



Your Monthly Update

Dear Colleague

Welcome to the first newsletter of 2010 from Pure Bio Ltd!

Did you know:

According to research, cooking carrots whole before chopping them has been shown to preserve more of the potentially cancer-protective nutrient, falcarinol (HFB Aug09 Vol22 Iss10)

The chosen topic for this month is:

Colitis

Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Primary	Lactase (for lactose intolerant people)	Caraway oil (combined with peppermint oil) Psyllium
Secondary	Melatonin (for abdominal pain) Probiotics	Chinese herbal combination formula containing wormwood , ginger , bupleurum, schisandra , dan shen, and other extracts Peppermint oil
Other	Evening primrose oil (for premenstrual COLITIS / IBS) Fibre (other than wheat) Grapefruit seed extract	Artichoke Chamomile Fennel
Primary – Reliable and relatively consistent scientific data showing a substantial		

health benefit.

Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

Other – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

Symptoms

Colitis is an inflammation of the lower intestine or colon. There are several types of colitis, but ulcerative colitis is the most common and the most serious. The inflammation causes small ulcers to develop in the mucous membranes of the intestine. In most cases, the inflammation flares up and then recedes. Bouts of colitis typically cause relentless cramping pains and diarrhoea, often containing blood and mucus. The diarrhoea often alternates with constipation and / or hard stools. Fever and fatigue are common during the attacks. Since an inflamed colon cannot adequately perform its function of absorbing water and minerals, nutritional deficiencies then tend to develop. Nausea and poor appetite further exacerbate the situation. Intestinal bleeding can also result in anaemia. Bouts of ulcerative colitis are highly individual and often dependent upon emotional stress. In long-standing, severe cases, the constant inflammation of cells in the colon increases the risk for colon cancer.

Causes

Colitis and ulcerative colitis can easily be confused with other inflammatory bowel problems, including irritable bowel syndrome and Crohn's disease. Diarrhoea from inflammation of the colon can have many other causes, including a bacterial or parasitic infection. It is therefore essential to rule out all other possible causes.

Ulcerative colitis is thought to be an autoimmune disease, but it is strongly linked to a poor diet – one that is low in fibre and high in sugar and other refined carbohydrates, including white flour, rice and pastas, which have been largely stripped of their essential nutrients and fibre content. Another hypothesis is that inflammatory bowel disease, especially ulcerative colitis, is the result of an allergy or hypersensitivity reaction to food. Salicylate (e.g. Aspirin®) sensitivity can be shown in some patients with ulcerative colitis. Some researchers have shown the existence of circulating antibodies to cow's milk and other foods. The most common foods triggering ulcerative colitis are milk, wheat and yeast-containing foods.

Colitis is also linked to an overstimulation of the sympathetic nervous system caused by excessive stress levels which may cause intestinal spasms. Antibiotics cause an imbalance in the intestinal flora and may contribute to the inflammation. Regular use of anti-inflammatory drugs will contribute to essential nutrient deficiencies.

Dietary Modification

Several trials have reported that **most** colitis / IBS sufferers have food sensitivities, and that gas production and other symptoms diminish when the offending foods are specified and eliminated from the diet.

Researchers have found that standard blood tests used to evaluate allergies may not uncover food sensitivities associated with colitis / IBS, because they tend to not be true allergies. The two most practical ways to evaluate which foods might trigger symptoms is by a) elimination and re-introduction; or b) muscle testing.

There is evidence that some sufferers of colitis / IBS have greater trouble absorbing lactose (in milk), fructose (in high concentration in fruit juice and dried fruit), and sorbitol (in some dietetic sweets and jams) than do healthy people.

Limited research has suggested that fibre might help people with colitis / IBS. However, most studies find that sufferers do not benefit by adding wheat bran to their diets, and some people feel worse as a result of wheat bran supplementation. The lack of positive response to wheat bran may result from a sensitivity to wheat, which is one of the most common triggers for food sensitivity in people with colitis / IBS. Rye, brown rice, oatmeal, barley, vegetables and psyllium husk are good sources of fibre and are less likely to trigger food sensitivities than is wheat bran. Except for psyllium, little is known about the effects of these other fibres in people with colitis / IBS.

Foods almost always well tolerated by colitis patients include rice, potatoes, rolled oats, noodles, asparagus, crispbread, rye bread, rusks, carrot juice, butter, flax seed and unrefined, cold-pressed flax seed oil. Water-soluble fibre, like oat bran or apple pectin, softens the stools and binds and eliminates toxins. Flax seed is particularly high in mucilaginous fibre. It absorbs up to eight times its weight in water and is very effective in removing toxic metabolites.

