Natural Holistic Health

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Natural Help 4...

Colitis

What is Colitis?

Colitis refers to the acute or chronic inflammation **of the membrane lining of the colon** (large intestine or bowel) and can have many different causes. It is also the commonly used short name for ulcerative colitis, a condition which causes **inflammation and ulcers** in the top layers of the lining of the large intestine.

When inflammation occurs, the colon empties itself, frequently resulting in diarrhea. In areas where the **inflammation has killed the colon** lining cells, ulcers may develop which can then produce pus and mucus, or may also bleed.

People with inflammatory bowel disease also experience eye problems, joint problems, neck or lower back pain, as well as skin changes.

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Diagnosing Colitis

The diagnosis of colitis is **based on an examination of your abdomen and other body systems**. Your physician may perform a rectal examination to check for blood in the stool as well as any other rectal changes before moving on to more extensive investigations.

Common laboratory and imaging tests performed include:

- X-rays of the colon
- Stool sample
- Stool culture
- Blood culture
- Barium enema
- Ultrasound and CT scanning
- Sigmoidoscopy
- Colonoscopy

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

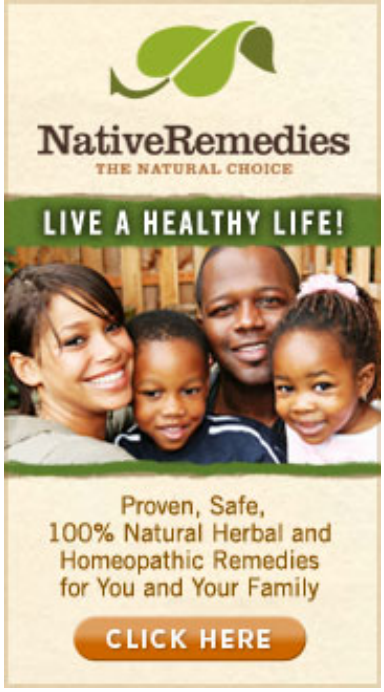
Various Types of Colitis

- Ulcerative colitis
- Crohn's colitis
- Diversion colitis
- Ischemic colitis
- Infectious colitis
- Fulminant colitis
- Chemical colitis
- Microscopic colitis
- Pseudomembranous colitis

Symptoms and Signs of Colitis

People may experience a wide range of symptoms **depending on the specific type of colitis and its cause**. These may include:

- Pain
- Lower abdominal discomfort or cramps
- Spasms
- Tenderness in the abdomen
- Diarrhea
- Anemia
- Frequent loose bowel movements with or without blood
- Urgency and bowel incontinence
- Fever
- Lethargy
- Loss of appetite
- Swelling of the colon tissue
- Erythema (redness) of the surface of the colon
- Rectal bleeding
- Weight loss in chronic diarrhea and inflammatory bowel disease



What Causes Colitis?

While cases of infective or chemical colitis usually have an identifiable cause, many of the other common causes of colitis do not have a clearly established etiology or cause. Researchers believe that the body's immune system reacts to a virus or bacteria in a way which causes **continuous inflammation in the intestinal wall**.

Factors that Contribute to the Cause of Colitis

While some cases of colitis are more acute and resolve with prompt and correct treatment, the inflammation can be chronic in certain conditions, most notably Crohn's disease and ulcerative colitis. The causes of both of these disorders are unknown, but certain features have suggested several contributing factors:

- **Familial**: Both conditions are more common in first-degree relatives than in the general population.
- **Genetic**: There is a high similarity of symptoms and increased incidence among identical twins, particularly those with Crohn's disease.

Causes of colitis

- **Various bugs may cause colitis** such as bacteria (Salmonella, Shigella species, Campylobacter jejuni and Clostridium) commonly found in food or in contaminated water.
- **Viruses such as the rotavirus or Norwalk virus** can disturb fluid absorption and damage the mucus membrane lining the intestine.
- **Protozoa such as Entamoeba histolytica** may cause acute severe dysentery or chronic mild bowel movements, or there may be no symptoms at all.
- **Colitis due to E. histolytica**, also known as amebiasis, has become an

Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

increasingly prevalent infectious cause.

- **Radiation-associated colitis**: Localized areas of colitis may occur after treatment of the pelvic or abdominal region with radiotherapy at various periods.
- **Irritable bowel syndrome**: This is a common disorder of the intestine that leads to cramps, excessive production of gas, bloating, and changes in bowel habits. The cause of irritable bowel syndrome is unknown.
- **Ischemic colitis**: The mechanism of ischemia—massive decrease in the blood supply to the bowel—is not always known, but shunting of blood away from the mucosa is an important contributing factor. This disease often affects the elderly, the severely ill, or others with circulatory disorders.
- **Antibiotic-associated colitis**: This condition usually occurs in people receiving large dose antibiotics, especially after gastrointestinal surgery.
- **Infectious agents or environmental toxins**: No single agent has consistently been associated with either form of inflammatory bowel disease. Viruses have been reported in tissue from people with inflammatory bowel disease, but there is no compelling evidence.
- **Immune defense mechanisms**: Several alterations in immune regulation have been identified in inflammatory bowel disease. However, none of these findings have been specific for either ulcerative colitis or Crohn's disease.
- **Smoking**: Smokers increase their risk of developing Crohn's disease, and smoking is often a contributing factor in Crohn's disease
- **Psychological factors**: There is little evidence relating possible emotional factors as a cause of inflammatory bowel disease. Psychological factors may change the course of the disease, as well as your response to therapy.

Help for Colitis

The treatment of colitis generally depends on the cause and the severity of the condition. In mild cases of diarrhea, drink lots of clear fluids like water, tea, lemonade or soup. Anti-diarrhea agents may be recommended to **reduce the number of bowel movements** and relieve rectal urgency.

