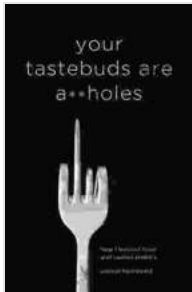


How Trained Mine And Healed Crohn's: A Personal Journey of Recovery



Your Tastebuds Are A**holes: How I Trained Mine and Healed Crohn's by Unique Hammond

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1344 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 182 pages
Lending	: Enabled



In this book, I share my personal journey of recovering from Crohn's disease. I was diagnosed with Crohn's disease at the age of 15 and suffered from severe symptoms for many years. I tried a variety of conventional and alternative treatments, but nothing seemed to help. Finally, I found a holistic approach that worked for me and I have been in remission for over 10 years.

In this book, I will share the following:

- My personal story of recovering from Crohn's disease
- The holistic approach that I used to heal myself
- The specific diet, nutrition, and lifestyle changes that I made

- The emotional and spiritual work that I did to support my healing

I hope that my story will inspire others who are suffering from Crohn's disease. I believe that it is possible to heal from this disease, and I am committed to helping others find their own path to recovery.

Chapter 1: My Diagnosis

I was diagnosed with Crohn's disease at the age of 15. I had been experiencing symptoms for several months, including abdominal pain, diarrhea, and weight loss. My doctor Free Downloaded a colonoscopy and biopsy, which confirmed the diagnosis.

I was devastated by the diagnosis. I had never heard of Crohn's disease before, and I didn't know what it meant for my future. I was afraid that I would never be able to live a normal life.

Chapter 2: Conventional Treatment

I started conventional treatment for Crohn's disease immediately after my diagnosis. I was prescribed a variety of medications, including corticosteroids, immunosuppressants, and antibiotics.

The medications helped to control my symptoms, but they also came with a number of side effects. I experienced weight gain, acne, fatigue, and mood swings.

I also had to have several surgeries to remove damaged sections of my intestine.

Chapter 3: The Holistic Approach

After several years of conventional treatment, I realized that it was not working for me. I was still experiencing symptoms, and I was tired of the side effects of the medications.

I decided to try a holistic approach to healing. I started by changing my diet and lifestyle.

I eliminated all processed foods, sugar, and dairy from my diet. I started eating a whole-foods diet that was rich in fruits, vegetables, and whole grains.

I also started exercising regularly and getting enough sleep.

In addition to these physical changes, I also started working on my emotional and spiritual health.

I started seeing a therapist to help me deal with the stress and anxiety that was associated with my illness.

I also started practicing meditation and yoga.

Chapter 4: The Healing Journey

The healing journey was not easy. There were times when I wanted to give up.

But I kept going, and gradually, I started to see results.

My symptoms started to improve, and I started to feel better overall.

After a few years, I was finally in remission.

Chapter 5: Living with Crohn's Disease

I have been in remission for over 10 years now.

I still have to be careful about what I eat and I still have to manage my stress levels.

But I am able to live a full and happy life.

I am grateful for the holistic approach that I found. It has changed my life.

If you are suffering from Crohn's disease, I want you to know that there is hope.

You can heal yourself.

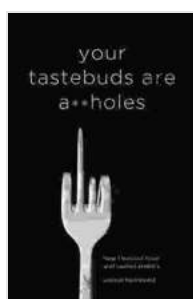
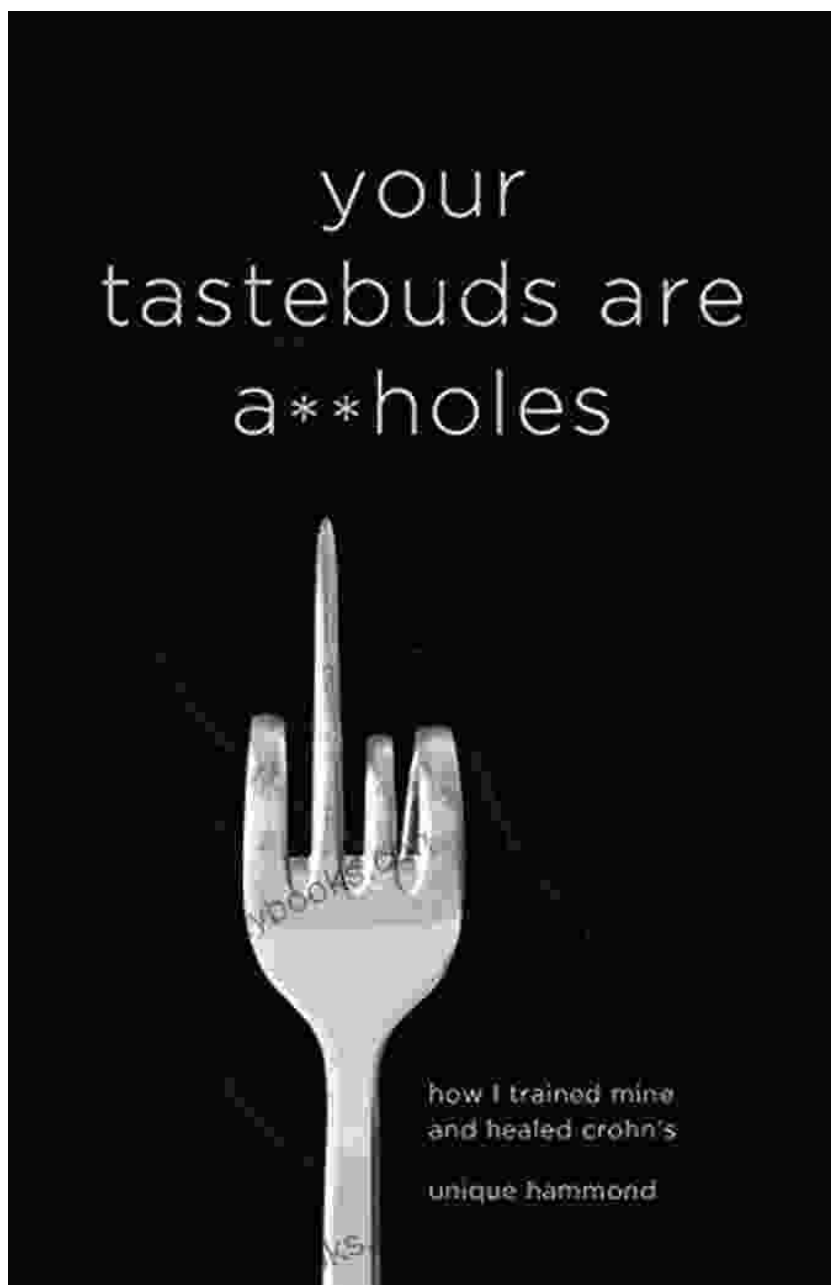
The holistic approach is a powerful way to recover from Crohn's disease.

I hope that my story will inspire you to take your own journey of recovery.

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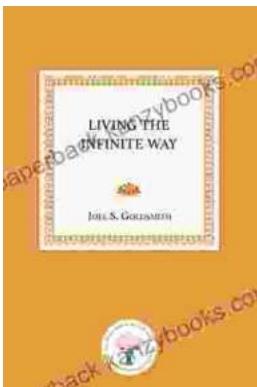
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