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Hi Everyone,

Here's a letter my friend sent to a fellow Crohn's sufferer. – Joyce

Hi Crystal,

It was good to talk to you the other night – I sincerely hope that GNLD can help you as it has helped me.

A summary of my background: my diagnosis of Ulcerative Colitis (UC) was made by my local doctor in 1983, about the time that my father-in-law was diagnosed with brain cancer. Of course it was a stressful time and lots of people wanted to blame my illness on IBS (irritable bowel syndrome) or stress. I took Sulfasalazine (Asulfadine) for quite a few years. In 1998 I had a major flare up and was very ill. At that time my UC diagnosis was changed to Crohn's by my doctor at the University Medical Center in Omaha.

I had three surgeries in 10 months (Nov.99 to Sept. 2000). Prior to my first surgery, I was unable to sit or hardly walk for a good 5 weeks because of active fistulae. I was very weak and run down. After the surgeries I was doing quite well till May 2001, when I was attacked by a Rottweiler/Chow dog at an antique store in Lincoln and because of the heavy doses of antibiotics they put me on, I had a major flare up.

Our dear friends, Joyce and Ralph, were very concerned about my declining health and the drugs that I was on. (My doctor had discontinued my Prednisone in Aug. 2000 but I was still on Pentasa, Metrodiazinole and Levaquin plus a chemo drug, 6MP, for Crohn's and Relafin for my arthritis.) The side-effects from all these drugs was tremendous and I had major pain from the fistula and a great deal of depression from the disease, pain and drugs.

They introduced us to the GNLD Nutraceuticals in the fall of 2001. I started taking Formula IV (with Tre-en-en), protein shakes and Salmon Oil. Within three months time I noticed less pain in my joints and I was able to reduce my Relafin by one pill a day (from 2 to 1). By July 2002 I noticed no pain in my joints and I stopped all Relafin. I was doing well with my Crohn's but I still had draining fistulae.

My Doctor was amazed and very supportive. She suggested a probiotic for a healthy bowel and I started the GNLD Acidophilus Plus. My doctor had me stop the Metrodianzirole because of the tingling and numbness it caused in my feet. I was never on a very large dose of Pentasa as my joints would flare up when I increased the dosage. My doctor finally said I should just drop the Pentasa in Sept. 2002 because of the small dose. I had eliminated 3 drugs from Nov. '01 to Sept. '02 after starting GNLD.

In November 2002 our BC/BS changed our insurance policy and we had to pay 50% co-pay on name brand drugs. My Levaquin co-pay escalated to \$157.00 each month, so I refused to take it any longer. I called my doctor and she said I could try it without. I have been on only the chemo since November of 2002. That was about the same time I started the Carotenoids.

Joyce kept after me about adding the Carotenoid Complex to BALANCE my immune system and finally I tried it and within three weeks all the fistulae had healed. Mind you, I had my first abscess in July of 1995 and active draining fistulae from fall of 1998 to Dec 2002, more than 4 years and they healed in a matter of three weeks after adding only 3 Carotenoids a day. I do believe in miracles with GNLD.

In December of 2002 we bought our home in Geneva and I totally did all the painting, stripping of wallpaper, cleaning and renovating (even on a 16 foot high scaffold). I wouldn't have been able to work like that had I not been on GNLD. I have added a few more supplements as I've progressed, deleted some, but most of all just listened to my own body.

It sounds as if you are very aware of the foods that cause you problems, just keep trusting yourself. Following is a list of the supplements that have helped me and that may help you as well:

- Tre-en-en (I use Formula IV Plus and 2 Tre-en-en)
 - SuperEase Protein shake or GR2 Protein shake
 - Salmon Oil (3 per day, I sometimes go up to 6 or 7 a day during inflammation flare-ups)
 - Carotenoid Complex 3 per day (can increase to 6)
- The above is the Feel-Better-Program; to it I slowly added:
- Acidophilus (2 one in am and one in pm)
 - Super C (4-6 a day)
 - Super B (1 a day, more during stressful times)
 - Vitamin E (1 a day because of Alzheimer's in my family)
 - Vitamin A (1 a day)
 - Fiber (start with 1 tsp and build to label amounts) helps constipation
 - Alfalfa (as needed for constipation)
 - Aloe Vera juice during stressful times.
 - Enzymes and Beta Gest. I use as needed, especially when I travel.

Trust yourself, you know your body and listen to it when you eat things that cause problems. Since I've started GNLD, I can eat nearly everything, raw fruits and veggies included. I have eliminated most white flour products for health benefits, I use whole grain bread etc.

You also mentioned a burning under your sternum. I think you might try our Beta-Zyme, it is a packet of Beta-Gest and Enzymes together. Improper digestion seems to be a problem with IBS. Once you get yourself out of your active disease and balance your body you'll be amazed at how well you feel. We do not get proper nutrition from all the processed foods available today. Eat as many things as close to how God made them as possible. Simple foods. Good luck and please keep in touch.

Lavonne

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