

# Crohn's Disease

Crohn's disease is an inflammatory condition that affects the final part of the small intestine and the beginning section of the colon.

## **Possible Causes and Contributing Factors:**

- Food allergies
- Yeast
- Lack of enzymes
- Intestinal infection
- Poor lifestyle choices – smoking, drinking, high fatty, refined carb & low fiber diet

## **Suggested Dietary Changes:**

- Fresh or cooked vegetables – steam, boil, broil or bake
- Plenty of steam-distilled water, herbal teas & fresh juices
- Cut down/eliminate sugar, meat, dairy, margarine, butter, fatty meals, avoid caffeine, coffee, & all stimulant drugs, beer, baked goods (could be allergic to brewer's yeast)
- During acute attack – eat organic baby food, steamed vegetables, cooked brown rice, millet & oatmeal

*\*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.*