far back in evolution. What was once an appropriate and clever function now makes us sick. The problem is not the body’s reaction to a crisis; the problem is that the crisis continues for too long. Based on the logic above, Hamer mapped a large number of crises and their effect on our health and the development of cancer and other diseases.

In my view, Hamer has solved the cancer riddle. We already know that toxins may cause cancer. But in many forms of cancer there is no direct connection to toxins. Hamer’s theory, the German New Medicine, can explain these types of cancer.

Hamer’s theory also explains why humans, but not animals, get metastases, in other words, the spreading of cancer to other organs or tissues. This is rarely or never seen in animals. Suppose that a person ends up with testicle cancer, just as Hamer, due to a similar crisis. The person visits the hospital and is told that he has cancer. What happens? There is an obvious risk that the person will get a new crisis – fear of death. The new crisis will in the worst case give rise to a new form of cancer in another part of the body. As the patient gets worse due to medication and cancer, he has to stop working. He becomes confined to bed and becomes dependent on his relatives. This may lead to yet another crisis centred on self worth – the person feels he is a burden to other people. Which once again may result in a new form of cancer. And so on.

Hamer and an inflamed large intestine or rectum

Having problems with an inflamed large intestine and rectum, I was of course curious of Hamer’s theory about this. A short summary is presented below².

Rectum – For women: Identity conflict. The person doesn’t know where she belongs or where she should go, what decision to make.

Large intestine, colon – The person experiences “dirty”, indigestible anger, wrath, for example unjust accusations of insurance fraud. “I have to clear/free myself from it!”

Colon sigmoideum (the last part of the large intestine before the rectum) – The person experiences “dirty”, suppressed conflicts. “I must get rid of.../I don’t want to have anything to do with...”

Rectum, high up, submucosa – The person experiences a “dirty” conflict: “I have to get rid of.../I don’t want to have anything to do with...”

My own experiences and Hamer

As already mentioned, allergies were the main cause of my inflammatory bowel. However, I believe that a minor emotional crisis that I had a couple of years ago contributed to the

² The summary is based on a web-course in ecologic medicine by the Swedish alternative practitioner Ulf Brånell.

problems. The crisis explains why – out of several meters of intestine – only my rectum and a smaller part of the large intestine were injured.

My minor crisis matches Hamer's description of the identity conflict for women very well. While studying at the university, I felt that I had no real goals or plans for my life, and especially my career. I had no real visions and I also felt that ordinary working life didn't suit me very well, with all schedules, rules, structures and systems. At that time, I would never have called it a crisis. However, looking back, that's what it was, even if it was only a minor crisis. When I finally started working after my studies, I ended up with a job at a small company and a work situation that suited me very well, which naturally meant that my minor crisis subsided. People with the kinds of crises described above, according to Hamer, often experience bleedings and intestinal problems in the healing phase. And my bleeding, inflammatory bowel appeared about two years after I started working full-time. Most probably not by chance! If I had had a major crisis, I might have developed cancer. However, my minor crisis led to less severe problems.

I have an identical twin. She also has primary allergy and started experiencing allergic symptoms more or less at the same time as I did. However, she has never had ulcerative colitis. And she never had the same kind of minor crisis that I had either! Instead, her worst allergic symptoms were mainly located to her joints. She has also had minor crises and problems in her life, but of another kind. My conclusion is that toxic substances, bad food and other negative exposure mainly affect those parts of our bodies that are "weakened" due to crises of different kinds. That is why identical twins like me and my sister may very well experience different symptoms even though they are caused by the same negative external exposure.

Healing from crises

Crises or stress is not just about the situation that triggered it. It is also about how you react to that situation. A situation that leads to crises or stress for one person, may be completely trivial to another person. So, it is not just about solving the situation itself, you also have to change your own emotional pattern of reaction. Positive thinking may be effective as well as trying to be grateful to, instead of irritated on, your body that is only trying to keep your health at optimum. You can also turn to therapists, psychologists, NLP-experts, CBT-psychologists, hypnotherapists, or other people who can help you change the way you react emotionally or help you analyse a situation from a different perspective.

At the same time as you deal with your crisis or stress; make a serious effort with your diet. It may take a long time to get over a crisis or to solve stress problems. Changing to a nutritious, gentle diet that gives better support to healing is far easier. A primary allergy diet is often a good choice even if you don't have primary allergy, since it is gentle to weak stomachs.

Based on other people's experiences, as well as Louise Hay's wonderful book "You Can Heal your Life", my sister has concluded that there seems to be yet another crisis that may lead to this kind of intestinal problems, namely feelings of inadequacy: You feel that you will not manage or cannot cope with the job/task/mission/family situation etc. Again you have to analyze the situation from a different perspective. Often, we set way too high standards for ourselves, so ask yourself: If someone else were in my position, would I expect the same high standards from that person that I expect from myself? When in a stressful situation, we also tend to forget that we can ask for help. Family members, friends, colleagues, acquaintances, authorities. You don't have to do everything yourself.

