



Living with Crohn's & Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness

Jessica Black Nd, Dede Cummings

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Approximately 1.5 million people in the United States alone are afflicted with inflammatory bowel disease (IBD), a category of illnesses that includes Crohn's disease and ulcerative colitis, and that number is steadily growing. Although there is not yet a cure for Crohn's or ulcerative colitis, patients can help reduce their symptoms and improve their overall wellbeing by following a comprehensive wellness plan such as those outlined in *Living with Crohn's & Colitis*.

Living with Crohn's & Colitis offers patient-focused, expert guidance on everything from the latest medical treatments, how to cope with a diagnosis, and tips for balancing diet with a busy lifestyle so you can form a personalized wellness plan.

Living with Crohn's & Colitis also includes:

- Easy to understand information on the role of inflammation and the immune system on gut health
- Traditional and alternative treatment options for a broad, full-body approach to wellness
- A 3-month wellness plan adjustable to each individual's health needs
- Over 25 delicious recipes designed for those with IBD

Learning to live with the myriad aspects of Crohn's and ulcerative colitis treatment, including dietary restrictions and medications, can seem overwhelming. Written by a naturopathic doctor and a Crohn's patient, *Living with Crohn's & Colitis* is a thoughtful, balanced resource to help you on your journey to wellness.

From the Trade Paperback edition.

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Matthew Armstrong:

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Kori Pierson:

Book is to be different for every single grade. Book for children right up until adult are different content. As it is known to us that book is very important for all of us. The book Living with Crohn's & Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness had been making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The guide Living with Crohn's & Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness is not only giving you a lot more new information but also for being your friend when you really feel bored. You can spend your spend time to read your book. Try to make relationship using the book Living with Crohn's & Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness. You never experience lose out for everything should you read some books.

Jeremy Robinson:

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great information can certainly drawn you into fresh stage of crucial considering.

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