

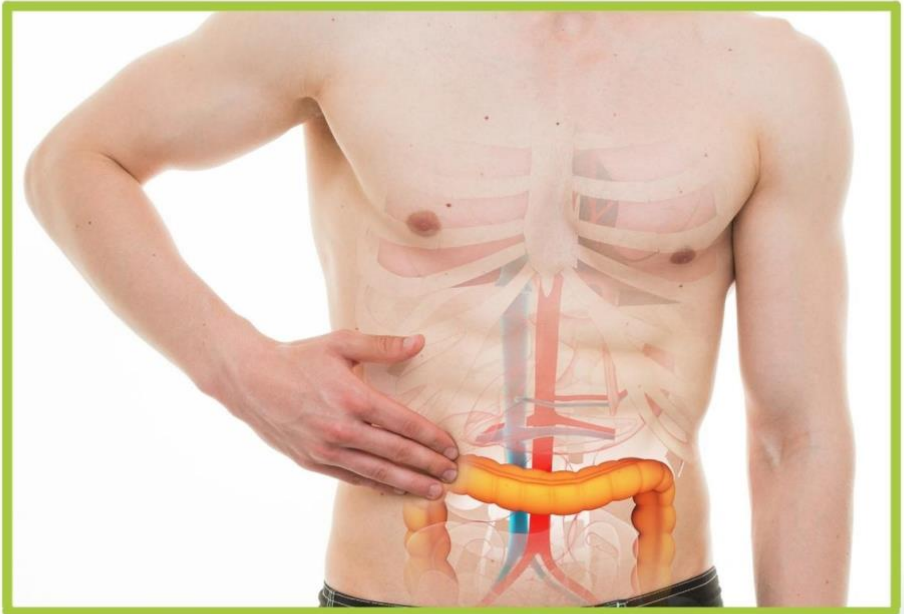


BRETT ELLIOTT

Ultimate Herbal Health

COLONEZE

The Ultimate 'Irritable Bowel Syndrome' Program



by Brett Elliott - Medical Herbalist

www.brettelliott.com

Inflammatory Bowel Disease Explained

If you suffer from Irritable Bowel Syndrome then you will have probably found very little long-term help from your doctor and it can be years before there is any healing solution offered, if at all.

This is because just like any inflammatory bowel disease the causes are very complex, poorly understood, and difficult to treat with conventional drugs.

In this book, I'm going to briefly outline the symptoms, statistics, and proposed causes, then provide you with some potential natural solutions.

Believe me, there is hope, as I have seen hundreds of my clients find relief with this natural approach, but first it's important to understand the nature of the problem.

Inflammatory Bowel Disease (IBD) usually refers to Celiac disease, Ulcerative Colitis and Crohn's disease, but increasingly the descriptions of inflammation, albeit low-grade, in Irritable Bowel Syndrome (IBS), show symptom overlap between IBS and IBD. (9)

There is clinical overlap between IBS and inflammatory bowel disease (IBD), with IBS-like symptoms frequently reported in patients before the diagnosis of various IBD, and a higher than expected percentage reports of IBS symptoms in patients in remission from various IBD.

Recent studies have demonstrated that a proportion of IBS patients had signs of immune activation in the gut. Thus, these conditions may coexist with a higher than expected frequency, or may exist on a continuum, with IBS and IBD at different ends of the same spectrum. (19)

In this book I will focus on Irritable Bowel Syndrome (IBS) which is one of the most common low-grade IBD's and causes common annoying, and painful everyday problems in modern society.