More about Hamer

If you want to know more about Hamer, you can find information about the German New Medicine via the following link: <http://germannewmedicine.ca>

Hamer has also published a book, “The new medicine”. I have not read it and as far as I understand it is quite complicated. Luckily, there is a short-version of the book that you can buy at the website mentioned above and Amazon (search for Dr. Ryke Geerd Hamer).

Healing is often tough

This chapter describes the body's healing reactions from a perspective that is common among alternative practitioners³. They have a very different view of the human body compared to conventional medicine. Their perspective helped me understanding my body's reactions far better than anything else.

In this chapter, I will use *fever* as an example of healing.

The ancient body and its ancient reactions

Modern life is often stressful. Work, school, hobbies, household duties, family and friends – all this and more can lead to a stressful everyday life.

However, our bodies are not modern. They look exactly the same as they did 100,000 years ago and react in the same way. The body reacts with stress when a dangerous animal attacks or when the body is exposed to a poison. The body prepares for the potential threat/attack by decreasing circulation of blood in order to minimize the risk of a major bleeding or to decrease the spread of poison in the body. Moreover, the body will decrease the permeability of intestines, other membranes and cell membranes. If the body is exposed to poisons, these poisons cannot enter organs and cells as easily. The body will also reduce resources allocated to digestion, cell renewal and healing. All these activities have to wait until the crisis is over.

This protective state will continue as long as the threat/stress is there. Once the threat has disappeared, the body will go back to a normal state again and establish homeostasis (perfect balance) where both our physical and mental health is at optimum.

Today, the body may enter a protective state, not because of threatening lions, but due to the fact that we lead stressful lives. Unfortunately, in modern society threats/stress may continue for very long periods. You may for example work for several months before you have vacation, or perhaps your family life won't give you the rest and relaxation you need, both in a physical and mental aspect.

The healing state

A prolonged protective state is harmful to the body. Therefore, the body will stop the protective state as soon as possible and enter a healing state. This often happens when we go on vacation. Then we can finally rest and relax. When the body notices that the stressful situation is over and we finally relax, it interprets these feelings as "the danger is gone". The body will immediately enter a healing state.

The first thing the body will do is to increase circulation and permeability in cell membranes as much as possible. Lots of waste products that have accumulated during the protective state have to be transported out of the body. Often, the body will raise the temperature as well. A higher temperature speeds up healing, circulation, growth and repair. Fever is actually a sign of a strong body making a strategic decision to regain health.

³ The underlying knowledge in this chapter is based on a web-course in ecologic medicine. The originator of the course is a Swedish alternative practitioner called Ulf Brånell. If you ever have the chance to attend such a course, do so! It is the best investment in your health and life that you'll ever make.

What happens when we go on vacation? Many people feel warm, tired and swollen. "I think I'm getting sick, I think I have a bit of a fever" is a very common comment the first day of vacation. That is not surprising at all; the body has entered an intense healing state.

Tired, decreased hunger feelings

When healing is active the body makes sure that we feel tired and exhausted. It wants us to stay calm so that it can work with healing and cleansing without getting disturbed. The body may also reduce hunger feelings. Scientists claim that 70 % of our immune system is located to our intestines. Most foreign substances enter the body through food so logically the immune system must be centred there. During the healing state, the immune system has other things to do than digesting lots of food. That is why you won't be hungry. Remember though that you will lose lots of water during fever, so you have to drink a lot of water.

High fever

Some people may experience very high fever during the healing state. As you know by now, a higher temperature will speed up the healing process. Moreover, fever is an excellent way for the body to burn off excess viruses and bacteria as well as cancer cells, which are more sensitive to high temperatures than the body's own cells. Remember though that you should be careful if your fever gets extremely high and especially when it comes to children. Always turn to a hospital in these cases.

Water retention

In normal circumstances, the liver and the kidneys will break down toxins into less toxic substances, which will be transported out of the body via urine and stool. The body never transports toxins in the blood if it can avoid it. The blood volume is far too small and it circulates fast, reaching sensitive organs such as the brain. With high toxic levels in the blood, there is a high risk that sensitive organs will be damaged. Instead, toxins are transported in the lymph fluid, which has its own circulatory system. An adult has about 4-5 litres of blood and 9 litres of lymph fluid. When toxic levels are high in the body, the body can dilute the toxins by increasing the amount of lymph fluid. In that way, the toxins will be less concentrated and can easier be cleansed out of the body without harming vital organs. For this reason, it is not unusual to gain a couple of extra kilos of water during a healing state. In addition, extra water facilitates faster healing as water is the transporting medium in the body. More water means that more nutrients can reach the cells efficiently and waste products can be flushed out.

Eczema

If there are large amounts of toxic waste that has to be cleansed out of the body, the liver and kidneys will be put under large pressure. The body can therefore choose to cleanse through the skin as well. Lymph fluid circulates all over the body and lymph glands, that neutralize toxins just as the liver and kidneys, are found in many places. This means that the body has a means of "local cleanse" where it can use the lymph glands and then let the waste be transported out of the body via sweat, skin exfoliation and eczema. If you have severe eczema it is seldom due to external factors. The primary reason is toxic cleanse inside the body. If you have chronic eczema it means that your body continuously has to cleanse. Thus, chronic eczema is often a sign of an unknown allergy/intolerance. Other types of toxic exposure such as smoking or medication may of course also cause skin problems.

