

# Holistic Approach to Inflammatory Disease

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Dana, a 40-year-old woman, came to see me with a diagnosis of the Crohn's disease. While taking Prednisone (10 mg) and several immune suppressants, she was still having abdominal pain and diarrhea with bloody stool every day. Her doctor suggested that a piece of her colon had to be removed and use a colostomy bag if her symptoms couldn't be controlled with current medication. She was very scared. Dana enjoyed her food very much. She was also drinking wine and smoking daily when she came to see me. I explained to her that her lifestyle and dietary habit played an important role in her disease. Without making changes in her life, she eventually had to have her diseased colon removed. Moreover, other areas of her intestines could develop the same problem in the future. She agreed to make some graduate changes. Dealing with a painful divorce and having a small business to run, Dana tried to use food and drinking to ease her life stress. But the toxin and stress made her body fall apart. She also complained fatigue, insomnia, headaches and many food sensitivities.

After testing her for sensitivities and imbalances of her body, I made a lifestyle and dietary plan for her, which included staying away from things such as alcohol and tobacco, eating smaller meals more often, and following a rotation diet. This is a long-term plan with moderations specifically for her condition. Her holistic treatment plan includes three stages in my Individualized Body Mind Therapy. The first stage was to stabilize her immune system and recover the body's healing ability with modern homeopathy. I also taught her to perform the Immune System Reprogramming procedure daily at home using a kit in my system. Dana felt much better after three months with no bloody stool any more. The second and third stages of the therapy are detoxification and regeneration stage respectively. After detoxification of major organs, intestinal Candida and parasites, Dana started to reduce her medications. After two years of ups and downs during medication reduction, she finally became symptom free without any medications.

Inflammatory bowel disease (IBD) is a group of inflammatory conditions of the intestines. The major types of IBD are Crohn's disease and ulcerative colitis (UC). Although very different diseases, both Crohn's and UC share similar symptoms: abdominal pain, vomiting, diarrhea, rectal bleeding, severe internal cramps/muscle spasms in the region of the pelvis and weight loss. The main difference between Crohn's disease and UC is the *location* and *nature* of the inflammatory changes. Crohn's can affect any part of the gastrointestinal tract, from mouth to anus, although a majority of the cases start in the terminal ileum. UC, in contrast, is restricted to the colon and the rectum. Microscopically, UC is restricted to the mucosa (epithelial lining of the gut), while Crohn's disease affects the whole bowel wall.

IBD is a complex disease that arises as a result of the interaction of environmental and genetic factors. It is increasingly thought that alterations to enteric bacteria can contribute to inflammation in the gut. Conventional treatment for IBD may require immunosuppression to control the symptom, such as Prednisone and other anti-inflammatory medications. Severe cases may require surgery, such as colostomy or ileostomy. It is estimated by the Centers for Disease Control and Prevention (CDC) that as many as 1.4 million people in the United States suffer from these diseases.

Holistic medicine believes that IBD is a systemic disease that affects not only digestive tract, but the neuroendocrine control of the immune function and the hypothalamus-pituitary-adrenal (HPA) system as well. First of all, accumulation of the toxins and hyperactive inflammatory immune response are the main causes to the disease. Among the organs affected, digestive tract is the main toxin source of the body due to dysbiosis, a condition of microbial imbalances such as yeast overgrowth (Candidiasis), pathogenic bacteria and parasite overgrowth and the decline of the beneficial bacteria. Thus, intestinal cleansing and detoxification are necessary to reduce inflammatory response to intestinal lining of IBD. However, the detox functions of many IBD patients have already been impaired, which could be the major reason for them to develop this disease. Common cleansing and detox protocol may result in strong detox response such as achiness, headachy, fatigue, diarrhea and abdominal discomfort. Thus, a preparation period with balancing and support for liver, kidney and intestinal function with homeopathy and Chinese medicine is necessary for a successful detoxification therapy with natural remedies.

Second, many patients with autoimmune diseases such as IBD all have one thing in common, adrenal fatigue syndrome. Before autoimmune attack, most of them have a history of experiencing extreme high stress in their lives, including working long hours, financial difficulties, relationship crisis and other emotional issues. Stresses in life weaken adrenal system and in turn cause hyperactivity of the immune system. On the other hand, strong immune attack causes server tissue damage and sometimes the only treatment that is able to ease the autoimmune attack is to use steroids such as Prednisone, which is an adrenal hormone with powerful anti-inflammatory and immune suppression function. This suggests that the endogenous adrenal hormone such as cortisol in patients' body doesn't function well to control the autoimmune attack. Thus, addressing adrenal issue for IBD patients is equally important as addressing the toxin issue. At meantime, healing of intestinal lining requires adrenal function as well. Many patients with chronic IBD all have a condition called leaky gut syndrome, which describes intestinal hyper permeability. A strong adrenal function helps to heal the leaky gut and ensures a possible complete recovery of the IBD.

Lastly, also the most important point is the food allergy and sensitivity, which can be a trigger to autoimmune attack. Resolving food allergy and sensitivity sometimes is crucial to drive IBD into remission. Unfortunately there has not been a reliable test to absolutely identify food allergy and sensitivity. An experienced holistic practitioner should be able to help the patients to work out a dietary plan based on a combination of clinical observation, analysis of dietary habit of the patients, and electrodermal screening for food sensitivity. More frequent exposure to certain food more likely results in sensitivity to this food. Thus, food elimination and rotation diet is necessary to reduce dietary stress from food sensitivity. Allergy desensitization technique also helps to reduce food sensitivity and ease hyperactive autoimmune response.

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