IBS SYMPTOMS



Diagnostic criteria for irritable bowel syndrome (IBS) include recurrent abdominal pain or discomfort at least 3 days per month in the past 3 months associated with two or more of the following:

- Improvement (Pain reduction) with defecation;
- Onset associated with a change in the frequency of stool;
- Onset associated with a change in the form (appearance) of stool; and/or

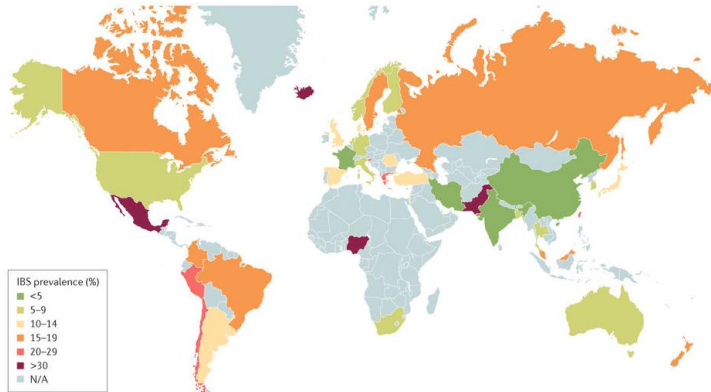
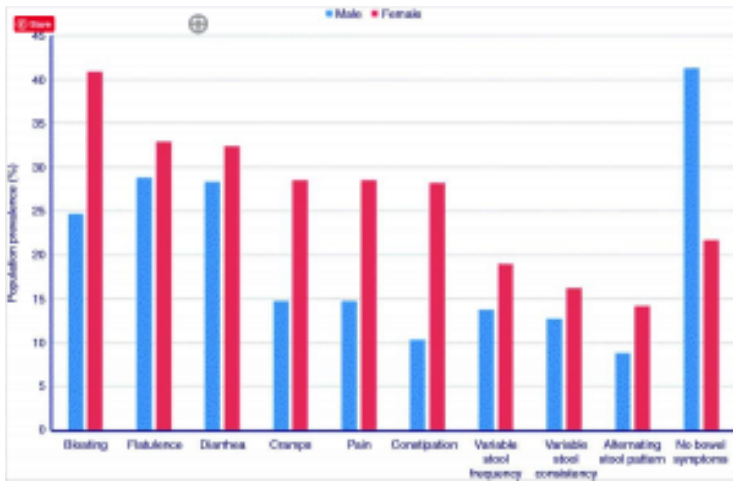
- Criteria fulfilled for the past 3 months with symptom onset at least 6 months before diagnosis.

Discomfort means an uncomfortable sensation not described as pain. During screening evaluation, pain or discomfort frequency must be at least 2 days per week to qualify subjects for clinical trials. (1)

It is well established that IBS symptoms give feelings of shame, fearfulness, and embarrassment, while patients also report being misunderstood by their doctors, their family members, and friends. (12)

It's much more common than you might think. You can see in this chart just how common the symptoms of IBS are in the general population. (17)

IBS STATISTICS



To mention just a few numbers, 15-19% of New Zealanders, 10-14% of British, and 5-9% of Americans and Australians are affected by IBS. It is also interesting how less than 5% of Chinese and Indian people have IBS while Mexicans are over 30% where spicy food is more common. The obvious question here is how much this has got to do with local dietary habits?

Common sense would tell us that intestinal health problems such as IBS must certainly have a major dietary component. Let's investigate possible causes.



POTENTIAL CAUSES OF IRRITABLE BOWEL SYNDROME

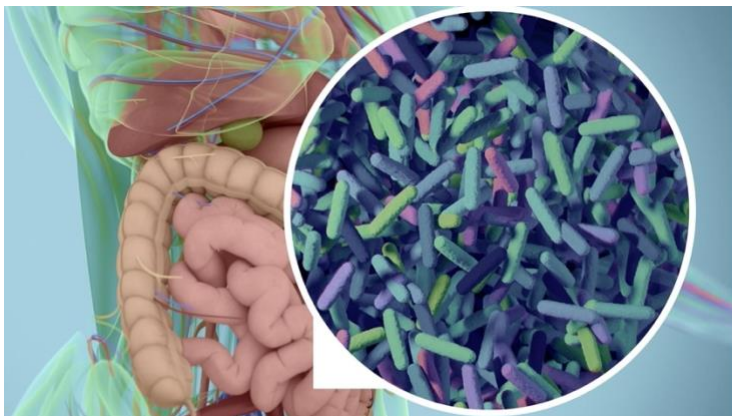
Although the cause of irritable bowel syndrome (IBS) has not yet been completely understood, multiple factors appear to have a role, including diet, the composition of the gut microbiome, intestinal permeability, immune response, and the gut-brain connection. Let's look at these individually.