Eczema is very common after medication. Drugs are more or less always toxic to the body. During medication, the body will enter a protective state in order to prevent the toxins from reaching into the cells. Therefore, you will seldom have problems with eczema *while*

medicating. When medication stops and the body feels that the coast is clear, it will enter a healing state and start cleansing toxins. This is the stage where eczema might appear. Thus, eczema might appear long after medication has stopped.

Stiff muscles, joint pain

Sometimes, the body is exposed to more toxins than it can dispose of. It can be toxins and chemicals from food, medicine, pollution, smoking, undetected allergies and so on. During a protective state, waste products may accumulate inside the body since cleansing is less efficient at this stage when the cells are closed and circulation is low. The body has to store waste and toxins, until it has the ability to transport them out of the body.

The body cannot let the toxins circulate freely in the blood and the lymph fluid. In that case they might reach sensitive organs. Instead, it has to store the waste where it will make the least damage. Thus, the body cannot store toxins in for example the heart or in the brain but chooses joints, connective tissue, fat tissue and muscles instead. The exact choice varies from person to person. Some people store waste and toxins primarily in fat tissue, with an increased amount of fat cells. Other people's bodies use primarily the joints and/or the connective tissue for toxic storage.

When the body decides to heal, and cleanse the joints and the connective tissue from stored waste and toxins, it has to increase the circulation in these areas. The body will increase the amount of blood and lymph fluid in damaged areas since more oxygen and nutrients are needed for the healing process. This implies that the joints will become swollen, sore, aching and stiff. The same thing will happen to the muscles or the connective tissue if they are the preferred places for toxic storage. The stiffness and the swollen joints are thus signs of an ongoing healing process.

When help is not what you need

It is very common to misinterpret what the body is actually doing when it is healing. Most people think they are sick. Therefore, they might use drugs to reduce the fever and "help" the body getting well again. But that means that they will expose the body for the very thing that it has tried to avoid during the protective state – a toxic attack.

If the drug is toxic enough, the body has to blow off the healing process. Circulation will be reduced, the permeability in the membranes and cells will be reduced, making the body "closed" again, the fever will abate as will also the swollen areas. Many people believe that they have accomplished something good, that they are well and sound again. But it is the complete opposite. The body has been forced to stop healing and has again entered the protective state.

As there is lots of neglected work in the body – stored toxins, extra viruses and bacteria, neglected cell regeneration and cell growth – the body will try to heal again as soon as possible. This is the reason why people who often use drugs and pills for fever and headaches easily catch a fever again. And again. The body has to heal!

Chronic injuries

If the body is constantly prevented from healing there will be a decline in the person's health status and general wellbeing. The body must take another approach to deal with the accumulating toxins and waste products. In many cases, the body chooses to store the harmful substances in the joints, muscles and connective tissue as mentioned above. But what will

happen if lots of toxins are stored in a joint? The joint will become injured and will have to heal. Consequently, the body will start an inflammation in the joint, where increased amounts of blood and lymph fluid will facilitate supply of extra nutrients and improved transport of toxic waste. If the storage of toxins in the joint continues, the injuring process continues. That in turn means that the healing process has to continue. The result is a chronic inflammation. Similar problems will happen to muscles and the connective tissue if they are the preferred places for toxic storage.

Chronic toxic storage is thus an explanation to the widespread problems with chronic joint pain, arthritis, fibromyalgia and rheumatism. These conditions will especially arise when a person is exposed to large quantities of toxins, for example via smoking, undetected allergies, drugs, heavy metals and junk food. This is exactly the same thing that happens with inflammatory bowels. There is a chronic injuring process and a chronic healing process.

One of the symptoms I got from my allergy was slight joint pain. My twin sister also had joint pain but worse. When she as well as I discovered that we were allergic and made changes in our diets, the problems disappeared. It took some time though before the toxins had been eliminated from the body. Hence, pain was coming and going for a while. However, once the toxins had finally been cleared out of the system, the joint pain disappeared completely for both of us.

Inflammation in joints is usually treated in the same manner as ulcerative colitis. Patients are treated with drugs to reduce the inflammation. I really do understand and appreciate use of medication in acute situations, but I am sceptic to treatments that only stop the healing process without anybody trying to find out why the inflammation started in the first place.

Toxins stored in fat tissue

Some people, who are exposed to more toxins than they can dispose of, store toxins primarily in the fat tissue. But what will happen if lots of toxins are stored there? The last thing the body wants to do is to burn that fat since all accumulated toxins would then circulate freely in the blood and lymph fluid. At the same time the body would be incapable of neutralising it and transporting it out of the body (in that case it hadn't stored the toxins in the first place). The body will therefore reduce the metabolism to prevent the fat tissue from being used for energy. Low metabolism is a fairly common problem today, not the least for overweight people. Conventional medicine often prescribes thyroid hormones to patients with a low metabolism in order to increase it artificially. I wonder though if that is a very smart thing to do. The body has made a strategic choice to reduce the metabolism to prevent toxins from circulating freely and thereby reaching sensitive organs. I believe a more logical choice would be to cleanse or de-toxify the body.

