Colitis, IBS, Bowel Problems.

Ten Top Items: Address Ulcerative Colitis Naturally

Monday, October 18, 2010 by: Tony Isaacs, citizen journalist.

(NaturalNews) Ulcerative colitis is an inflammatory bowel disease that causes chronic inflammation in the large intestine (colon) and rectum. Many consider it to be an autoimmune disorder; however, others theorize that high hydrogen sulfide levels cause inflammation and lesions typical in ulcerative colitis. Still others believe the disease may be due to problems in the large intestine's protective mucous layer (mucosa). Regardless of the causes, ulcerative colitis can often be addressed naturally without side-effect laden mainstream [drugs](http://www.naturalnews.com/drugs.html).  
  
Ulcerative colitis can happen at any age, but it usually starts between ages 15 and 30. The most common [symptoms](http://www.naturalnews.com/symptoms.html) are abdominal pain and bloody [diarrhea](http://www.naturalnews.com/diarrhea.html). Other symptoms may include:  
  
\*Anemia  
\*Weight loss  
\*Loss of appetite  
\*Severe tiredness  
\*Feeling of urgency  
\*Inability to have a bowel movement  
  
Symptoms may also occur outside the [gut](http://www.naturalnews.com/gut.html) and include joint pain, eye [inflammation](http://www.naturalnews.com/inflammation.html), skin rashes and lesions, and mouth ulcers.  
  
Mainstream medicine usually treats [ulcerative colitis](http://www.naturalnews.com/ulcerative_colitis.html) as an immune disorder and often prescribes the dangerous steroids and other drugs to control symptoms. Natural [remedies](http://www.naturalnews.com/remedies.html), on the other hand, often control symptoms and lead to prolonged remission without drugs or surgery. Some of the best are:  
  
1) Colloidal silver combined with [probiotics](http://www.naturalnews.com/probiotics.html) can be very effective. Colloidal [silver](http://www.naturalnews.com/silver.html) helps eliminate bad intestinal [bacteria](http://www.naturalnews.com/bacteria.html) as well as any other pathogens which have invaded the affected areas. Colloidal silver also aids healing. Since [colloidal silver](http://www.naturalnews.com/colloidal_silver.html) may also eliminate beneficial bacteria, it is essential to take probiotics separate from the colloidal silver.  
  
Probiotics are themselves among the most popular inflammatory [bowel disease](http://www.naturalnews.com/bowel_disease.html) remedies. "Friendly" bacteria that reside in the gut help manage ulcerative colitis because they help control the number of potentially harmful bacteria, reduce inflammation, and improve the protective mucus lining of the gut.  
  
A University of Alberta study found that [probiotic](http://www.naturalnews.com/probiotic.html) supplementation of 3,600 billion bacteria a day for 6 weeks resulted in 53 percent of the patients having remission and another 24 percent having noticeable improvement.  
  
2) Omega-3 fatty acids, such as those found in [fish oil](http://www.naturalnews.com/fish_oil.html) capsules, can reduce inflammation in people with ulcerative colitis. One study found marked improvement from fish [oil](http://www.naturalnews.com/oil.html)supplementation and an elemental diet.  
  
3) The herb boswellia has been found to block chemical reactions involved in inflammation. Unlike anti-inflammatory medication, boswellia doesn't appear to cause gut. Rare side effects of boswellia include diarrhea, nausea, and skin rash.  
  
4) A basic diet avoids items, which have been associated with ulcerative colitis and may result in higher [toxins](http://www.naturalnews.com/toxins.html), and it may result in marked improvement. Such items to avoid include sweets, bleached white flour, insoluble fiber, carbohydrates, processed meat and alcohol, as well as allergenic foods such as wheat, dairy products and corn.  
  
5) Natural immune modulators can help prevent immune dysfunction which may cause ulcerative colitis. Among the best are magnesium, curcumin, oleander extract and blackseed oil (Nigella sativa).  
  
6) Bromelain, a digestive enzyme from pineapple stems, reduces inflammation and aids healing. A Duke University animal study found that daily oral bromelain decreased the incidence and severity of colitis.  
  
7) Folic Acid. People with chronic ulcerative colitis are at greater risk of [colon cancer](http://www.naturalnews.com/colon_cancer.html). A University of Toronto study found that dietary [folate](http://www.naturalnews.com/folate.html) found four times the RDA of folate significantly suppressed ulcerative colitis-associated colon [cancer](http://www.naturalnews.com/cancer.html).  
  
8) Stress should be avoided as it may cause the onset of ulcerative colitis symptoms. Mind/body therapies such as breathing exercises and meditation can help.  
  
9) Cleansing and fasting help eliminate toxins and restore [natural](http://www.naturalnews.com/natural.html) balance.  
  
10) Vitamin C helps protect and heal the mucosa.  
  
Other [natural remedies](http://www.naturalnews.com/natural_remedies.html) for ulcerative colitis include:  
  
\*Oral aloe vera gel  
\*Exercise  
\*Calendula  
\*Flaxseed  
\*Marshmallow Root  
\*Slippery Elm  
\*Fenugreek  
\*Devil's Claw  
\*Ginkgo biloba  
  
[Editor`s Note: NaturalNews is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the [health](http://www.naturalnews.com/health.html) and wellbeing of all living creatures.]  
  
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About the author

Tony Isaacs, is a natural health author, advocate and researcher who hosts [The Best Years in Life](http://www.tbyil.com/) website for baby boomers and others wishing to avoid prescription drugs and mainstream managed illness and live longer, healthier and happier lives naturally. Mr. Isaacs is the author of books and articles about natural health, longevity and beating cancer including "[Cancer's Natural Enemy](http://tbyil.com/rose-laurel.htm)" and is working on a major book project due to be published later this year.  
Mr. Isaacs is currently residing in scenic East Texas and frequently commutes to the even more scenic Texas hill country near San Antonio and Austin to give lectures in health seminars. He also hosts the CureZone "[Ask Tony Isaacs - featuring Luella May](http://curezone.com/forums/f.asp?f=861&p=14)" forum as well as the Yahoo Health Group "[Oleander Soup](http://health.groups.yahoo.com/group/oleandersoup/)" and he serves as a consultant to the "[Utopia Silver Supplement Company](http://www.utopiasilver.com/affiliates/jrox.php?id=18)".