



Rafael Moreno

Gut Feelings

A guide for Crohn's and Colitis patients



Gut Feelings A Guide For Crohns And Colitis Patients

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Gut Feelings A Guide For Crohns And Colitis Patients:

Gut Feelings Rafael Moreno, 2015-02-20 I made my first real acquaintance with Crohn's disease in Cuzco in Peru On the second morning of my trip to Machu Picchu I rose with unfamiliar sensations in my stomach If I hadn't already known for five years that I had this disease called Crohn's and which is accompanied by diarrhea anemia and other symptoms I would have described what I was feeling as a real pain After long days of hospitalization hallucination and a near operation by a Peruvian doctor the episode fortunately passed Only then on a relaxed Brazilian beach did I understand for the first time in view of my Crohn's disease just how much my condition could deteriorate if I did not take good care of my health More importantly though I realized that my body had the capacity to heal itself or at least bring about a marked improvement *Gut Feelings* is the personal story of a young man who one fine day was told that he had a bowel disease No one was able to tell him exactly what to do about it so with his own blood and guts he had to discover it for himself This book is intended for you as a Crohn's or Colitis patient and for your family members who help you to deal with it Besides its personal story the book serves as a useful source of information about nutrition about conventional and alternative methods of treatment as well as recommending a desirable lifestyle for you as a patient Rafael Moreno an electrical engineer married to Lital and father of Alon Maayan Noam and Alma has had Crohn's disease for over twenty years and has managed to live with it in relative peace *Gut Feelings* is an autobiographical book that takes the reader by the hand along the winding path of inflammatory bowel disease In all its ups and downs its twists and turns it presents an underlying promise of a better understanding of the disease as well as a better understanding of themselves for readers for whom it is a collection of useful advice in self help and personal growth Rafael Moreno's personal story touches the soft underbelly of those who have inflammatory bowel disease as well as their family members and helps them in clarifying medical and personal issues equally well Professor Zvi Fireman Director of the Institute of Gastroenterology Hillel Yaffe Medical Center *Gut Feelings* is an important tool in assisting with dealing with the disease The book includes the personal story of Rafael Moreno who writes with great humor and sensitivity It contains much information and guidance on how we can better tackle the disease and how we can improve our quality of life Among the various tools available in confronting the disease this book is one of the most important tools in helping me and in continuing to help me in changing my life Recommended for every patient and family member Adam Algarisi Crohn's disease patient for ten years It's not just another book in a bookstore It's a book that really touches you or those close to you If you've been exposed to the world of IBD reading this book is a personal duty in gaining a comprehensive and truthful view of the daily life of those who have to confront the disease Uri Fenster Crohn's disease patient for eight years

Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis Linda Kriger, 2015-08-24 *Gut Feelings Social and Emotional Struggles with Crohn's Colitis* is a groundbreaking book that examines the inner shame and isolation that many patients experience while coping with the ups and downs of Crohn's and Colitis It is based on more than 100 interviews

with patients parents siblings and romantic partners Gut Feelings describes the ways patients and their loved ones navigate Inflammatory Bowel Disease IBD perhaps the most taboo chronic illness to talk about because it involves the body's waste disposal system Gut Feelings dives into the realities of living with IBD The author who was diagnosed with ulcerative colitis at 16 rode the same roller coaster with the illness as many of her interviewees and so has a first hand perspective If you have IBD or live with someone who does after reading Gut Feelings you will feel less alone with your internal emotions more connected and more willing to be open about your IBD You will come away with renewed strength to contend with the feelings that naturally arise while coping with this arduous illness

Gut Feelings: Life and Living with Crohn's Disease and Ulcerative Colitis Pasquale De Marco, 2025-07-19 In the vast expanse of human experience there exist journeys that challenge our very perception of life Journeys that redefine resilience reshape perspectives and ignite a profound sense of unity among those who tread their intricate paths Gut Feelings Life and Living with Crohn's Disease and Ulcerative Colitis is one such journey a deeply personal and inspiring account of navigating the complexities of these chronic conditions Within these pages you will find a guiding light for those living with Crohn's or ulcerative colitis as well as their loved ones Drawing upon the author's firsthand experiences and extensive research this comprehensive guide offers a wealth of practical advice and emotional support Together we will delve into the intricacies of IBD unraveling the mysteries of its causes symptoms and treatments We will explore the latest medical advancements unravel the complexities of diet and nutrition and uncover holistic strategies for managing the emotional and social challenges of chronic illness But this book is more than just a medical guide It is a testament to the resilience of the human spirit a celebration of the strength that lies within us all Through poignant personal anecdotes and expert insights Gut Feelings paints a vivid picture of life with IBD capturing the triumphs the setbacks and the unwavering determination to live life to the fullest As you journey through these pages you will discover a community of support a network of individuals who understand the unique challenges of living with IBD You will find inspiration in their stories strength in their resilience and hope in their unwavering pursuit of well being Gut Feelings is an indispensable resource for those navigating the complexities of Crohn's disease and ulcerative colitis It is a beacon of hope a source of empowerment and a testament to the transformative power of the human spirit If you like this book write a review

