



Crohn's Disease

Words: Kimberley Mack – founder of the Aloe Vera Clinic in Whitley Bay

As a lifelong sufferer of Crohn's disease, my illness began in my late teens and remained chronic until my late twenties, before, due to my own research, I finally made a breakthrough. Crohn's is a serious inflammatory bowel disease that causes chronic pain and a weak bowel. Due to my condition, my life was drastically limited. Eating out was impossible and I suffered from very low energy, I was very underweight and had very cold feet and hands due to bad circulation.

At the age of 17, I had a part of my colon removed, which was quite a big operation. For the next 8-9 years, I was taking ongoing prescribed medication including steroids and anti-inflammatory tablets to help manage my condition. However, the medical profession never gave me advice on how to manage my diet. I would have attacks approximately once per year which would leave me hospital-bound for up to at least a week, and where I would have to be fed intravenously as my body was unable to accept food.

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Charlotte Rolleston-Smith BA MSTAT
01892 783707
charlotte.rs@uwclub.net
www.stat.org.uk

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In 1988, I had another section of my bowel removed, which came with the fear of losing the bowel altogether. This was the turning point. I was in my late twenties and I decided I had had enough of relying solely on the orthodox system. I began seeking alternative methods of treatment to help ease and also improve not just the disease itself but also my general health and well-being. I realised I couldn't live on steroids for the rest of my life.

My quest began with a visit to a nutritionist, who showed me in just one hour, how I was self-inflicting a lot of my discomfort with the food and drink I was consuming. This had never been questioned before. This included coffee, cheese, wheat, fast food etc. Being so underweight and low in energy, I craved sugar, and because I was underweight, didn't think it was a problem. After working with my nutritionist for six months, I felt so in control of my body and the disease, it was almost impossible to believe. With food changes and specialised nutrition, my life

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