In some families there is one family member who is very slim and another who is overweight, although they eat more or less the same (junk) food or expose themselves to the same types of toxins. The overweight person's body has chosen to store toxins in the fat tissue. The slim person's body has chosen another strategy. It has reduced circulation and permeability in the intestines in order to reduce the toxic intake. However, at the same time it will also reduce nutrient intake. The slim person will therefore be underweight and malnourished.

Eliminate the causes

In all situations described above (and in many, many more situations, in fact most chronic diseases) the best thing you can do is to reduce the amount of toxic intake or exposure.

Primarily, you need to eat a nutritious and balanced diet instead of junk food. I personally believe that allergies and intolerances are very common causes of many forms of chronic pain and inflammations. If you are exposed to certain toxins, such as cigarette smoke, heavy metals or alcohol, you have to deal with that too.

Healing is tough

Everything that I have written above about healing is tough to deal with. It is often really, really tiresome to heal. Fever, fatigue, eczema, pain, swollen limbs, running nose and so on. It is not particularly amusing but you have to look upon it as something very positive. What it really means is that your body is strong and healthy. Otherwise it wouldn't have the strength to start a healing process! So what you really ought to think is: "Yippee - I have a fever and eczema! Perfect, now my body is doing an efficient cleanse, kills off some bacteria and then I'll be restored to divine health!"

In other words, be happy that you have the ability to heal. Actually, the body has an immense healing power – even in the case of large injuries or where the injuring process has been going on for a very long time.

Is healing dangerous?

In some cases healing may be dangerous. For example, extremely high fever may be dangerous. Diarrhoea is another healing process that might be dangerous. Normally, the body will start diarrhoea to quickly dispose of poisonous bacteria or other toxic substances. Sometimes, the diarrhoea may become so intense that the person will get severe water loss. A water loss amounting to 10-15 % is enough for the kidneys to collapse and to cause a cardiac arrest. This will seldom happen to adult persons but will sometimes happen to children. The bodies of small children are not experienced enough and are too eager in their healing efforts. It is quite common that children in developing countries die from diarrhoea.

Healing states that are so intense that they are dangerous are not very common. In the majority of cases, the body knows exactly what it is doing to save the individual.

Can healing processes in the intestine be dangerous?

Yes, sometimes an inflammation in the intestine can be dangerous. This may happen when acute diarrhoea leads to extreme water loss or when the patient experiences excessive bleeding.

For example: Suppose that you are allergic, but you don't know that. You continue to eat food that injures your intestine so that it has to heal (gets inflamed). When the body is healing, it will increase the amount of blood and lymph fluid in the intestinal tract in order to increase the supply of nutrients to the healing process (the inflammation). This also means that the intestine will be swollen and extra sensitive to injuries and will easily get wounded when food passes by. The increased circulation hence implies an increased risk of excessive bleeding. This is dangerous!

In this case you have to go to the hospital. The doctors will give you cortisone to stop the bleeding. Cortisone is a catabolic hormone that will stop the inflammation. The high amount of extra blood and lymph fluid will be forcefully reduced, and the inflammation (healing) will decrease together with the bleeding. At these occasions, cortisone is very good to use!

Doctors often prescribe cortisone that is supposed to be taken for some weeks after the incident. Now suppose that you are still not aware of the fact that you are allergic. You continue eating food that injures your intestine. At the same time, the cortisone will reduce your body's healing efforts. The intestine will thus become more injured than before. When you have finished the cortisone prescription, the intestine will try to heal again, this time more forcefully since the damage has become worse. This means that the inflammation will get more intense and the risk of excessive bleeding will increase! You might have to go to the hospital again and get more cortisone. And so on. You are on a viscous circle.

How do you stop the viscous circle? By eliminating the injuring process. You have to find out what is injuring your intestine and eliminate that (in this example something in your diet). Then your intestine will start healing – even if you are on cortisone. The risk of excessive bleeding after the cortisone prescription is finished will be somewhat reduced since the intestine has had some time to heal. Even if you have to go on yet another cortisone prescription the intestine will continue to heal. Slowly but surely you won't have to use any cortisone and your intestine will heal quicker and more efficiently.

Bleeding and non-bleeding ulcerative colitis

Some people have ulcerative colitis with severe bleedings. Others don't have much bleedings at all but have problems with diarrhoea instead. I have a theory why this is so, based on the information above regarding healing states and protective states.

To protect the body (from allergens, harmful bacteria etc.) some people's bodies enter a protective state. The body will decrease circulation and permeability in the intestine to prevent toxins from entering the body. This also means that the intestine will not bleed much. Instead, the body will use diarrhoea to get rid of toxins.