- Soak two tablespoons of whole flax seeds overnight in half a cup of water; mix with buttermilk, natural yogurt or kefir in the morning for a healthy breakfast. (Natural, unsweetened yogurt or kefir provides a probiotic effect in the intestines).
- Boil or bake foods instead of frying them.
- If raw vegetables exacerbate symptoms, steam them lightly.
- Eat fruit at the end of a meal, not on an empty stomach.
- The pigment in blueberry juice or fresh blueberries has a medicinal effect on the colon, healing diarrhoea due to bacterial infection.
- One in three persons with colitis is sensitive to milk, but even products made for the lactose-intolerant may cause problems. Milk and dairy products should be avoided.
- Lactic acid fermented vegetables such as raw sauerkraut or fermented beet juice also provide a probiotic effect.

Over 50% of people suffering from colitis cannot tolerate cola or alcohol. Over 40% of people develop symptoms after eating beans, peas, French fries, bacon, sardines in oil, coffee, and white and red wine. Other common irritants are corn, nuts, seeds, citrus fruits, red meat, sugars and spicy foods. Avoid commercially prepared foods containing carrageenan as a stabilizing agent, including cottage cheese, chocolate milk and whipped cream.

Colitis symptoms can often be controlled by eliminating lactose (milk sugar), starches, grains, yeast and refined carbohydrates from the diet. The salicylate-free

diet and the Gottschall 'Specific Carbohydrate Diet' (www.breakingtheviciouscycle.info/) have a high success rate in both Crohn's disease and ulcerative colitis. As well as treating Crohn's disease and ulcerative colitis, this diet is recognized for its beneficial effects with coeliac disease, diverticulitis, cystic fibrosis and other chronic disorders producing diarrhoea.

Nutritional Supplement Treatment Options

Double-blind research has shown that avoidance of lactose (present in milk and some other dairy products) by people with colitis/ IBS who are also lactose intolerant will relieve colitis/ IBS symptoms. Alternatively, [lactase enzymes](#) may be used prior to consuming milk.

[Melatonin](#) plays a role in the regulation of gastrointestinal function and sensation. In a double-blind trial, people with IBS and associated sleep disturbances received 3 mg of melatonin or a placebo for two weeks. Compared with the placebo, melatonin significantly decreased the severity of abdominal pain, although it did not affect bloating, stool frequency, or sleep patterns.

In a double-blind trial, daily consumption of 4 ounces of a drink containing [probiotics](#) for five months was significantly more effective than a placebo drink at relieving symptoms of colitis / IBS. ([Probiotic-5](#), [Probiotic 123](#), [lactobacillus acidophilus](#), [saccharomyces boulardii](#))

In one trial, women with colitis / IBS who experienced worsening symptoms before and during their menstrual period were helped by taking enough evening primrose oil (EPO) to provide 360–400 mg of gamma linolenic acid (GLA) per day. In that trial more than half reported improvement with EPO, but none was helped in the placebo group.

A preliminary trial investigated the effectiveness of [grapefruit seed extract](#) in people with eczema and symptoms of colitis / IBS. Participants received either 2 drops of a 0.5% oral solution of grapefruit seed extract BID or 150 mg of encapsulated grapefruit seed extract TDS. After a month, colitis/ IBS symptoms had improved in 20% of those taking the liquid, while all of the patients taking capsules noted definite improvement of constipation, flatulence, abdominal discomfort, and night rest.

In chronic colitis, supplementation should also focus on healing the mucous membranes as well as replenishing the nutrients that are lost. [PUFAs](#) are necessary for rebuilding cells and providing energy. As precursors for the body's own prostaglandins, they are primary anti-inflammatory agents.

[Beta-carotene](#) and [vitamin E](#) promote mucous membrane healing and are often poorly absorbed by those with intestinal problems.

The [B vitamins](#) are often deficient and supplementation with [folic acid](#) has reduced diarrhoea in cases of deficiency.

[Magnesium](#) is helpful to calm spasms. Lack of this mineral can lead to irritability, cramps and weakness.

[Glutamine](#) will help in the regeneration of gastrointestinal cells.

The plant enzymes [bromelain](#) and [papain](#) (*A.I. Enzymes*) restore digestion.

Botanical Treatment Options

Some people with colitis / IBS may benefit from bulk-forming laxatives. Psyllium seeds (3.25 grams TID) have helped regulate normal bowel activity in some people with colitis / IBS and has improved symptoms in double-blind trials.

In the intestinal tract, [peppermint oil](#) reduces gas production, eases intestinal cramping, and soothes irritation. Peppermint oil has been reported to help relieve symptoms of colitis / IBS in two analyses of controlled trials. Evidence supporting the use of peppermint oil has come from double-blind trials that typically have used enteric-coated capsules that supply 0.2 to 0.4 ml of peppermint oil BID–TID.

The combination of 90 mg of peppermint oil plus 50 mg of [caraway oil](#) in enteric-coated capsules TDS led to significant reduction in colitis / IBS symptoms in a double-blind trial. In a similar trial, capsules that were not enteric-coated were as effective as enteric-coated capsules. The combination has compared favourably to prescription medication in reducing symptoms of colitis / IBS. (The purpose of enteric coating is to protect peppermint oil while it is passing through the acid environment of the stomach).

