



Controlling Crohn's Disease: The Natural Way

Virginia Harper

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Controlling Crohn's Disease: The Natural Way Virginia Harper **Take Control Of Your Symptoms--Naturally!**

More than a million Americans suffer the pain, fevers, and bleeding of Crohn's disease, colitis, and other incurable inflammatory bowel disorders (IBDs), whose numbers are rising every year. While most patients are treated with harsh prescription drugs or invasive surgery, these merely mask or postpone the symptoms.

All her life, author Virginia Harper had suffered from the debilitating effects of Crohn's disease. Even with heavy medication her symptoms persisted, and so she turned to a natural treatment regimen consisting of simple changes in diet and lifestyle. The results were truly remarkable. Within a year, she was not only pain-free, but symptom-free. Some twenty years later, Virginia's diarrhea, painful indigestion, cramps and bleeding have never returned.

In this important book, she shares her life-changing experiences with you. You'll learn about the eating program that has worked for her: which foods to consume, their preparation, and how to combine them in the most effective ways. You'll also receive her advice on easy activities to help restore your energy. Plus she discusses the latest drugs and surgical procedures, including their side effects, and tells you how to work with your doctor to become a more effective partner in your IBD treatment.

With Controlling IBD, you can begin your own journey to reclaiming health and vitality. So let the healing begin!

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