For more **serious episodes of colitis**, antibiotics, anti-inflammatory medication, or steroids may be prescribed. However, these prescription medications may also come with other side effects. As your symptoms improve, eat low-fiber foods and avoid dairy products and greasy foods for a few days.

Often severe attacks of inflammatory bowel disease require hospital admission and supportive care which includes bowel rest, IV fluids, and **correction of any electrolyte imbalance**. Surgery may also be required and can involve the removal of the affected portion of colon and bowel, but is usually a last resort.

Making strict **changes to your diet will help to ease symptoms** and keeping a food diary will enable you to identify foods that seem to worsen or trigger your symptoms. People with chronic colitis may need psychotherapy, counseling, and education. These types of treatments will help you and your family to control and manage the disease better.

Natural Remedies

Natural treatments can provide an effective, gentle alternative to conventional

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

Great Health Sites

Naturally Beautiful Me

Natural Pet Health Blog

Natural Holistic Health

Mom's Blog

Health or High Water

Pet Herbal Info Blog

The Natural Beat Blog

PetAlive Natural & Herbal Remedies for Pets

Native Remedies - Natural & Herbal Remedies

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medicine, without the side effects commonly associated with prescription drugs. For a balanced approach, use a combination of therapeutic herbs to **improve digestive health** and reduce symptoms.

A medicinal herb called Matricaria recutita (German Chamomile) acts as an **anti-inflammatory with anti-spasmodic** and calming properties. Filipendula ulmaria (Meadowsweet) is also an anti-inflammatory, and helps to protect the digestive tract and reduce stomach acid secretions. Other effective herbs include Ulmus fulva and Slippery Elm, which **reduce digestive pain and irritation**. Sutherlandia frutescens has been used for thousands of years by the indigenous people of South Africa to treat chronic and acute digestive complaints.

Tips to Prevent Colitis

There are some helpful ways to prevent the onset of colitis and they include:

- **Practice proper hygiene** and sanitation measures, especially where colitis may be associated with infectious agents
- **Change your diet** by including more fiber, fruit, vegetables, nuts and raisins
- **Reduce your intake** of lactose products and wheat
- **Reduce your intake** of red meat – combined with starches, it is a major source of constipation
- **Drink lots of water** to rid the body of any impurities
- **Exercise regularly**
- **Avoid coffee and caffeine-containing** drinks
- **Avoid spicy foods**
- **Include yogurt into your diet**, as it contains friendly bacteria that help stool to flow easily through the colon
- **Avoid non-steroidal anti-inflammatory** drugs (NSAIDs), oral contraceptives, and slow-release potassium tablets if you have an inflammatory bowel disease – these drugs have the potential to worsen the disease
- **Reduce** your intake of alcohol
- **Try to quit smoking** in a natural manner
- **Increase your intake** of fat-soluble vitamins
- **Educate yourself** and your family about the disease

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play

in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

Learn more about Gastronic Dr.

Read the testimonials for these quality products here!

Read more about the Native Remedies Full Spectrum Approach™

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Home Study

Alternative Healing Academy

Advanced Color/Crystal Reflexology Practitioner | Basic Anatomy & Physiology | Basic Reflexology Practitioner
Basic Aromatherapy Practitioner | Advanced Reflexology Practitioner | Advanced Aromatherapy Practitioner
Basic Color/Crystal Therapy Practitioner | Mini Courses | Advanced ReflexAromatherapy Practitioner

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several Mini Courses which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

Check out our Affordable Payment Plans!

All graduates of an Alternative Healing Academy home study course will receive a 20% discount off AHHA Practitioner Membership if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

Advanced Color/Crystal Reflexology Practitioner | Basic Anatomy & Physiology | Basic Reflexology Practitioner
Basic Aromatherapy Practitioner | Advanced Reflexology Practitioner | Advanced Aromatherapy Practitioner
Basic Color/Crystal Therapy Practitioner | Mini Courses | Advanced ReflexAromatherapy Practitioner

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?

Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAOA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified." We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAOA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

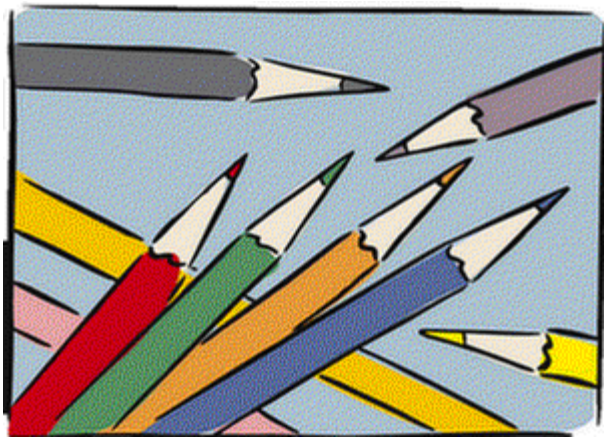
In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully



illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced ReflexAromatherapy Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.

Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

~A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

~M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

~Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material.

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to.

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

~Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it.

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

~Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - http://www.ahha.org/
Professional & Business Member of the National Association of Holistic Aromatherapy - http://www.naha.org/
Professional Member of the International Reflexology Association - http://www.holisticbenefits.com/ima/international-reflexology-association.html
Professional Member of the International Aromatherapy Association - http://www.internationa**l**romatherapyassociation.com/

Payment plans are available, please Click Here for More Info

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does *NOT* apply to our informational Mini Courses. Please see the Mini Courses page for more information on those. Please email support if you wish to be refunded or have questions about our refund policy.

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