Other people's bodies choose to enter a healing state. The body tries to deal with the toxic situation by keeping a higher circulation and permeability. In other words, it tries to heal the tissue after the repeated damage. This implies that the intestine will be swollen and red and easily gets wounded and starts bleeding.

These are two different (and intelligent) strategies that the body may use. No strategy is better than the other. Each body will choose what is best for the particular situation and circumstances. The problem is the injuring process. The injuring process has to stop if the intestine is to heal completely.

Healing phases and extreme healing

In this chapter, I describe what people with ulcerative colitis may experience when they have eliminated the injuring process.

Healing may have slowed down throughout the body

Once you have eliminated the injuring process you may experience a tough period of healing. It may not only be your intestine that has to heal; your whole body may have to heal. Firstly, other parts of your body may have been injured as well. Secondly, if you have used cortisone and immune suppressing drugs for a long time, healing processes, cell renewal and growth have been suppressed throughout your body. Lots of tissue has to be rebuilt and strengthened, not only your intestine.

When your whole body heals you will probably experience many common healing symptoms such as fever, oedema, eczema and fatigue. Read the last chapter again if you have forgotten *why* you will experience these symptoms.

The inflammation is still there!

When the injuring process (candida, primary allergens, stress etc.) is finally gone, your intestine can start healing for good. The better healing conditions you give your intestine, the easier it will be for it to heal. Healing means that your intestine will still be inflamed. Of course, you probably think by now. The inflammation is the actual healing process!

It may take a couple of weeks or months for your intestine to heal. Furthermore, it may take about a year until your intestinal bacterial flora is in balance again and your immune system has “cooled down”. Your immune system will be prone to “overreact” in the first couple of months. Your intestine has been injured for a long time. Therefore, your immune system reacts strongly if you by mistake expose it to harmful substances again!

Decreased amounts of diarrhoea, fluid and mucous

When you finally have eliminated the injuring process, you will notice that your problems with diarrhoea, fluid and mucous will decrease. Diarrhoea, fluid and mucous are means that the intestine uses to quickly get rid of harmful substances in the intestinal tract. When the harmful substances are eliminated by a change of diet, the amounts of diarrhoea, fluid and mucous will decrease. Normally, these problems won't disappear completely. The healing process itself – the inflammation – implies that new tissue will replace old and damaged tissue. The remains of the old tissue have to be transported out of the body so your faeces may be a bit unusual for quite some time.

If you by mistake eat something that you are allergic/intolerant to while your intestine is still healing (or eat something that feeds a harmful bacterial flora), you will experience increased problems with diarrhoea, fluid and mucous again. The same thing may happen if stress or a crisis is the main cause of your intestinal problems and you experience a new stressful period or a renewed crisis (read the chapter “Crises and stress” if the logic behind this reaction is unclear to you).

Increased risk of bleedings

When you have eliminated the injuring process completely, your intestine will notice that conditions are extremely good for healing. It will therefore start an intense healing process, which means that circulation of blood will be far higher than normal. Your intestine will

therefore be swollen and easily gets wounded and starts bleeding when food passes by. Hence, chew your food thoroughly!

Healing phases

A healing process requires lots of resources and energy from the body. Therefore, the body often chooses to heal in phases. This happened to me. My healing phases lasted from a few days to about two weeks. During these phases I got tired, I sometimes got fever, I got eczema and my body started collecting extra lymph fluid. At one occasion I even got high fever for about ten days. In the periods between my healing phases I felt fairly well. My healing phases came and went for a whole year. They were more intense in the beginning but after a couple of months the intensity decreased and the healing phases got shorter.

When the body heals it is very “open” and permeable. All cell membranes will be permeable to cleanse out toxic substances. Therefore, you should avoid eating junk food, smoking and drinking during the healing phases. All your cells are wide open, which means that toxic and harmful substances will easily enter the cells.

Distinguishing healing processes from allergic reactions

Symptoms that you experience when your intestine is healing are often similar to those symptoms you get when you have eaten something that is bad for your intestine.

If I for example eat milk or grains, I will get allergic reactions such as eczema and oedema. But I will get more or less the same kind of symptoms when my body is healing. How do I distinguish between healing processes and allergic reactions when the symptoms are so similar?

Actually, for most people it is quite easy. As long as you stick to the right diet, your intestine will stay calm. The symptoms that I have described in the last chapter, such as fever, eczema and oedema, have nothing to do with your intestine. Instead, these are symptoms of the body trying to get rid of harmful substances.

You may very well get the same symptoms when you by mistake have eaten something that you are allergic to. However, in those cases you will usually experience increased problems with your intestine as well, for example increased amounts of blood, diarrhoea, mucous and fluid. In those cases you have to do thorough detective work to find out the source of error in your diet.

In some cases, anti-inflammatory medicines and cortisone have suppressed healing to such an extent that the intestine is totally out of balance. In those cases, your intestinal symptoms are not very reliable. Therefore, always be careful with your diet!

