

alternative therapy approaches for ulcerative colitis

examples of what you can find on the Internet

Hi!

You have probably downloaded this small e-book because you are **either directly or indirectly affected by ulcerative colitis** (hereafter called "UC" for simplicity's sake). And it is very likely that you would now like to know which alternative therapy approaches to conventional medicine are available, e.g. because you have already tried the typical medications and therapies without any notable success.

I myself am (in)directly affected by UC, because my wife has been dealing with CU since about 2003. Very likely you have read our story, which I have published under <https://www.stop-ulcerative-colitis.com/en>. There, I mainly wrote about the fact that we - in my non-scientific opinion - had two very good experiences with an antibiotic containing the active substance amoxicillin. But I don't have any scientific proof for it.

The purpose of this e-book is to show therapeutic approaches that have nothing to do with conventional medicine. Why? Because I assume that you are in medical treatment anyway because of your UC (or the person for whom you downloaded this e-book). Since you have acquired this e-book, I assume that **the conventional therapy does not work as hoped for** and that you now want to look beyond what conventional medicine offers. I believe it is not a given that a physician who follows the conventional medicine will suggest something to you that does not correspond to the medical textbook. However, this has to do primarily with conventional medication.

Don't get me wrong: conventional medication makes sense, and I would never advise you to forget about conventional medicine and only turn to alternative therapy methods. I

suppose (but don't know) that it better to first try to get rid of UC with conventional medicine. Ideally, however, it should also **help to fight the roots, not just alleviate the symptoms.**

I am not a medical doctor myself, and I certainly do not want to give the impression of giving or replacing medical advice. Instead, the following information is primarily for those who want to **find out on their own** what other people have done more or less successfully in fighting UC.

It should be obvious that what works for some people will not automatically work for others. But it might be **worth a try**, especially regarding aspects that seem rather harmless in themselves (such as relaxation through meditation, or the consumption of a certain type of honey).

As an (in)directly affected person, I feel that the person suffering from UC must first and foremost *want* to find a solution. Some alternative approaches really do not require much effort, so there is a good reason to try some of those approaches. **In the ideal case you have a doctor who accompanies you or supports you** because s/he sees that classical medicine does not work in your case.

I wish you a lot of strength and motivation, hoping that some of the following tips can also help you to relieve the symptoms of UC significantly - or ideally even stop them (completely or at least for a longer period of time).

Don't lose hope. And: even if it is often very difficult, stay positive!



David Altmann

P.S.: If the English in this e-book is not perfect, please forgive me. I am not a native English speaker.

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General information about this e-book

My wife is affected by UC. I looked around on the Internet for her, to see what has helped other people with their UC. At some point I thought that the notes I was taking might be interesting and useful for other people, too. So, it seemed obvious to turn it into a small e-book.

The fact that you have downloaded this e-book shows that you do not want to give up. Or, if you downloaded it for someone else, it shows that you care a lot about that person and her/his situation. In both cases I want to congratulate and encourage you. As a smarter person than me (a football coach!) said: "There is no alternative to optimism".

Of course, it cannot be my aim to search the entire Internet. Instead, I sat down for 5-6 hours and did some research. **I then wrote brief summaries of the websites that seemed interesting to me.** I will publish those summaries here as well, together with the link to the corresponding website. So, you have a first information about what the article is about, without having to read the whole article yourself. **Which will save you some time.**

If you find the summary interesting and want more information, you can do so by clicking the link to the article, which I'll also share with you.

As I said, it is only **a small selection of alternative therapy options that are being discussed on the Internet**, and my listing therefore has no claim to completeness. Also, some therapies or alternative medications occur more than once. This could also be taken as an indication that there is more to it than just a theory of efficacy. With this overview, I also wanted **to create hope**: Hope that there can also be a solution for you.

Last but not least, **for reasons of transparency**, one last note:

In the articles that I found on the Internet, you will often also find mention of foods, alternative medicines, etc. I've also made the effort of finding relevant links that will allow you to check out the specific suggestions further and buy it if necessary (especially on Amazon.com). Almost all of these links are so-called **partner links**.

