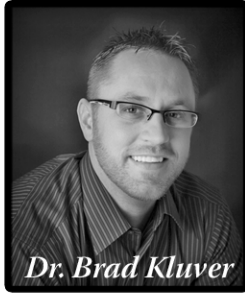


KIDS FIRST



Dr. Brad Kluver

Digestive Health;

Crohn's Disease, Ulcerative Colitis, And Irritable Bowel Syndrome. PART II

Two weeks ago I mentioned that your body is a self-healing and self-regulating organism; it is designed to heal itself and regulate its own internal functions. In the case of Crohn's disease, for example, cells in the intestine die and are not necessarily replaced by new healthy cells. This is why the intestine eventually deteriorates and ulcerates. This can be life threatening.

One must also remember that your nervous system runs your whole body and all of its functions; your immune system, your heart, your healing ability, etc., even your digestive system. All these function under direct orders from your nervous system. It therefore stands to reason that if there is an interference with the normal function of your

nervous system, your body will not work the way it should. A number of studies have actually shown that this is exactly the case with Crohn's, Ulcerative Colitis, and IBS; that these conditions are neurologically based. This means that the nervous system is no longer able to control the normal function of the intestinal area.

As a Chiropractor, I am mainly concerned with re-establishing the normal function of the nervous system so that the body is able to heal itself. It's that simple. People affected by these conditions have responded very well with chiropractic care. (And you thought chiropractic is just for back pain I bet.)

As well as seeing a chiropractor, which I feel is crucial, there are a number of things you can do for your child or yourself on your own;

1. **A hot water bottle** placed on the stomach area will relieve much of the abdominal cramping.
2. **Charcoal tablets** will help absorb excess gas if your child is bloated. Do not use for a prolonged time though, as they also absorb most of the nutrients from the digestive tract.
3. **Slippery elm** will often relax the intestinal muscles and reduce cramping.
4. **Multi-vitamin and Mineral complex** that contains copper, manganese selenium and potassium is very important because Crohn's, etc., are characterized by malabsorption.
5. **Vitamins E** is essential in the repair of epithelial tissue of the intestinal tract and acts as an anti-oxidant.

6. **Vitamin A**, approximately 5,000 IU per day unless you are pregnant. You may take this in capsule form, but I suggest raw carrots put through a juicer. The carrots should be peeled as the skin contains most of the chemicals and pesticides that can irritate your intestine.

7. **Calcium and Magnesium**, at least 1,000mg daily.

8. **Vitamin C**, in very high doses combined with bio-flavonoids is essential as it minimizes inflammation.

9. **Garlic**, is known for preventing free radicals from attacking the intestinal lining.

10. **Vitamin B12 and Folic acid**

11. **N-acetylglucosamine (NAG)**, protects the intestinal lining from enzymes that could damage it. Drinking lots of fluids, herbal teas, cabbage juice, papaya seeds, avoiding stress, chocolate (boo), alcohol, Coke and Pepsi, are all essential.

The above will help you and your child deal with these conditions a little easier, but the number one recommendation I could make is to call us; we can help!

Kluver Chiropractic
Dr. Brad Kluver & Wellness

"My mission is to help as many people in my lifetime as I possibly can - especially kids!"

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