Coping with Crohn's and Colitis Melissa G. Hunt, 2021-11-11 This practical guide provides patients who have inflammatory bowel disease IBD with cognitive behavioral therapy CBT strategies for coping with IBD It teaches a number of skills that can make coping with Crohn's or colitis easier Chapters provide an overview of Crohn's and colitis as well as the interplay between stress and the gut before offering strategies on relaxation training physical activity managing stress and avoidance diet and nutrition and medical treatment options The book also emphasizes the importance of the doctor patient relationship and helps patients learn how to think about medical management including the possibility of surgery to minimize anxiety from catastrophic thoughts and balance potential risks and benefits appropriately Dr Hunt

challenges readers to engage in specific behavioral experiments to reduce shame and stigma and highlights practical applications with case illustrations and clinical vignettes This book can be used as a standalone self help book or in conjunction with practitioners during in person therapy

The Teen's Guide to Gut Health: The Low-FODMAP Way to Tame IBS, Crohn's, Colitis, and Other Digestive Disorders Rachel Meltzer Warren, 2017-01-17 Take charge of your gut health now with the low FODMAP diet Are you a teen dealing with stomach problems If so you're not alone Fourteen percent of high school students have symptoms of IBS such as pain bloating and frequent trips to the bathroom Plus as if that weren't bad enough poor gut health can mean missed school days and trips awkward explanations extra doctor's visits and major cafeteria confusion Here's the good news In A Teen's Guide to Gut Health registered dietitian Rachel Meltzer Warren explains how you can find relief on a low FODMAP diet GET DIAGNOSED Whether it's IBS Crohn's disease colitis or something else Rachel Meltzer Warren explains the differences and who can help GET FODMAP SAVVY FODMAPs are certain carbs that can be hard to digest and they lurk in many kinds of good-for-you food from apples to yogurt Identify your triggers and learn to avoid them with a two-part elimination diet shopping lists meal plans and more GET YOUR QUESTIONS ANSWERED No topic is too embarrassing for Meltzer Warren You'll also find Real Talk from real teens throughout GET COOKING Plus 30 simple gluten free recipes that are low FODMAP approved and great for meals snacks and sharing

Crohn's and Colitis the Flare Stopper™ System. Galina Kotlyar MS RD LDN, 2022-01-10 Do you have IBD Crohn's disease or ulcerative colitis Tired of flares and living in the bathroom Disappointed with both conventional and natural treatments If you're desperate to poop normally again this book is for you The Flare Stopper System was created by Galina Kotlyar a healthcare professional who is also a former fully recovered IBD patient Her innovative program for IBD is backed by over 30 years of research clinical experience and more than 200 scientific studies Learn how to stop your flares and go into remission even if you stopped responding to medications and supplements Start your day with a healthy poop just like before you got sick no more diarrhea no more bleeding no more pain and cramping Discover Why you got sick and stay sick with IBD Effective scientifically proven therapies that stop IBD flares How to use The Flare Stopper Diet to bring you into remission

Living with Crohn's & Colitis Jessica Black, N.D., Dede Cummings, 2010-06-29 A wellness plan for those with inflammatory bowel diseases like Crohn's and ulcerative colitis with expert guidance on creating a gut healthy diet finding the right treatments for you and much more Approximately 1.5 million people in the United States alone are afflicted with inflammatory bowel disease IBD a category of illnesses that includes Crohn's disease and ulcerative colitis and that number is steadily growing Although there is not yet a cure for Crohn's or ulcerative colitis patients can help reduce their symptoms and improve their overall wellbeing by following a comprehensive wellness plan such as those outlined in Living with Crohn's Colitis Living with Crohn's Colitis offers patient focused expert guidance on everything from the latest medical treatments how to cope with a diagnosis and tips for balancing diet with a busy lifestyle so you can form a personalized wellness plan

