

## Healing by Design

### Colitis and IBS

#### 10 STEPS (Products highlighted)

1. Body Ecology Diet to eliminate all allergenic foods, heal gut lining, boost immune system and fight infections
2. Living Green Calcium Bentonite Clay. This will detox the body and heal the gut lining. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. **Liquid or Detox Powder by Living Clay.**
3. **Inner Vitality plant minerals by Morningstar.** 2-4 ounces daily. This will provide much needed trace minerals and also feed your healthy intestinal flora.
4. **Renew Life 50 billion Ultimate Flora** and **Prescript-Assist probiotics.** Both are important. These are the most critical part of your gut, digestion and immune system. Also eat fermented foods if you can handle them, such as sauerkraut and kim-chi. If it irritates your colon, try sauerkraut juice only.
5. **Ultimate Superfoods MSM Powder.** 1 Tablespoon daily in water.
6. All electrolyte minerals are important. for daily function. Add a good sea salt to your water (yes, we need sodium for hydration, healthy stomach acid and nerve/muscle function). 1 teaspoon per gallon or a pinch per glass. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt. Also use **ENDURE (drops for water) or Electrolyte Stamina Tablets by Trace Minerals Research.**
7. Get daily sunshine. Connect to God through nature. Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an **Earthing Sheet** to connect to the ground in your home. Connecting to the earth and getting sunshine relaxes the nervous system and sets the body up for healing.
8. **Castor oil packs by Heritage.** Castor Oil packs are very healing for the colon, boost the immune system and relax the nervous system.
9. Consider fasting. Research water fasting, juice fasting or a Daniel's Fast. Read "*The Science and Fine Art of Fasting by Dr. Herbert Shelton.*" This is the fastest way to healing. Regardless, you must eat pure, whole foods and take stress off digestion. Warm, cooked foods, soups and broths work great!
10. Learn the difference between soluble and insoluble fiber. Try chia and psyllium and your safest forms of fiber. Flax and oat bran may work as well. Avoid most insoluble fibers. Mix chia psyllium and other soluble fibers with bentonite clay (1T per drink) to firm stools and eliminate diarrhea.