



Holistic Medical Centre

Dr Helen Smith, Dr Jackie Mills, Dr Fiona Gordon,
Dr Glenn Twentymann. Nurse: Karin Milliken
Naturopaths: Rebecca Jones & Nelly Graham-Stewart
www.holisticmedicalcentre.co.nz

103 Pt Chevalier Rd
Pt Chevalier
Ph 09 815 0567

May 2007

Inflammatory bowel disease

Inflammatory bowel is a condition where there is inflammation in the wall of the bowel and is usually associated with some degree of blood and mucous in the stools. This can be a painful problem which has a dramatic effect on quality of life. Often a long history of irritable bowel precedes inflammatory bowel. It also appears to be more common in those whose problems began after having picked up a bug from overseas. We have noticed that those who have had an irritable bowel for a time sometimes start to develop inflammatory bowel symptoms after a change in bowel habits where there are periods of violent diarrhoea followed by periods of normal habits with or without mucous. A diagnosis of inflammatory bowel disease can ONLY be confirmed with a colonoscopy. There are many things to address with this condition; a good probiotic with *Saccaromyces boulardii* as a minimum is crucial (see Probiotic newsletter) but this article focuses on appropriate food as this is a common area of misconception. A healthy diet is considered to be lots of salads, raw food, bran and whole

grains such as brown rice. This is the worst possible diet for an inflamed bowel believe it or not. A vegetarian diet is a bit more tricky with this kind of condition also; firstly because iron levels are usually low and secondly because legumes (chickpeas lentils etc) tend to cause a flare. We have no intention of offending any vegetarians but we have found that the following principles work well; and please do remember they are a temporary approach to help the bowel wall repair. The first and most important principle is to only eat cooked food. The only exception to this is oysters, bananas and avocados as they are very soft. No uncooked grains so crackers and bread are not good (bran is especially bad and will often precipitate a flare). No seeds or nuts, with the exception of smooth nut butters such as almond, cashew or peanut butter as well as nut flours such as almond flour (very finely ground almonds) that is used in gluten-free cake. Avoiding beans and legumes such as chickpeas and lentils is important initially

as well, which is why a vegetarian diet with adequate protein can be a bit difficult. What can you eat, you may well ask. Vegetable, pumpkin and chicken soup (without barley, lentils etc), casserole and stews. Add a small handful of whole linseed to all stews and casseroles and cook thoroughly. This will become very soft and soothing for the bowel as well as being a thickener. White rice and rice paper; is good. Try sashimi salmon, soy sauce and wasabi wrapped in rice paper that has been pulled through a bowl of boiled water to soften. Baked, steamed, stirfry and roasted vegetables. A roast meal is a good option. Baked potato (or kumara) with some canned tuna and mayonnaise is an easy, very tasty light meal. (Spectrum is a very good and particularly tasty brand of mayo). Absolutely NO MSG (621) (see What Am I Eating newsletter). Cooked salads e.g. steamed broccoli and cauliflower with a dressing is good. LOTS of grilled/baked fish and old fashioned fish pie is excellent.

Our favourite quote

"Our bodies are our gardens to which our wills are gardeners".
William Shakespeare

Health tips

I know I have mentioned this in previous newsletters but it is so useful in the winter that I am going to repeat it. For any cold, flu or sinus problem, you will be surprised at how good this can make you feel. Juice a big chunk of ginger through the juicer (MUST be done this way) and top up a mug with hot water lemon or grapefruit juice and a big dollop of manuka honey. Use as much ginger juice as possible to taste. The stronger the better.

Happy Patient File

We are elated to finally be getting somewhere with hypertension using natural therapies. We have one patient who has had long term hypertension and her blood pressure is not good even on medication. We put her on a very low dose of ginseng with her medication as her blood tests revealed 'adrenal fatigue'. For the first time since we have been treating her (two years) her blood pressure is normal! The only 'side effects' she is experiencing is that she is sleeping well for the first time in one year in addition to an improvement in her energy levels; both of which

More information

At a very good international conference recently we gleaned two very important pieces of information: 1) the importance of iodine for women's reproductive health but most especially breast health. We have been doing urine iodine tests on our patients in recent months but if you have not had this tested before, please discuss this with one of the doctors when you next

have a visit. 2) Long term streptococcal infection and its association with involuntary tics and repetitive behavior. The technical jargon is "Paediatric Autoimmune Neuropsychiatric Disorders associated with Strep infection" (PANDAS). Use the acronym if you want to do a Google search. To check chronic streptococcal infection requires only

a simple blood test checking streptococcal antibodies and it is free. As a result of the atrocities of WWII, on December 10 1948, the General Assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights. There are 30 of these rights in total and inspired by the recent

Human Rights film festival, we would like to share one with you each month.

Article 1

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.