Gut microbiome

Microflora / Microbiome activity mirrors differences between herbivorous and carnivorous mammals, reflecting trade-offs between carbohydrate and protein fermentation. Foodborne microbes from both diets transiently colonize the gut, including bacteria, fungi, and even viruses. Studies demonstrate that the gut microflora can rapidly respond to an altered diet. (6)

An imbalance of intestinal microflora and/or the presence of unwanted fungi, bacteria, and viruses can disrupt the sensitive mucous membrane of the gut.

The gastrointestinal microbiome is a diverse and numerous ecosystem that inhabits the entire gastrointestinal tract and has a systemic influence on our health. Associations have been observed between patients' self-reported symptoms and the presence of quantities of certain gut bacteria. Among IBS subjects several gut bacterial strains have been found to be significantly reduced. (4)



Intestinal permeability

On one hand, an intact intestinal barrier protects the human organism against the invasion of microorganisms and toxins. On the other hand, this barrier must be open to absorbing essential fluids and nutrients. Such opposing goals are achieved by very complex anatomy and physiology. The intestinal barrier represents a huge mucosal surface, where billions of bacteria face the largest immune system in our body. (3)

In one study the permeability of colon tissue samples was found to be significantly higher in patients with IBS compared to healthy subjects. (5)

This may be caused by disturbances to the microflora which in turn may have triggered an inflammatory immune response. There is speculation that increased intestinal permeability can also lead to a condition called leaky gut syndrome.

[Read more about this here](#)

Inflammatory Immune responses

Infectious gastroenteritis is the strongest risk factor for the development of IBS and increased rates of IBS-like symptoms have been detected in patients with inflammatory bowel disease in remission or in celiac disease patients on a gluten-free diet. The number of immune cells in the small and large intestines of patients with IBS is increased in a large proportion of patients. (2)

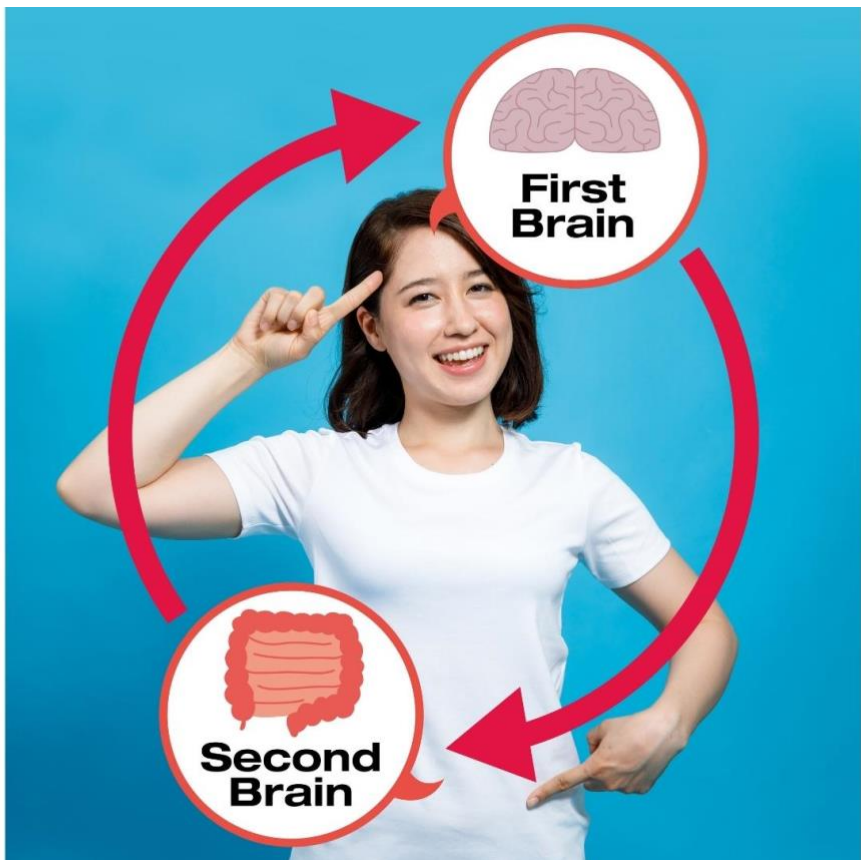
Supporting the immune system and microflora of the gut may be of assistance, by improving digestive processes while simultaneously reducing gut inflammation.

