


Entry

Back



### How My Health & Nutrition Has Come Such A Long Way in Just a Few Short Months

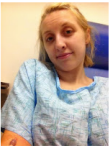
February 16, 2016 5:06 AM

Check out my Shakeology testimonial :)

http://rachellinasworld.blogspot.com/2016/02/as-newly-diagnosed-crohns-disease-and.html


As a [newly diagnosed] Crohn's disease and [long time] IBS sufferer, I am burdened with symptoms such as severe digestive irregularity, fatigue and the inability to properly absorb and digest the nutrients which I consume. My symptoms were so severe they became debilitating. Although I've dealt with feelings of defeat, disbelief, and denial; thoughts of "why is this happening to me" and "this is never going to get better," I can say that I have made a complete 180 in the severity of my symptoms. I couldn't be happier. There is still progress to be made but it's not as bad as it had been.

Let's take a trip back in time to where it all started...



The beginning of my Journey to what is wrong with Rachel

When it came to eating, I could not absorb anything I ate. I lost about 30 pounds in one of the unhealthiest ways there could ever be to losing weight. Every time I ate, my intestines would become spastic and my body would completely flush everything out of my system; before it even had a chance to digest. I was literally getting NO nutrition. This left me with that wonderful (not) symptom of fatigue. When I say fatigue, I mean severe. I would get tired just from standing! While my boyfriend and I would have a conversation in the kitchen I would have to sit down on one of my children's stools because my body just couldn't even stand there. It was terrible; and with two young children (4 & 2 at the time) it was so mentally defeating knowing that I just didn't have the energy to be the best mom I could be to them.



This fall my daughter started school and it was those afternoons when my fatigue would be the highest and I felt such guilt that I was too tired for my daughter after not seeing her all day while she was at school. The fatigue symptoms were challenging because it not only made me tired but it left me irritable and with a very short fuse. I carried so much guilt, but I thought there is nothing I can do about this.

Add caption

In October 2015 I finally decided "I can't live like this," continuing these "experiments" of reducing IBS symptoms to no relief and scheduled a colonoscopy for October and a cat scan for November 2015. During the colonoscopy they found ulcers and inflammation at the end of my small intestine, and the cat scan showed inflammation in the same area on the outside of the intestine. This led to my official diagnosis of Crohn's disease. Directly following the cat scan, my GI prescribed me my first set of steroids (Entocort) that were supposed to help begin the remission process. Honestly, they did absolutely nothing for me or my symptoms.

I finally got to the point where I was just like "OKAY, you know what? I am going to give this Shakeology a shot! If anything, I'll at least know by body is getting some proper nutrition and I'll be able to stop taking my probiotics. I'm sick of taking medicine and capsules of EVERYTHING!" I signed up as a coach and received my first shipment of Vegan Shakeology the second week of December. I personally chose the Vegan shakes because I have lactose intolerance and wasn't sure how they would affect me.

**Shakeology** has changed so much for me!

*I actually have the energy to play with my kids and spend enjoyable time with them without feeling weak or fatigued.*

December 2015 was my first month of Shakeology! I did have to slowly introduce it to my system for the first 2 days. Within the first week my energy levels were higher and my fatigue was almost non-existent! I felt like my old self again! I had energy! I didn't get tired just standing there and I had energy to be the mom I want to be with my kids. I was hooked after that!

I spent a good two years thinking there was no end in sight to these debilitating symptoms. A very long two years *wondering if I was ever going to feel better again*, believing there was nothing I could do about it.



But there was, and it was as simple as drinking Shakeology every day, guaranteeing that I would be getting seriously needed nutrition and that my body and mind would be able to perform better in all of my roles. I am currently (February 2016) entering month 3 of drinking Shakeology every day. It is still successfully demolishing that ugly fatigue symptom and I am seeing more regulation with my digestive issues. I do at this point still take medications for IBS and Crohns, but by far the Shakeology has had more effectiveness than the Crohn's medication has... I have seen more regulation in my digestion, I no longer have to take a multitude of probiotics, daily vitamins and other supplemental capsules, my body is absorbing the nutrients it needs to stay healthy and my energy levels have risen significantly.