This means: If you click on the link and then also buy something on Amazon.com, then I may receive a small monetary compensation from the manufacturer. Of course, this will not make the product more expensive for you. I am of the opinion that this is a fair way how all three involved parties win: you, me and the product manufacturer (**a win-win-win situation**). It also allows me to offer you this e-book for free! Otherwise I would have applied a price tag to it – which I did not want to do in this case. I hope you find that a fair approach, too. Of course, you don't have to use my affiliate links. Instead, you can search for further product information on your own if something seems interesting to you and you want to find out more about it. All links set in the summaries are my own, not those of the author of the respective article. Using the links and buying from Amazon.com is a nice way of saying thank you for my effort and for providing you this e-book for free.

What I did not include here:

The comments that visitors of my website have left on my website I have not listed here again. If you have not already seen and studied these comments, I would recommend you to read them as well. To do so, just scroll to the end of my website <https://www.stop-ulcerative-colitis.com/en> where you can see the readers' comments. In case you happen to also speak German and/or Greek: You can also select the German/Greek version of my story by clicking on the flag symbol in the header of the website and read the corresponding comments there, again at the bottom of the page.

Explanations

- UC: ulcerative colitis
- remission: the time during which no symptoms of the UC are present (which does not necessarily mean that the UC is also cured)

alternative therapy approaches for ulcerative colitis found on the Internet

In this post, 7 alternative therapies against UC are mentioned. They are: relaxation training, cognitive behavioral therapy, [probiotics](#), herbal remedies ([curcumin](#), ginger, parsley, sage, rosemary, and thyme), acupuncture, [fish oil](#), [aloe vera](#).

source: <https://www.everydayhealth.com/hs/ulcerative-colitis-treatment-management/alternative-therapies-pictures/>

The author of the post warns that complementary, or integrative, medicine doesn't replace your usual treatments. These are therapies you might try along with your conventional medical treatments. He gives an overview about mind and body techniques e.g. biofeedback, deep breathing, exercise, hypnosis, progressive muscle relaxation, yoga and meditation. According to the author, these are the ways you can try to ease the symptoms of UC.

source: <https://www.webmd.com/ibd-crohns-disease/ulcerative-colitis/uc-alternative-therapies#1>

The post gives information about herbal medicine. However, there are limited controlled evidences indicating the efficacy of traditional Chinese medicines, such as [aloe vera](#) gel, [wheat grass juice](#), [Boswellia serrata](#), and bovine colostrum enemas in the treatment of UC.

The potential benefits of herbal medicine could lie in their high acceptance by patients, efficacy, relative safety, and relatively low cost. Patients worldwide seem to have adopted herbal medicine in a major way, and the efficacy of herbal medicine has been tested in hundreds of clinical trials in the management of UC.

source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3271691/>

Natural remedies include beneficial bacteria, which can prevent harmful bacteria from causing inflammation. Keeping a food journal can be helpful since food sensitivities vary. Also helpful can be anti-inflammatory diet. Some chemicals found in plants (phytochemicals) may help reduce symptoms of UC.

source: <https://www.medicalnewstoday.com/articles/317744.php>

The article gives an overview about complementary medicine therapies against UC. They are: mind-body therapies (prayer, exercise, hypnosis, meditation, relaxation/mindfulness, yoga), Chinese medicine and therapeutic practices ([andrographis paniculata](#), [indigo naturalis](#)), vitamins and dietary supplements ([fish oil](#), [vitamin B12](#), [folic acid](#), [vitamin D](#), calcium, iron), [probiotics](#) and microorganisms, [medical cannabis](#).

source: <https://www.crohnscolitisfoundation.org/what-is-ibd/medication/complementary-alternative-medicine>

The author informs us about some alternative treatments backed up by research, or research that is currently under investigation. He mentions the anti-inflammatory power of [curcumin](#), an ingredient of turmeric. It's not the only herb that is thought to fight inflammation – ginger, sage, thyme and rosemary are also on the list. [Probiotics](#), on the

other hand, are as safe as can be – the chance of them causing irritation is very, very slim. Managing your stress levels as well as learning to regulate your thoughts and moods can prove to be an immense help in your fight against UC. Research from 2013 suggests that acupuncture can show better efficacy than some pharmacological treatments for UC.

