

~ Preface ~

Since its first description by Wilks in 1859 (Leenen and Dieleman, 2007), ulcerative colitis has progressively claimed more and more victims. Today, approximately 1 million individuals in North America have the disease. (Or, it has them.) Worldwide, its incidence is on the rise. Ulcerative colitis is no small thing. It is a big deal! It is a disease that damages a life. Sometimes destroys a life. It must be stopped. Perhaps I can help.

In this book you will learn what ulcerative colitis is all about, how it arrives and strategies to make it go away. It also offers an in-depth look at how this disease can be treated more effectively than by drug therapy and little else. Don't get me wrong, we do need drugs in the battle against ulcerative colitis, but drug therapy alone does not seem to be the answer. There are problems.

Unfortunately, all these medicines have side effects. People have to suffer from severe effects and the course of UC [ulcerative colitis] is still characterized by periods of remission interspersed with exacerbations. (Zhang et al., 2013)

Here you will discover a wide variety of actions an individual can take that may offer an advantage and increase the chances of achieving remission and limiting or eliminating the need for drug therapy.

Assuming you are the typical ulcerative colitis patient, it is likely you know little about the disease that you have, except for the suffering part. No doubt, you know *this* all too well, but know little else about the disease that is dominating your life. We'll work on the "little else" in the pages of this book.

Clearly, reading a book will not lead to remission . . . in any disease! But knowledge is power. This book will lay out many paths to consider, paths found in the medical literature and waiting for a motivated patient in concert with a physician who is willing to think outside of the box and guide the patient in the path of his or her choosing. Remission is possible! Always keep this in mind. And always keep in mind, remission in ulcerative colitis has been achieved by many, many individuals using alternative and complementary therapies. So why not you? No guarantees here, but in the pages of this book I will share with you story after story of remission in ulcerative colitis achieved by a variety of unconventional measures, sometimes occurring promptly and sometimes at a time when it seemed there was no end in sight.

So, let's dive right in, setting aside the notion that there is no way out of all the madness. Although the disease is serious business, that doesn't mean we can't have a little fun along the way as we journey together in the pages of this book.

~ Eugene L. Heyden, RN

~ References ~

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Zhang DQ, Zhu JH, Chen WC. **Acarbose: a new option in the treatment of ulcerative colitis by increasing hydrogen production.** African Journal of Traditional, Complementary and Alternative Medicines. 2013;10(1):166-9.