All in all, Shakeology has by far allowed me to see the most improvement with my symptoms. I am beyond thankful I found this amazing (and delicious) way to help properly nourish my body and relieve some of my worst symptoms! I cannot say it has "cured" me. I have Crohn's and it is incurable. But I will say, with the honest truth, that Shakeology has made the biggest and most effective impact on my, my symptoms, my health and my life.

WHAT'S IN SHAKEOLOGY® and HOW IT WORKS	
<b>Protein and Amino Acids</b>	<ul style="list-style-type: none"><li>Protein is the building block of life. It's what your body needs to grow, repair, and maintain itself.</li><li>Shakeology contains 20g of protein per serving, which is equivalent to 1/2 cup of milk.</li><li>Protein is essential for muscle growth, immune system function, and overall health.</li></ul>
<b>Fiber</b>	<ul style="list-style-type: none"><li>Fiber is essential for digestive health and helps regulate bowel movements.</li><li>Shakeology contains 10g of fiber per serving, which is equivalent to 1/2 cup of bran.</li><li>Fiber helps prevent constipation and promotes a healthy gut.</li></ul>
<b>Antioxidants</b>	<ul style="list-style-type: none"><li>Antioxidants help protect your cells from damage caused by free radicals.</li><li>Shakeology contains 10g of antioxidants per serving, which is equivalent to 1/2 cup of blueberries.</li><li>Antioxidants help reduce inflammation and promote overall health.</li></ul>
<b>Phytonutrients</b>	<ul style="list-style-type: none"><li>Phytonutrients are natural compounds found in plants that have health benefits.</li><li>Shakeology contains 10g of phytonutrients per serving, which is equivalent to 1/2 cup of spinach.</li><li>Phytonutrients help reduce inflammation and promote overall health.</li></ul>
<b>Adaptogen Herbs</b>	<ul style="list-style-type: none"><li>Adaptogen herbs help your body adapt to stress and promote overall health.</li><li>Shakeology contains 10g of adaptogen herbs per serving, which is equivalent to 1/2 cup of ashwagandha.</li><li>Adaptogen herbs help reduce stress and promote overall health.</li></ul>
<b>Probiotics</b>	<ul style="list-style-type: none"><li>Probiotics are beneficial bacteria that help maintain a healthy gut.</li><li>Shakeology contains 10g of probiotics per serving, which is equivalent to 1/2 cup of yogurt.</li><li>Probiotics help regulate bowel movements and promote overall health.</li></ul>
<b>Digestive Enzymes</b>	<ul style="list-style-type: none"><li>Digestive enzymes help break down food and promote overall health.</li><li>Shakeology contains 10g of digestive enzymes per serving, which is equivalent to 1/2 cup of pineapple.</li><li>Digestive enzymes help reduce bloating and promote overall health.</li></ul>

So what exactly is Shakeology? Shakeology is an extremely nutrient dense shake. It's more than just a protein shake. As depicted in the picture above it contains so much more than your typical protein drink or supplemental drinks. Shakeology contains more than 60 natural ingredients from around the world! The co-creator Darin Olien literally travels around the world studying, researching, and locating the most whole, nutrient rich super foods the Earth has to offer us. (I want his job!) Sadly, most of the ingredients are not from America because of the amount of GMO products that are grown here. However, this is reassuring, knowing that these ingredients are not contaminated and are picked in their purest, most natural forms. How often do you come across something like this?


Compare Products



Need help finding your next workout program? Take your results to a whole new level!

Go to the Comparison Chart


Contests



Win cash and prizes just for working out!

Play the WOWY SuperGym Sweepstakes


Find Buddies



Grab some Workout Buddies and build your own Team Beachbody! Get support, get motivated, and get lean!

Find Workout Buddies


Message Boards



Want to talk to people who are doing the same workouts as you? Find answers, get advice, and connect with friends on our popular Message Boards.

Visit the Message Boards

Nutrition Tips



Simple strategies and helpful advice make it easy to stick with your diet.

Go to Nutrition Tips