The gut-brain connection

The brain, the gut, its microflora, and the immune system present two-way communications in health and disease. The brain, via the nervous system, influences intestinal motility and fluid secretion (8), intestinal permeability (3), immune function (10), and gut

microflora (11), all of which have been reported to be out of control with IBS.

The mental and emotional connection to the digestive system is powerful and must be considered in the context of IBS.



Technically known as the enteric nervous system, the second brain consists of sheaths of neurons embedded in the walls of the long tube of our gut, or alimentary canal, which measures about nine meters end to end from the esophagus to the anus. The second brain contains some 100 million neurons, more than in either the spinal cord or the peripheral nervous system. (16)

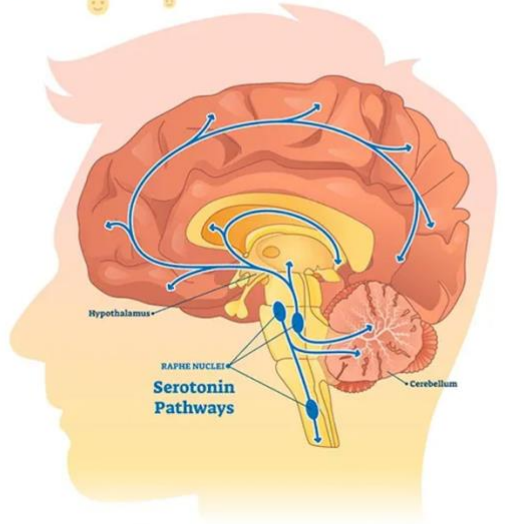
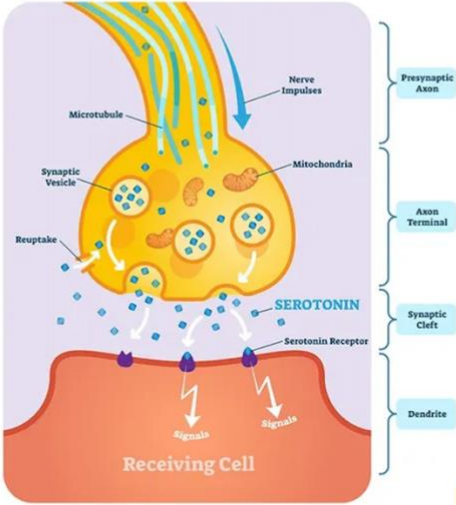
The enteric (gut) nervous system uses more than 30 different types of neurotransmitters, just like the brain, and in fact, 95 percent of the body's serotonin is found in the bowels.

