

Colitis

Ulcerative colitis (UC) is a chronic disease characterized by bloody diarrhea and an inflamed colon.

Possible Causes and Contributing Factors:

- Food allergies – strongly consider dairy
- Yeast/Fungus
- Parasites

Suggested Dietary Changes:

- Try a large glass of water for acute pain
- Consume only soft foods during flare up
- Plenty of dark green leafy vegetables, for vitamin K
- Try eating Jr. baby food for 2 weeks
- Fast once a month
- Avoid alcohol, coffee, wheat
- Eat steamed vegetables, rice, fish, fruit

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*