Eat nutritious food

A good way of supporting the healing process is to eat food that is rich in nutrients. Also, be very careful with your diet. Mix, mince, chop and chew your food very thoroughly. Avoid “hard” foods that may tear up wounds such as seeds, whole nuts, shells and hard fibres. For some people with an extremely sensitive intestine, the food I write about on page 19 may be suitable.

Haemorrhoids

This chapter is about hemorrhoids, not inflamed intestines. The reason is that I got haemorrhoids after my intestine had healed. I believe this problem is fairly common.

When my inflammation had healed, I started bleeding from my rectum again. This time, the bleedings were not due to inflammations, allergies or any kind of injuring processes. It was hemorrhoids.

Hemorrhoids are a result of incorrect bowel movements that create an increased pressure in the arteries in the rectum and anal. This means that the arteries easily break and it starts bleeding, for example when you visit the toilet. Hemorrhoids are quite common; surveys show that every second person is afflicted at least once in their lifetime. Normally you notice small amounts of blood on your toilet paper or in the toilet. Most of the time hemorrhoids heal easily by itself, but some people end up with major problems.

If the intestine has been injured, for example after a problematic childbirth or, as in my case, an inflammation, there is an increased risk of incorrect bowel movements. It is hard for an injured organ to function normally (a comparison: it is hard to walk normally when your knee is injured). When the intestine has healed it may still continue to move incorrectly.

It is quite easy to make a distinction between haemorrhoids and an inflammatory bowel. In both cases it will bleed, but there is no mucus, fluid or diarrhoea when you have haemorrhoids. You can often feel the exaggerated pressure in the arteries and the futile movements of the intestine. Oftentimes it feels like you have to visit the toilet but all that comes out is a sprinkle of blood.

Having problems with haemorrhoids, I wanted to find out what to do about it. Conventional medicine has some very strange remedies, including cutting and chopping in the arteries and mucous membrane in the rectum and anal. This was strange news to me since there is nothing wrong with the mucous membrane or the arteries. The problem is the irregular bowel movements and you don't solve that by cutting and chopping. I looked for alternatives and found homeopathy. Homeopathy is used to stimulate healing processes in the body and to restore its balance. The logic behind homeopathy is actually very interesting.

What can you do to make your intestine move correctly again?

One method would be to eat a poison of some kind. When your body notices the poison it will react immediately. The poison must be transported out of the body as soon as possible. Therefore, your intestine starts working hard to get the poison out of your body. The powerful and vigorous measures your body takes, is exactly what is needed to make your intestine "slip" into correct movements again.

But you cannot eat poison; it may damage your health! Therefore, homeopathic remedies are produced to mimic toxic substances, at the same time as the homeopathic remedies themselves are completely harmless. Your body will react like this: "What is this? It is very much similar to a poison so we'd better get rid of it!" In this way, healing and balancing efforts are triggered in the body.

You can buy homeopathic remedies in tiny jars containing hundreds of mini-pills. Each jar costs about 10 dollars/7 Euro and lasts for months so it is really cheap. You are supposed to let a small amount of mini-pills slowly melt under your tongue at least 20 minutes before mealtime. The dosage is the tricky part. For some people only a few pills a week is enough. Others have to take several pills several times a day. It is completely dependent on the individual. If your dosage is too “low”, a healing process will start, but your symptoms (in my case bleeding haemorrhoids) are still there. If you increase the dosage you will find a level where the healing process is stimulated at the same time as the symptoms are reduced and even disappear. If your dosage is too “high”, the healing process will be so strong that you will experience symptoms that are similar to those symptoms you are trying to get rid of. In other words, the trick is to find the correct dosage.

What if you choose the wrong homeopathic remedy? Don't worry. Unlike conventional medicine, homeopathy is completely harmless. It contains no chemicals and cannot harm your body. You have to use homeopathy for a fairly long time, often several months. It simply takes time for your body to heal. Your intestine doesn't start moving correctly in a day. Compare with kids: It takes quite some time for a child to learn how to walk!

Is homeopathy dangerous? Yes sometimes. For example, if you have severe asthma, an “overdose” of a homeopathic remedy might trigger healing reactions with asthma-like symptoms. And that might be dangerous. Hence, if you have health problems that may cause acute and dangerous reactions, you should be careful when using homeopathy, or not use it at all.

I used a remedy called Nux Vomica to treat my haemorrhoids. I never consulted a homeopath. Instead, I did some research myself. Choosing the wrong remedy doesn't pose a risk because the only thing that will happen is that nothing happens! A person in good health can eat hole jars of homeopathy without negative reactions. A healing process will start only when there is an imbalance in the body. Of course you may have undiscovered imbalances or health problems so you should start with a low dose. Consult a homeopath if you are unsure. I noticed an immediate effect on my intestine (fairly easy – it stops bleeding and the pressure disappears!). However, it took about two weeks until I found the right dosage and my symptoms disappeared completely. To be on the safe side, I used Nux Vomica for almost a year to make sure my intestine moved correctly.

I cannot tell whether Nux Vomica is the correct remedy for everyone with haemorrhoids. The best strategy is to find out yourself which remedy that suits you. Contact a homeopath to get help. There is also lots of good information about homeopathy on the Internet.