Irritable bowel syndrome also arises in part from too much serotonin in our entrails, and could perhaps be regarded as a "mental illness" of the second brain. (16)

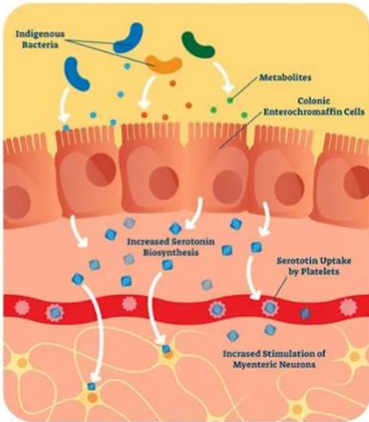
Patients I see often say that the doctor has told them 'it's all in your head' which can be very distressing to hear, especially when they know it's actually in their gut. The gut-brain connection provides some clarity around that idea. Likewise it points to stress as a major factor.

SEROTONIN

SEROTONIN IN CNS



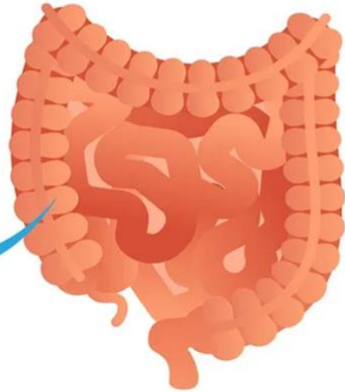
SEROTONIN IN THE GUT



Intestinal Microbiota Influence Brain and Behavior

GUT - BRAIN AXIS

Brain Influences the Intestinal Microbiota



TREATMENTS FOR IRRITABLE BOWEL SYNDROME

COMMON ALLOPATHIC TREATMENTS (mainstream pharmaceutical treatments)

The most commonly prescribed drugs for IBS include laxatives, antibiotics, anti-diarrhoeals, and anti-depressants. All of these drugs may provide some temporary relief of symptoms but none offer a long-term solution by way of treating the actual cause of the problem. The underlying dietary habits, general gut health, and mental status may not have been addressed or resolved at all. This is where natural holistic solutions truly come into their own.

IBS NATURAL SOLUTIONS

When looking at a complex multi-faceted problem like IBS conventional treatments often work short-term but

fail to provide long-term relief. This is because the problem can be subtle and lie largely within the realm of dietary, nutritional, emotional, and mental systems.

Pharmaceutical treatment approaches often deal with immediate symptoms quickly, but fail to address underlying causes. This means the patient is likely to slip into bad diet and lifestyle habits and rely on drugs to alleviate symptoms. This can lead to drug dependence instead of long-term healing and resolution of the initial condition.

This is where holistic and herbal medicine differs greatly. Traditional natural medicines aim to treat the underlying cause and support the healing process.

The areas of gut microflora, intestinal permeability, immune response, and gut-brain connection all fall into strong categories for success with natural solutions. I will talk about each of these areas individually later on, but first let's address elephant in the room, diet!

HEALING IBS WITH FOOD

Irritable bowel syndrome Dietary advice

There is a lot of theories on dietary advice for IBS but nothing that is conclusive or that can be applied to everybody.

Some things seem fairly obvious when you look at the research. Inflammatory foods, lack of pre-biotic containing fruits and vegetables, and low fiber intake must all be critical factors.

Foods to Avoid

Irritating food for the digestive system includes the following:

- [Red Meats](#) – Highly acid-forming and inflammatory
- [Added Sugar](#) – Highly detrimental for gut health
- Processed foods in general (including pasta)

- Processed grains especially wheat, and other products containing gluten, pasta, pastry, cakes, etc.
- Too many high-lectin foods, such as nuts, seeds and legumes like baked beans, chickpeas, and lentils. [Read more about Lectins Here.](#)
- Gas-forming foods – Raw cabbage, cauliflower, broccoli. [Read more about Bloating and Gas Here.](#)
- Remember don't follow a completely raw food salad diet until the IBS symptoms have gone



Recommended foods

- Eat plenty of fruit and soft raw, and cooked vegetables (try stewed apples)
- Cooked root vegetables (except potatoes)
- Vegetable Soups, mushroom, pumpkin, parsnip
- Chicken and fish (instead of red meats)
- Probiotic drinks and yogurt smoothies
- Digestive herbs and mild-medium spices especially turmeric, mint, cinnamon, rosemary
- Black tea and herbal teas (see above)



Immune response

The intestinal immune system has developed a tightly regulated control to optimize the protection against pathogens, while at the same time avoiding unnecessary immune activity. (15)

Supporting regulation of the entire immune system along with prebiotics and probiotics will be the best approach.