Also included Easy to understand information on the role of inflammation and the immune system on gut health Traditional and alternative treatment options for a broad full body approach to wellness A three month wellness plan adjustable to each individual s health needs Over 25 delicious recipes designed for those with IBD Learning to live with the myriad aspects of Crohn s and ulcerative colitis treatment including dietary restrictions and medications can seem overwhelming Written by a naturopathic doctor and a Crohn s patient Living with Crohn s Colitis is a thoughtful balanced resource to help you on your journey to wellness

Your Gut Feeling: A Comprehensive Guide to Digestive Well-being Pasquale De Marco, In Your Gut Feeling embark on a transformative journey to reclaim digestive well being and unlock a life of vitality Delve into the intricacies of your gut microbiome the thriving universe of microorganisms that resides within you and discover its profound impact on your physical and mental health Unravel the mysteries of common gut issues such as acid reflux irritable bowel syndrome constipation diarrhea and bloating Equip yourself with natural remedies dietary modifications and lifestyle changes to alleviate these discomforts and restore digestive harmony Explore the intriguing connection between gut health and conditions like Candida overgrowth leaky gut syndrome and ulcers Gain insights into the role of detoxification in promoting gut well being and strategies to support your body s natural cleansing process Your Gut Feeling is more than just a guide to digestive health it s a comprehensive roadmap to a healthier happier you With its wealth of evidence based information practical advice and holistic approach this book empowers you to take charge of your gut health and unlock a life of vitality and well being Inside you ll discover The intricate connection between your gut and your overall health The role of the gut microbiome in digestion immunity and mood Natural remedies dietary modifications and lifestyle changes to address common gut issues Insights into the link between gut health and conditions like Candida overgrowth leaky gut syndrome and ulcers Strategies to support your body s natural detoxification process Your Gut Feeling is your trusted companion on the path to gut health and well being Embrace the journey to a healthier happier you and unlock the power of your gut If you like this book write a review

[The New Eating Right for a Bad Gut](#) James Scala,2000-03-01 Straightforward recommendations for healthy eating that easy on the gut Hopeful and helpful Publishers Weekly In this completely revised and updated edition of his classic book on treating bad gut diseases Dr James Scala presents a new dietary plan that has been proven to help inflammatory bowel disease go into remission Scala firmly believes that nutrition is preventative medicine and food is the vehicle of its practice His drug free food and lifestyle program offers relief from the pain and embarrassment of living with these mysterious and chronic ills while providing reassuring step by step guidance on Developing a personal testing program to identify foods that cause aggravate or relieve flare ups Keeping a food and lifestyle diary How food allergies affect IBD What to do if you are lactose alcohol or sugar intolerant Reducing inflammation through complex carbohydrates proteins dietary fiber and the omega 3 oils found in fish and leafy vegetables The do s and don ts of food selection Techniques for stress reduction and overall fitness Vitamin and mineral supplements and their recommended dosages Specific cooking

methods that can prevent flare ups Medicinal foods that bring flare ups into remission The role stress anger fear and other emotions play The healing power of vitamin E IBD and children The New Eating Right for a Bad Gut offers a solid program for health that is uniquely focused on an area of major concern to a wide segment of the population *Living with Crohn's & Colitis Cookbook* Dede Cummings, 2014-11-18 For the millions of people afflicted with irritable bowel disease IBD including Crohn's and colitis it can be a daily struggle to find nutritious meals that won't aggravate symptoms or cause a flare up The Living with Crohn's Colitis Cookbook is your essential nutrition guide with over 100 recipes and meal plans expertly designed to improve daily functioning and help relieve symptoms of Crohn's and colitis The Living with Crohn's Colitis Cookbook contains everything you need to plan your meals balance your diet and manage your symptoms including A guide to keeping a food journal Sample meal plans Tips for shopping for an IBD diet Gentle and nutritious recipes to help soothe flare ups and much more The Living with Crohn's Colitis Cookbook features over 100 recipes including Zucchini Buckwheat Banana Bread Homemade Almond Milk Dr Lang's Healing Soup Garlic Herbed Scallops Coconut Curry Chicken over Brown Rice Mushroom Risotto with Cashews and Parmesan Crabapple Walnut Cake and many more The book also features Paleo recipes

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