LISTEN TO YOUR GUT

Effective Natural Healing
Protocols For IBD & IBS

~ QUICK START GUIDE ~

By

Jini Patel Thompson

Note: All links in this document are live – just click on them!
I have been drug and surgery-free for over twenty years now. I was initially diagnosed with widespread Crohn’s Disease; large intestine, small intestine – and they suspected it had spread to my stomach. After three years following medical protocols (getting sicker by the day), I left the medical system entirely and embarked on my own journey to heal myself.

People kept asking me how I did it – how did you heal yourself?? And they begged me to publish my protocols. So I wrote the first edition of *Listen To Your Gut* in 1999. Since then over 11,000 people have utilized my protocols to heal themselves and live energetic, vibrant lives. I receive emails and phone calls every day from people thanking me for saving their child, or giving them their life back – except that their life is better now than it was before.

**How Long Does Healing Take?**

It took me seven years to map out this pathway – but it's not going to take you anywhere near that long! One of my readers, Nicole, got my healing program right after being diagnosed with Crohn’s and she had not yet taken any drugs, nor had any surgery. She was healed within one year. I had a similar email from a reader with colitis who found my program shortly after being diagnosed, she was completely healed in six months.

On the other end of the spectrum, I have many readers who have had colitis or Crohn’s for ten years or longer and have been on all the damaging drugs and had multiple surgeries. Within a year, they are usually weaned off all prescription drugs and managing the cycles of their illness on their own without doctor or hospital intervention – imagine having that spectre of fear and negativity gone from your life! Within two to three years many of them consider themselves 'healed', but they need to be vigilant against stress, processed food, or other triggers.

Obviously, if you've had a dis-ease or unbalance in your mind/body for more than a decade, it's not going to disappear without a trace after only a few months of healing. I liken it to a knee injury. Once you've injured that knee, let's say you've torn a ligament or cartilage, can you then run, ski, or play tennis on that knee exactly the same way you did
prior to the injury? No. That knee is now your "vulnerable spot", so when you're doing sports that are hard on the knees, you have to take special care of it.

It's the same with the gut. I can travel anywhere in the world and I can eat anything I want with no ill effects. However, on a recent six-week trip to Mexico with my kids – who, surprise, don't like a lot of Mexican food – I had to eat a lot of McDonald's. Could I eat that amount of garbage food without suffering any digestive symptoms? Yes, because I am truly healed. But, because of my history, I made sure I simultaneously supported my vulnerable spot with lots of probiotics (yes, I pack them with me when I travel).

Medical vs. Natural Protocols

Even though my healing program does not involve any medical protocols – and if you have a negative or unsupportive doctor I recommend you find yourself a different one – many of us feel scared at the mere thought of stepping outside the medical/pharmaceutical system. This is because we have been socialized and conditioned from birth to give our power away to medical doctors and to only feel safe under a medical doctor's guidance.

Here's something you may not know: I have many, many medical doctors who have used my protocols to heal themselves and their children. I have gastroenterology departments at major hospitals recommending my books and Absorb Plus shakes to their patients. I even have medical doctors referring other medical doctors to my books!

Dr. David Bamford, a medical doctor in the U.K. who suffers from IBD, wrote this:

"No one can be less satisfied with conventional medical treatment for these complaints than the medical profession itself. Patel Thompson gives excellent dietary advice and the clearest message from Listen To Your Gut is that one should cease to be a victim of illness and make a determined effort to take charge of one's fate and welfare."

A Medical Doctor’s Story

Here is a wonderful letter from Dr. Silvio Najt, MD who used my protocols to heal his daughter’s ulcerative colitis:

"I became a physician in 1976 and then I did my specialization in cardiology. I received my training as a clinician in a heart surgical center. I was always a very curious, inquisitive practitioner. At the beginning I bought into the concept that medical science “saves lives” and that the scientific method was the gold standard that someday will defeat illness. I didn’t know how wrong I was.

Years later, I went into my second specialization, emergency medicine. This is yet a more structured medical practice than cardiology. In those days I was proud to be a mainstream doctor.