You can use more of these foods to help achieve this:

- [Mushrooms](#) – boost our immunity;
- [Garlic](#) – high in sulfur that boosts immunity;
- Vitamin C foods – any fresh fruit will contain Vitamin C; and digestive enzymes
- [Aloe Vera juice](#) – 30ml daily.

It would appear that the easier food is to digest the more your gut will be allowed to heal. Smaller meals of easily digestible fruits and soft vegetables with a lot of liquids will encourage healing. (9)

Others Foods to eat more of:

Coconut milk & oil: Results of one study with rats showed that coconut milk and water had protective effects on the ulcerated gut wall. Coconut milk produced a stronger percentage (54%) reduction in the ulcer size than coconut water (39%). It is my recommendation to use coconut milk often and to cook with coconut oil also. (17)

Manuka Honey: Results of one study with rats indicated that Manuka honey is effective in the treatment of chronic ulcers and preservation of mucosal glycoproteins. Its effects are due to its antioxidant and anti-inflammatory properties. (18)

Citrus fruits: Several studies have evaluated the effectiveness of Citrus fruit derivatives and their

bioactive compounds against *Helicobacter pylori*, gastric carcinoma, suggesting that, either alone or in combination with antibiotics, they could represent useful sources to help eradicate *Helicobacter pylori* and avoid gastric ulcers. (19)



Also try eating smaller servings of food more frequently throughout the day rather than large meals, and drink lots of water.

Culinary and digestive herbs.

Eat these often on the IBS diet:

Basil, Cayenne, Cinnamon, Cloves, Mixed herbs, Nutmeg, Oregano, Parsley, Rosemary, Thyme, and Turmeric. These herbs are all anti-inflammatory, help improve digestion and control gut microbiota. Try adding these herbs in vegetable soups, mild curry or stir-fry.



Medicinal Herbs for IBS

Favourable results have been widely found from the use of herbal and plant products in inflammatory bowel diseases. (12)



[Aloe vera juice](#) in large doses (50ml 2-3 times daily) will help with healing and give a reduction in pain. One study demonstrated that the Aloe Vera inner gel expresses antibacterial properties against both susceptible and resistant *Helicobacter pylori* strains.

(1) Subjects with genetic susceptibility to this infection may benefit from Helicobacter pylori eradication treatment with respect to ulcers. (3) In a double-blind, randomized, placebo-controlled trial, 44 hospital outpatients with mild to moderately active Ulcerative Colitis were randomly given oral Aloe Vera gel or placebo, 100 mL daily for 4 weeks. Oral administration of aloe vera produced a clinical response more often than placebo; it also reduced the histological disease activity and appeared to be safe. (10, 16)

[Slippery Elm bark](#) either in capsules or mixed with warm water (2.5gm twice daily) will also help with healing. Slippery elm contains mucilage, a substance that becomes a slick gel when mixed with water. It coats and soothes the mouth, throat, stomach, and intestines. It also contains antioxidants that help relieve inflammatory bowel conditions. Slippery elm causes reflux stimulation of nerve endings in the gastrointestinal tract leading to increased mucus secretion.

The increased mucus production may protect the gastrointestinal tract against ulcers and excess acidity.