The fastest track to getting well

Many people have contacted me since I published a Swedish version of this book on my website. In addition, I have been in contact with a number of people on different Internet forums where we have discussed ulcerative colitis as well as other intestinal problems and health problems. Based on my own and other people's experiences, I have concluded that some people get well easier and quicker than others.

For many people the fastest method of getting well is to opt for a very strict primary allergy diet – at the same time as the intake of carbohydrates is somewhat decreased.

In other words, you start with the hypothesis that you have primary allergy as well as candida. That means that you will exclude the vast majority of food that may cause intestinal problems. It doesn't necessarily mean that you have primary allergy or candida. But this diet is superb for a fast healing process, since it is very gentle to your intestine, no matter if you are allergic or not.

Consequently, this diet is also a good choice if crises or stress are the main cause of your intestinal problems. It may take a very long time to get over a crisis or to solve stress problems. Changing to a diet that gives better support to healing is far easier!

If you discover that you actually do have primary allergy, you have to continue to eat that kind of diet for the rest of your life. The same goes with other food allergies. A candida diet with a low intake of carbohydrates is something you eat only for a period of about 6-8 weeks, in order to restore your bacterial flora. If crises or stress is the main cause of your intestinal problems, continue eating a gentle, nutritious diet for as long as you have stress problems.

If you have a very, very weak stomach, for example after treatments with lots of antibiotics, or other types of harmful bacteria and parasites apart from candida, read the chapter "Other types of harmful bacteria and parasites apart from candida" again to get advise.

How I cured myself

My story

My problems started in the winter of 1999-2000. Occasionally, I noticed small amounts of blood and mucus in my stool. Late spring 2000 I was bleeding small amounts every day. I turned to my general practitioner who thought I might have intolerance to lactose. My general practitioner is by far the best doctor I have met regarding my inflammatory bowel. She is the only one who thought that there might be a connection to food. And she is not a gastrointestinal specialist.

I was tested for lactose intolerance but the test showed that I only had a minor intolerance. I excluded lactose from my diet but the bleedings continued. I also started getting more problems with fluid, mucus and diarrhoea, and my intestine started behaving strangely, in a pushlike manner, to get it all out.

Autumn 2000 I was referred to specialists at a larger hospital. A colonoscopy (a medical examination of the large intestine and rectum) showed that my intestine was inflamed. I was informed that I had a chronic inflammatory disease, ulcerative colitis (ulcerative proctitis according to my case record since most of the inflammation was located to the rectum). I would be under supervision from now on. If the inflammation continued, I would have to live with this disease for the rest of my life.

Everything sounded both illogical and unreasonable to me. Why would my intestine inflame itself without cause? A far more logical explanation, to me, was that something had injured my intestine and that it therefore was trying to heal. And in that case, stopping the intestine from healing didn't sound like a very good idea. Eliminating lactose hadn't changed my condition. However, a few weeks before the colonoscopy, I had started eliminating all milk products from my diet. That had led to a significant decrease of fluid, mucus and diarrhoea and the strange pushlike movements of my intestine, even though my bleedings continued as before. Hence, I asked the doctors if the problems with my intestine were actually caused by my diet. In total, I have met three different gastrointestinal specialists and I have asked the same question to all of them. They have all told me that ulcerative colitis, according to conventional medicine, has nothing to do with food. One of the doctors even said: "There are many patients who say that their diet affects their intestine, but there is nothing that we know of, that shows that the diet should affect the intestine."

In other words, it seems like doctors' interest in their patients' own experiences are close to zero. Instead, doctors stick to science. Unfortunately, pharmaceutical companies conduct almost all scientific research regarding the human body and they make money on drugs, not food, so naturally they don't conduct research on the connection between diet and health. In my view, this is a major problem with conventional medicine and healthcare. Most health problems today are caused by diet and lifestyle, but most research is not related to diet or lifestyle but to medication.

The doctors provided me with asacol – an anti-inflammatory drug. The drug immediately stopped the bleedings (that is, the healing process was suppressed). Nonetheless, I decided to find out what really caused my intestinal problems. I couldn't possibly stop my body from healing forever. I also had other reasons for examining my diet in closer detail. By that time, I had other health problems such as IBS, eczema, stomach cramps, cracking joints, sore joints and other symptoms that point at allergy or intolerance. Therefore, I continued experimenting

with my diet. At first, I excluded milk products completely. After that, I excluded gluten. The treatment with asacol had suppressed the inflammation, thus making it difficult for me to evaluate the effect of the diet on my intestine. On the other hand, I could evaluate the effect on my other symptoms. Most problems improved when I excluded milk products and gluten, but not completely.

O

In April 2003, I read about the theory of primary allergy and bought the book "Nu räcker det!" ("It's enough!"). The book is written by Ursula Jonsson, an agronomist who also coined the concept primary allergy.

Once I started eating a strict primary allergy diet, my allergic problems subsided to finally disappear. I had a few check-up visits at the hospital and at one occasion, I was prescribed a new anti-inflammatory drug – pentasa. I never finished my prescription however, since I knew I was on the right track with my diet.