As the years went by, I discovered that medicine approaches medical problems in a very simplistic way; as if the body has only one way of reacting. And even if medical science doesn’t have a consistent definition, or treatment, it still acts as if the doctor can effectively study, identify and treat any case. It is hard to find a practitioner who will admit his ignorance in a particular case.

Last year my 13-year-old daughter taught me the biggest lesson of my career.

After a mild flu she started to have diarrhea, abdominal pain and blood with every bowel movement. We visited her paediatrician, who gave her a diet. She did not improve at all. After a couple of weeks with the same symptoms we decided to consult one of the most prestigious paediatric gastroenterologists in the country. A so-called "big name".

He immediately made a diagnosis. But, not satisfied with it, he wanted “confirmation”. This meant performing a colonoscopy…on a 13-year-old girl with two weeks of diarrhea. At that time, I thought this was crucial for
him to make a decision as to whether to treat her with certain medications, or a specialized approach.

The procedure did not show anything definitive, nor the biopsy. Slowly, I started to realize that they had only one protocol to treat IBS/IBD patients, and that the colonoscopy procedure was totally irrelevant other than to contribute to a morbid curiosity. Of course, he wasn’t taking into account that it was producing more suffering and pain for my child.

For more than he six months we gave her immense doses of antibiotics (Cipro and Metronidazole), Mesalamine and corticosteroids at immunosuppressive doses. We saw other doctors, still more brutal than the "big shot". One gastroenterologist suggested surgery.

I was more devastated still. My daughter's suffering continued. She couldn't leave her bed, she couldn't go to school. She had intense abdominal pain. She was still bleeding and having up to 15 bowel movements a day. We were disoriented, depressed, and devastated to see our princess going through this nightmare.

When her doctor suggested Azathioprine I decided to put an end to her treatment. This was way too much. By this time, I had become a specialist in IBD: forced by the situation, I devoured the publications on IBD/IBS. These medical textbooks were authored by the top specialists in the world, Mayo Clinic, UCLA, University Hospital Leuven, Belgium, etc. I spent hours on the Internet reading the latest medical literature. I found nothing but inconsistencies, contradictions, and lack of clarity. So I knew that if she became immune-depressed as the specialist suggested, the risks were enormous. As I told him, this is not just another patient, this is MY DAUGHTER.

Of course, we also tried some other approaches, such as medical homeopathy, acupuncture, nutrition – mainstream and also naturopathic –
none of which helped her. My beloved daughter was still in massive pain and bleeding.

A good friend of ours put me in contact with a paediatrician in New York City. This woman has a daughter with Crohn's disease. She said to me: “Get the book Listen To Your Gut. It’s written by a patient, it is not a medical text, but I think it is worth reading her approach to the problem, since traditional medicine has a limited approach to treat these problems”.

I bought Listen To Your Gut just as a possible source to help my daughter with the “minor elements” of her illness. I have to admit that from the beginning I had to fight against my “medical prejudice”. Jini Patel Thompson was not a physician, but still she was showing a radical way of treating the ailment. It made sense, a lot of sense. But I still had to fight against my medical mindset. It completely blew my mind and I decided to finish my “toxic” relationship with the medical world and embrace the “patient world”. The more I read, the more I found that the book was actually based on solid evidence, and IT WORKED!!

Once we started the elemental diet, plus the supplements and the wild oregano oil (can you believe that? I was using herbs for the first time in my life) plus probiotics and vitamins and Aloe vera juice, she was in great shape, almost no pain and no bleeding, in just ten days. This, after more than seven months of intolerable suffering.

This was a great experience for me: one of the very first occasions in my whole medical career where I could finally have a very practical application of the biopsychosocial model of medicine. We could finally understand the implications and connection between the changes in her life – she had started a new high school, had her first period, left her childhood to become an adolescent, her eldest brother got married suddenly – and the impact all these new situations made on her body.
This is the key to help her cope with all the bumps on the road. Whenever she feels insecure, or afraid, she takes her hands and puts them on her belly. If she doesn’t interrupt the negative circuit, disconnecting the loop, she ends up with abdominal cramps and diarrhea. Now after repeatedly experiencing these episodes, combined with the healing regimen, she has learned to cope with the tough situations of her daily life.