(4)





Licorice: The anti-ulcer activity of licorice was found to be similar to that of common anti-ulcer drugs. (12) Another study showed that licorice is as effective as bismuth in *Helicobacter pylori* eradication. (11)

Golden Seal: Berberine an alkaloid found in Golden Seal, is an alternative medicine for treating bacterial diarrhea and intestinal parasite infections. Recent studies suggest that berberine exerts several other beneficial effects, including inducing anti-inflammatory responses. (14)

Wormwood: There was a steady improvement in IBD symptoms in 18 patients (90%) who received wormwood in spite of tapering of steroids. After 8 weeks of treatment with wormwood, there was almost complete remission of symptoms in 13 (65%) patients in this group as compared to none in the placebo group. This remission persisted until the end of the observation period that was week 20, and the addition of steroids was not necessary. (15)

Herbal bitters blended in liquid forms (2.5 ml before meals) such as Goldenseal, Wormwood, Gentian, Andrographis, Milk thistle, Dandelion, Globe artichoke, and Gymnema will all help strengthen the entire digestive system and help reduce excess negative bacteria and inflammation. For example: "it is long known that the bitter constituents stimulate the gustatory nerves in the mouth and increase the secretion of gastric juice and bile, thereby promoting appetite and digestion" (5)



Herbal teas can also be beneficial for reducing pain and encouraging healing and these include [chamomile](#), [peppermint](#), [ginger](#). A combination of as many of these remedies as possible would be suggested if you want to see results quickly. Natural treatments often bring about gradual healing over a period of months, so keep on track and allow yourself the time to heal properly. It's worth it to get a long-term result that could last a lifetime. All of the above herbs are included in our ColonEze program.

The Ultimate ColonEze Program Explained

Over the next few pages I will break down the ColonEze program into its parts explaining the herbs used and the modes of action they have to promote healing.

Healing The Gut Wall

There there's nothing I have found better for healing the gut wall over the long term than [Aloe Vera](#) Juice. Aloe Vera has an amazing power to heal tissues and has a great reputation for speeding recovery from Burns another tissue damage. Science doesn't fully understand how it works yet, as it has over 200 active components in the Aloe Gel.

I personally recommend Forever vera gel which has no additives or preservatives, or you could grow yours at home and make it yourself. [Watch this video if you want to try that.](#)



DOSE: Take 30ml daily first thing in the morning on an empty stomach.

[Get my Recommended Forever Aloe Here](#)

Gut Microflora

Diet has a marked impact on gut microflora diversity, understandable given that resident micro-organisms obtain energy for growth via the metabolism of dietary nutrients. (13)

The effect of dietary fiber consumption on the intestinal microflora composition was reported from global population studies with very similar results. Using recent and long-term dietary questionnaires and stool samples from healthy human subjects, microflora analysis demonstrated that a diet low in fat and high in dietary fiber was associated with higher positive bacteria, but a diet high in animal fat was more highly associated with negative bacteria.

There has been growing concern that even short-term dietary changes, particularly to a 'Westernised' style diet (high animal fat, high sugar, and low in plant-based fiber) can rapidly alter the composition and metabolic

activity of resident intestinal microflora, with decreased levels of beneficial bacteria and increased numbers of bile-tolerant, inflammation-associated bacteria (13)

I suggest using the powerful Human prebiotic strain [L-Reuteri](#), which you can get in the product called Biogaia.



DOSE: Take 1 tablet with water just before Dinner

[Click here to find out more.](#)

Intestinal permeability

The gut barrier plays a key role in the avoidance of inflammatory responses to the microflora and is regulated by a finely tuned network of immune mechanisms (3) Because increased intestinal permeability and inflammation go hand in hand, natural methods to reduce intestinal inflammation will be useful.

A diet rich in plant and vegetable fiber has shown to greatly reduce inflammation. The Herbal [Detox diet plan](#) promotes a pure fruit and vegetable diet and has been reported to assist with inflammatory bowel disease.

Powdered Herbal Medicine

One of the most effective things I have seen help with IBS is the 14-day herbal Bodiclenz drink program. It contains a combination of 24 herbs designed to support bowel health and digestive processes. You simply take

the powder twice a day in a smoothie for two weeks. I highly recommend using these two recipes every day if possible, [StomachClenz](#) and [BowelClenz](#).