In a preliminary study of people with IBS who took an [artichoke leaf extract](#) daily for two months, 26% reported an improvement in symptoms. The amount of artichoke leaf used in the study was 320 or 640 mg per day of a 1:5 standardized extract.

[Chamomile](#) is sometimes used by herbalists to relieve alternating bouts of diarrhoea and constipation. This herb is typically taken TDS, between meals, in a tea form by dissolving 2–3 grams of powdered chamomile or by adding herbal extract tincture to hot water.

[Aloe vera juice](#) heals and aids in the smooth functioning of the colon. Take 1/2 cup daily for at least six months. After improvement, take 1 tbsp. daily for maintenance.

A combination of [burdock root](#), [sheep sorrel](#), [slippery elm](#) and [Turkish rhubarb](#) effectively treats intestinal inflammation.

[Stinging nettle](#) helps to reduce inflammation.

Sufficient [silica](#) in the intestines will reduce inflammation, and strengthen and rebuild connective tissue.

[Hops](#) is nerve calming, sleep promoting and strengthens the stomach and intestinal tract in nervous-based colitis. For stomach discomfort, add 2-3 tbsp. whole hops soaked in 1 cup of cold water and sip slowly throughout the day, just before meals.

[Chamomile enemas](#) help remove bacterial toxins.

[Comfrey enemas](#) fight bacterial infections and aid in the healing of bleeding ulcers.

[Echinacea](#) has an excellent effect on the intestinal bacteria. Take 10-20 drops of echinacea tincture in water three times daily; or add to enema water.

Take 4 capsules of [slippery elm](#) daily to help control diarrhoea and soothe inflamed tissue in the colon.

[Goldenseal](#) is a natural antibiotic and will help stop bleeding. Take several times a day for not more than two days, during acute flare-ups. Combine with [myrrh](#) to reduce inflammation.

[Yucca saponin](#) reduces the tendency to develop accumulations of undigested toxic waste which decomposes in the colon, producing foul-smelling gases. Putrefaction in the intestinal tract becomes a fertile field for parasites and harmful bacteria.

Homeopathy

Take one of the following remedies in the 6c strength, every 2 hours for up to 10 doses during an acute attack. Consult an experienced homeopath for more extensive treatment.

- ★ [Arsenicum album](#) is recommended when the person feels chilly, restless and anxious, burning pain in the abdomen accompanied by vomiting and diarrhoea, symptoms worse after midnight, wanting warm drinks.
- ★ Take [Mercurius corr](#) for cutting abdominal pain not relieved by passing stool, with hot offensive stools accompanied by blood and mucus.

Tissue Salts

Tissue salts can help ease symptoms of colitis, especially during periods of aggravation. Take 4 tablets under the tongue four times daily, or every hour if needed.

- ★ [Nat sulph](#) is recommended for diarrhoea when the stools are green-coloured from too much bile. The diarrhoea is chronic, worse in the morning and in rainy, wet weather. It can alternate with constipation.
- ★ [Kali mur](#) is indicated for stools containing some blood and mucous. They can be lighter in colour; and rich food aggravates.
- ★ Use [Kali sulph](#) when the stools are slimy yellow in colour with excessive gas and occasional abdominal cramping. The diarrhoea can alternate with constipation. There is an absence of thirst and symptoms are worse in the heat.
- ★ [Kali phos](#) can be of used when diarrhoea is associated with fright, worry or emotional exhaustion. The stools are very smelly, golden yellow, possibly containing blood. Chilliness and fatigue are typical.
- ★ Use [Mag phos](#) if the main problem is sharp cramping and gas, and warmth is helpful, This tissue salt can be used in combination with others if necessary.

External/Physical Therapies

- ❖ Hot body wraps and dry brushing and, later in the healing stage, sauna and swimming help increase circulation and promote healing.

- ❖ Castor oil packs have been shown to provide extensive relief to symptoms.
- ❖ Bed rest, warmth and relaxation will help improve the symptoms during flare up.
- ❖ Abdominal exercises strengthen muscles; start gently and gradually build up strength.
- ❖ Brisk walking will help to stimulate the bowels.

Integrative Options

Colitis / IBS sufferers have increased sensitivity to rectal pain that has been linked to psychological factors. Stress is known to also increase symptoms. Reducing stress or practicing stress management skills have been reported to be beneficial. In one trial, psychotherapy and relaxation combined with conventional treatment were more effective than conventional treatment alone in two-thirds of people with colitis / IBS. Hypnosis for relaxation has dramatically and consistently relieved symptoms.

Traditional Chinese Medicine (TCM), which uses acupuncture and Chinese herbal therapies, has been reported to be helpful in the treatment of colitis / IBS.

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