

I want to dedicate a portion of my website to help those with Crohn's or Ulcerative Colitis. While there's mention of my experience with Colitis in *The Best You: How to Conquer Adversity*, it's not the main focus of the book. Specifically, I'd like to discuss the remedies, resources and strategies I used to better my condition.

I was diagnosed with Colitis about a year and a half ago. During this time, I've tried many different strategies in hopes of curing my ailment. I should say as a disclaimer that I'm not claiming to have found that cure, however with the help of medications, it feels as though my Colitis has ceased to exist.

The first resource I came across was the book by Alejandro Junger MD, named *Clean Gut*. It wasn't written specifically for those with Colitis, but it stresses the importance of diet and introduced me to a 21-day cleanse, which I found worked wonders for my condition. To explain why I believe in this book, I must highlight the results of my MRI.

Ulcerative Colitis and Crohn's Disease are very similar, separated only by the fact that Crohn's disease can affect any part of the gastrointestinal tract. In contrast, Ulcerative Colitis is limited to the colon or large intestine. At first, the tests my medical team performed on me seemed to

suggest Crohn's, as inflammation could be seen in my small and large intestines. However, after I followed the advice given in Clean Gut, they performed an MRI that clearly showed Ulcerative Colitis. I had hardly any inflammation left, and none at all in my small intestine. The doctors told me that whatever was there before was just backwash inflammation. Essentially, my condition was so bad that it was overflowing into other areas of my body. But after the cleanse, almost no symptoms remained.

I understand hearing this from a teenager may make you sceptical, but I'm just recommending a book written by a medical professional.

There was an issue with the cleanse; although I did feel incredibly healthy, I've always been relatively skinny and couldn't afford the weight loss it triggered (the cleanse can also

double as a diet). As the Colitis is new to me, I've done a lot of experimenting with what I eat and have tried various probiotics and supplements.

Leaving out the unimportant bits, I was astounded when I finally decided to try a Vegan diet. After watching the documentary, The Game Changers, on Netflix, I decided to see if the benefits of becoming Vegan would not only help me with the Ulcerative Colitis but also my overall

health. Since starting this diet, I swear I've not had a single flare-up and at times forget I even have Colitis.

On a final note, stress management is an integral part of dealing with Colitis. I think this is where the diet has helped me. It's natural to worry about the disease and its symptoms, but my stress level has gone down considerably, as I no longer worry about the Colitis. There's no way to avoid day-to-day stress entirely, but having no apparent symptoms does make these occurrences easier to deal with. Things become a lot simpler when you aren't worrying that IBD (Inflammatory Bowel Disease) may cause the situation to escalate.

Of course, there's one thing that's huge for stress management. I'm talking about stopping procrastination in its tracks. Whenever you have that gnawing feeling in the back of your head urging you to do something, never wait; this goes double for anyone with IBD. I've made the mistake of leaving things down to the wire, but with Colitis, you risk a flare-up.

In general, I think it's important to do your best to keep a positive mindset. I don't think you need to cut down on the activities—if anytime you feel as though you need a small break, you take it. Getting caught up in your work is easy when you want to succeed. Remember, you can always

push yourself tomorrow. Don't cause your symptoms to come back, or you'll be forced to take a break anyway.

Hopefully, if you have IBD, this has been useful to you. There may be a specific demographic that wants this advice, but even if you don't have Colitis, I recommend looking into both Clean Gut and The Game Changers. They have a lot of information that should help anyone who's looking to improve their health. I

also think it's worthwhile to experiment and see what works for you. I wish you excellent health, and I hope you enjoy reading *The Best You: How to Conquer Adversity*.

Sincerely,

Alexander