BodiClenz Drink Powder

Some of the anti-inflammatory herbs traditionally used to encourage healthy microflora, heal the gut wall, and

reduce negative bacteria and parasites include the following herbs, all of which are contained in the BodiClenz formulation.

- [Aloe Vera](#)
- [Licorice](#)
- [Goldenseal](#)
- [Peppermint](#)
- [Black Walnut](#)
- [Ginger](#)
- [Cloves](#)
- [Wormwood](#)
- [Fennel](#)

DOSE: Take 2 scoops daily in a smoothie as your Breakfast and Lunch

[Find out More about BodiClenz Here](#)

ColonEze Liquid Formula



Repeating many of these herbs in a liquid formulation, and adding a couple of extra anti-inflammatory, immune-supporting herbs in this liquid will help increase the effect of the powered herbs taken in the smoothies.

Liquid Herbal Ingredients

Click each ingredient to learn more.

- [Licorice](#)
- [Chamomile](#)
- [Peppermint](#)
- [Andrographis](#)
- [Black Walnut](#)
- [Mushroom blend](#)
- [Goldenseal](#)
- [Ginger](#)

DOSE: *Take 10ml twice daily away from food.*

[See the ColonEze Liquid Formulation Here](#)

ColonEze Tea

Herbal Teas to reduce inflammation and intestinal permeability:

- Raspberry
- Peppermint
- Chamomile
- Ginger

Try a mixture of these teas in your teapot and drink 2-3 cups daily. You will just need to add some fresh ginger.



DOSE: *Take 2-3 cups daily from a teapot, great in the evening.* [You can get this blend pre-made here.](#)

COLONEZE

The Ultimate IBS Program

Get everything in one complete package, and **save 30%**. [The Ultimate ColonEze Program](#) comes with everything you need for the full 1-month treatment program, including user guide and recipes.

[Click Here to Find out more](#)



Self-Healing with Energy

Meditation

Remember the brain-gut connection? There is an important role for the nervous system to play in IBS. Meditation can play a major role here. One randomized controlled trial demonstrated that mindfulness training has a substantial therapeutic effect on bowel symptom severity, improves health-related quality of life, and reduces distress. (7)

Interestingly, changes in quality of life, psychological distress, and visceral anxiety were not significantly different between groups immediately after treatment but evidenced significantly greater improvements in the meditation group at the 3-month follow-up. (7)

This makes sense, as the effects of meditation are known to increase over time. [Read more Here](#)

PART 10
THE MIND



[See my article for more detail on Meditation](#)

The brain-gut axis comprises a neural-neuroendocrine circuit between the brain's hunger-satiety and hormonal reward systems in conjunction with the gut microbiota, which regulates our emotions and food-decision making. However, the consumption of high-sugar and high-fat diets have overridden this energy/pleasure circuitry to the point of addiction. (13) Addiction, depression, and anxiety can all be linked to this gut-brain connection or disconnection. You may feel worried, embarrassed, or even sad and depressed

about having a bowel condition and you may, therefore, be having a psychosomatic (mind-body) influence.

The gut-brain connection is well documented and is, therefore, a major consideration. Addressing negative attitudes and beliefs and learning to curb these influences can have a profound impact on any health condition, but especially those relating to the intestine.

This is because the intestine acts as our emotional brain and our emotions can be affected by our beliefs and attitudes. Read more about [Probiotics](#) and the [Gut-Brain connection](#) You have a powerful mind and the healing effects of positive thinking should be used whenever possible.



Try meditation, reading, and perhaps some type of social activity that involves an emotional support network of kind friends. Energy healing, massage, or other relaxation technique would be well worth investigating, learning and practicing. Find something that resonates with you and take the plunge. [Read more about meditation](#) I hope this has been helpful and has given you new hope in your search for solutions. With a little time and effort, you can potentially say goodbye to IBS.

Thanks for Reading!

Many Blessings, *Brett*

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About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book **'CLEANSED & CURED'** which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)