Once I started eating a primary allergy diet my intestine recovered and I regained perfect health. I am cured. However, if I start eating food that I am allergic to, all my symptoms will come back, including a bleeding inflammatory intestine. Because that means that I start injuring my body again, which means that it has to heal again.

Some of my mistakes

It took about a year for my intestine to heal completely and another year before it became stable enough not to react exaggeratedly on small mistakes in my diet. During these two years I made many mistakes where I unknowingly ate substances that I am allergic to. At some occasions, my intestine was so much injured that it had to heal again (that is, it got inflamed again and started bleeding). These were my mistakes:

– Instead of drinking cow milk I switched to rice milk and soy milk (I belong to those who have primary allergy but tolerate soy). Unfortunately, the producers of the soy milk suddenly changed the recipe and started adding a B-vitamin (thiamine). There is nothing wrong with B-vitamins. However, added B-vitamins are often extracted from yeast and as I have primary allergy I am allergic to yeast. After a few weeks drinking this soy milk my intestine was so injured that it had to heal again and started an inflammation. Unfortunately it took a while before I discovered what caused my problems but once I stopped drinking the soy milk my intestine soon stopped bleeding and I recovered in about two months.

– At another occasion, I ate B-vitamin supplements for a period, without carefully checking the content. There are B-vitamin food supplements that contain no yeast. Do read the section "Food supplements – generally good but may contain allergenes" in this book so that you don't make the same mistake as I did.

– Another period I got hooked on salmon and ate it several times a week. Nowadays almost all salmon is cultivated and are fed with grains. Since grains are not part of the salmon's natural diet, there might be residues of amino acids from the grains in the salmon flesh. This is my theory at least, since I got back my bleeding inflammation. If you are allergic or intolerant to grains or have primary allergy, make sure you don't eat cultivated fish too much or too often. Occasionally is fine. In Sweden you can buy organic cultivated salmon today that is not fed with grains, so we Swedes are lucky there!

– Furthermore, I had a period when I ate very large amounts of tomato juice and tomato soup.

Food often contains small amounts of natural glutamate. Tomatoes and mushrooms contain slightly larger amounts of natural glutamate. If you eat enormous amounts of tomatoes and mushrooms (and are allergic) this could pose a problem. An occasional tomato is fine.

– At yet another occasion I had a minor candida infection. During this period I visited the hospital for one of my routine check-ups. The doctor actually noted in my case record that I was convinced that my bleedings during this period were due to a yeast infection!

Anyhow, in spite of these mistakes, my health is perfect today and my intestine is in perfect condition. And has been so for several years. I am cured. I also think that I have been very lucky. I was on the right track already before meeting the specialists. Hence, I never used medication to any greater extent and I could stop the injuring process at an early stage.

My present diet

I have changed my diet considerably the last few years. I used to eat huge amounts of bread, pasta, muesli, porridge, yoghurt, ice cream, candy, cakes and café latte before. When I became allergic I had to change all that.

Today I eat a lot of potatoes, sweet potatoes, root vegetables, rice, teff, millet and buckwheat. As well as vegetables, fruits, berries, nuts, seeds, beef, lamb, pork, chicken, turkey, wild game, fish, sea food, eggs, fish roe, etc, etc, etc. There are so many delicious things you can eat!

Normally, I eat a fruit salad and soft-boiled eggs for breakfast. If I eat lunch or dinner at restaurants I often choose a salad (you can easily see what is in it!) or Asian food (watch out for glutamate!). If you go to a slightly more expensive restaurant you can let the menu inspire you and just ask them to change the dish you want so that you can eat it. It is often a good idea to call the restaurant in advance and discuss your allergy. Often minor adjustments are all that is needed, for example asking for boiled potatoes instead of potatoes that have been fried in butter.

When I prepare my own lunch or dinner it usually consists of three parts; some proteins (fish, minced meat, steak, chicken, seafood etc), vegetables of all kinds with some nice dressing, and carbohydrates such as root vegetables or potatoes. I am not a good chef but I generally like my food. And I often use organic ingredients.

What about candy? Well I love dark, good quality chocolate! Marzipan is something I like as well (check the content so that it doesn't contain glucose syrup made of wheat) and I eat nougat sometimes (try to find nougat without milk powder in it). I also go to health stores and buy dried fruit and bars made of nuts, seeds and fruits. Much tastier than ordinary candy! Being allergic is often really great – you discover lots of tasty stuff! I do recommend you to try figs and fresh dates! And if you want to make your own candy, try to find a book about raw food and you will have lots of great candy recipes.

Oh – I forgot to tell you that seafood is one of my favourite dishes! And I love a glass of good wine or champagne now and then (be careful with wine in the beginning if you have primary allergy as it is a fermented product that may contain traces of yeast). Normally I drink lots of clean water, and all kinds of tea and espresso. Good life is so easy when you have primary allergy. That means that you can eat natural, really tasty gourmet food and enjoy life – all the time!