source: <https://www.findmecure.com/blog/6-complementary-treatments-for-ulcerative-colitis/>

This post reviews potential unconventional treatments, such as transdermal nicotine, heparin, [melatonin](#), [DHEA](#), [probiotics](#), fiber, dietary changes, botanicals, essential fatty acids, and other nutrients – which may be considered in conjunction with conventional approaches or as part of a comprehensive alternative treatment protocol. In addition, this review addresses risk factors, pathogenesis, nutrient deficiencies, conventional treatment approaches, and extra-intestinal manifestations of the disease.

source: <http://www.altmedrev.com/archive/publications/8/3/247.pdf>

This post shares information about natural treatments of UC. Certain foods and drinks can aggravate symptoms, particularly during a flare-up. One of the best ways to discover which foods cause discomfort is to keep a journal to discover which foods are causing symptoms to worsen and how to substitute or remove them. People with UC are twice as likely to suffer from depression and stress. The following activities can help decrease stress: exercise, meditation, cognitive behavioral therapy. [Probiotic foods and natural supplements](#) can be a perfect addition to medical treatment: probiotics, herbs and supplements ([ginseng](#), [omega-3 fatty acids](#)).

source: <https://norihealth.com/ulcerative-colitis-treatment/>

This post gives information about natural anti-inflammatories such as berberine, [curcumin](#), and [butyric acid](#) could help patients reduce UC symptoms or maintain remission when medication dosage is decreased.

source: <https://www.foundationalmedicinereview.com/blog/natural-anti-inflammatories-for-ulcerative-colitis-could-transform-quality-of-life-for-patients/>

This brochure gives some information how to handle with UC with the help of nutrition. Some diets may be recommended at different times by your physician, including: low-salt diet, low-fiber diet, low-fat diet, lactose-free diet, high-calorie diet. Although no specific foods worsen the underlying inflammation of UC, certain ones may tend to aggravate the symptoms. Here are some tips: reduce the amount of greasy or fried foods; eat smaller meals at more frequent intervals; limit consumption of milk or milk products; avoid carbonated beverages; restrict caffeine when severe diarrhea occurs; bland, soft foods may be easier to tolerate than spicy foods; restrict your intake of certain high-fiber foods such as nuts, seeds, corn, and popcorn.

source: <https://healthygut.com/articles/ulcerative-colitis-natural-treatment-and-prevention/>

This post reviews the evidence for complementary and alternative medicine (CAM) therapy in UC as drawn from adult and pediatric data. Diets such as the [special carbohydrate diet](#), elimination diets, low-sulfur diets, and Ayurvedic diets (based on Ayurveda, a system of traditional Indian medicine) are anecdotally purported to be beneficial but lack evidence. [Fish oil](#) and other sources of omega-3 fatty acids have been theorized to be effective in irritable bowel disease (IBD) therapy because of their inhibitory effect on the cyclooxygenase pathway. Other supplements that are mentioned: [probiotics](#), [aloe](#) (aloe barbadensis), herbal medicine ([turmeric](#), frankincense, and [fenugreek](#) for UC). Fenugreek seeds (trigonellum

foenum gracum), which are rich in galactomannan and antioxidants, are also popularly used in Ayurvedic medicine.

source: <https://pedsinreview.aappublications.org/content/34/9/405>

Fecal transplantation (yes, fecal as in poop) could offer a cure for painful UC. It is currently used as a treatment for recurring clostridium difficile infection. But scientists have found fecal microbiota transplantation is an effective approach to helping individuals who suffer from UC. After carrying out the transplants on a group of patients, researchers at the University of New South Wales in Australia, found noticeable improvement in their symptoms.

source: <https://reachmd.com/news/poop-transplants-could-offer-a-cure-for-painful-ulcerative-colitis/368/>

This post says that one reason for UC could be e.g. a mother who is experienced as strict and controlling, who demands submission and does not give a child the space to develop his vitality and to go his own ways independent of the mother.

source: <https://truththeory.com/2018/05/04/how-to-cure-ulcerative-colitis-naturally/>

The author of the article gives the overview on different natural ways how to treat UC. To treat UC naturally, it's important to understand that [a healing diet](#) is the foundation. There are also beneficial foods that reduce inflammation and help with nutrient absorption, like omega-3 foods and [probiotic foods](#). Exercise is also an important factor in treating ulcerative colitis, since the benefits of exercise are so wide-ranging. Relaxation is a vital

element in combating ulcerative colitis because it calms the body and allows it to digest food more easily. Meditation, stretching and breathing practices can help improve circulation, regulate the digestive system, and keep the body out of fight or flight mode.

source: <https://draxe.com/health/gut-health/ulcerative-colitis-diet/>

In this video a man shares his experience how he cured UC by adopting a [raw vegan plant-based diet](#).

source: <https://www.youtube.com/watch?v=MO27VoUdALo>

This post informs us about why many people turn to natural remedies to manage their UC. Some herbal or organic remedies may help promote gut health and prolong remission. You can modify your diet by eliminating food allergens and optimizing living conditions. A few familiar herbal remedies may be effective in the management of UC: [Psyllium seed husk](#), [Boswellia](#), [bromelain](#), [probiotics](#), [turmeric](#), [gingko biloba](#).

source: <https://www.healthline.com/health/ulcerative-colitis-take-control-natural-remedies#1>

The author (a physician) writes that, according to the Chandigarh Postgraduate Institute of Medical Education and Research, the New Zealand made [Manuka honey](#) shows positive results with the UC. Because the honey is definitely not cheap, he recommends a dosage of one teaspoon per day.

source: <https://www.drdauidwilliams.com/ulcerative-colitis-natural-treatments>

So, these are the results from some hours of research around the topic.

I hope you will find one or the other of them useful enough to give it a try. **If in doubt, please always consult your attending physician!** After all, even natural remedies like herbs can have a negative effect on your well-being or health if you take too much of it.

My own, non-scientific opinion/suggestion:

This is mainly my gut feeling (no pun intended!), but I would **start out with the aspect of nutrition.**

Why? Because it seems to me the least drastic one which pretty much everyone can work on. Of course, as always, do consult with your physician first.

Based on the experience with my wife, here are the 3 things I would start out with if I were affected by UC myself:

- The [Special Carbohydrate Diet](#), developed by Elaine Gottschall. The amount of positive reviews is mind blowing,
- plus [Athletic Greens](#): Don't let the product name mislead you. Many of the [raving reviews](#) talk about gut health. I also use it (although for other reasons),
- and [omega 3 fish oil](#) which is known for its anti-inflammatory effects (as far as I know, UC is an inflammation),
- and/or [Manuka honey](#): According to research, you should take one that has at last "MGO 400+" in order to have hope for an effect with UC.

Personally, I would try this for at least **30 days, potentially even 60 days**, and then see how the situation is.

So, there you have it, my personal “Looking at my wife and her UC, if I had UC myself, this is what I personally would do”-shortlist :) As always: **Do consult your physician first.**

I would be very grateful if you could tell me what you think of this e-book, and how I can make it even more useful.

Please send me your opinion about this e-book by email now to

info@stop-ulcerative-colitis.com

And I would really love to know if you have a positive experience with one of the alternative approaches, either the one listed in this small e-book, or others that were not mentioned here. You can do this through email, or by leaving a comment at the bottom of my website where already several others have commented: <https://stop-ulcerative-colitis.com/en> This way we can also inform and help other affected people. Thank you very much for your cooperation! :)

legal information

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Medical disclaimer

The information contained in this e-book reflects the personal views of the author and does not claim to be complete. The readers are encouraged to do their own thinking and do their own research before they take any decisions. The author's sole concern is to provide the reader with information that the author deems useful for the person who is affected with ulcerative colitis. **The author does not claim to give or replace medical advice!** It is your own responsibility to seek medical advice first. **This e-book does not give medical advice in any way.**

References and links

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