Seven months after starting with the elemental diet, the detoxification and the healing journey, she is almost free of symptoms, having a normal scholastic and social life.

I strongly believe that all the medication she received was aggressive and damaging. Now I feel we’re on the right track: all the protocols that Jini suggests are beneficial for her, and to top it off, there are no side effects."

So you see, it can be just as difficult for a medical doctor to step outside the limiting parameters of the medical system as it is for you! But as you can see from Dr. Najt's letter, it is also so very worth it. The healing that takes place is not just in your physical body; it also frees your mind, your emotions and deepens your intimacy with loved ones.

If you’d like to read more letters from readers who have used my protocols to heal themselves – and I strongly recommend you do, as it is so very encouraging and empowering to hear their stories – you can read and listen to many of them on my site: www.listen2yourgut.com/success-stories.html
And I’ve also given a few healing stories at the end of this Guide.

Next, let’s get into the actual physical healing that needs to take place, simultaneously, along with the emotional/psychological/spiritual healing. The reason I have prepared this free quick-start guide for you is that I want you to really understand what my healing program involves and for you to be able to see if it "clicks" with you before you spend any money. As you may already know, it can be expensive to heal yourself using alternative methods, since natural supplements and treatments are not covered by most people's Medicare or health insurance.
I know from my own Healing Journey, that you can spend a lot of money and get really disappointed trying things that don't work – so that's also the reason I guarantee my books for one full year. If it doesn't work for you, or you don't think it's worth it, just send it back and I even refund your return postage. And if you're not ready to heal yourself, don't worry, just give yourself time. I once received an email from a woman who said, "I've been keeping an eye your book for about two years now. I'm in the hospital on Christmas day and I'm finally ready!"

The other thing I want to emphasize is there are many pathways to healing. If you don't get a feeling or a "click" in your gut when you read my stuff, then it's probably not for you – or not for you at this time. No worries. All paths lead to Rome. Keep following your gut and following your God and you'll get there. Okay, so let's move on to an encapsulation of the five key facets to healing any gut disorder (IBS, diverticulitis, colitis, Crohn's and everything in between!).

**THE FIVE KEYS TO HEALING GUT DISORDERS**

After nine years of doing private consultations and answering literally thousands of questions on my public Forum, I have come to see that there are five key protocols that nearly everyone needs to implement in order to see their digestive healing progress rapidly.

By the time people find their way to my protocols, their bacterial flora is usually unbalanced throughout their gastrointestinal tract. If they haven't already had repeated antibiotic use since childhood, then the medical exploratory and diagnostic tests alone have destroyed much of the good bacteria in their small and large intestine. When the good, protective bacteria are depleted, then pathogens like yeast (*Candida*), viruses, parasites, and bad bacteria flourish.

This profusion of pathogens, combined with (and causing) inflammation and damage to the mucosal lining results in Leaky Gut Syndrome; whereby undigested food particles
and bad bacteria leach into the bloodstream and trigger allergic reactions and infection in other locales.

The protocols needed to heal these imbalances in the body therefore focus on:

1. Resting the bowel – in extreme cases – otherwise just using the appropriate Healing Diet
2. Eradicating pathogens from the gut and repopulating with good bacteria
3. Healing inflammation and ulceration
4. Resolving nutrient and biochemical deficiencies
5. Healing emotional contributors

**Bowel Rest**

In extreme cases, the best and fastest way to accomplish healing is to go on an elemental diet (as outlined in my book, *The IBD Remission Diet*) in order to provide bowel rest and eliminate any trigger foods, whilst addressing the underlying conditions of infection and inflammation in the digestive system. This is also used frequently if the person is very malnourished or underweight, or if there is ongoing intestinal bleeding.

If the person doesn't require anything as drastic as an elemental diet, then they just follow the appropriate Healing Diet (in Chapter 3 of *Listen To Your Gut*) for their symptom profile, whilst implementing the protocols below. If they do begin with an elemental diet, then they also begin simultaneously on the protocols below. Because, if tolerated, the multi-pronged healing approach produces the quickest results.

The great news is that a number of my clients have now tested using raw milk (unpasteurized milk from *pasture-fed cows* only) instead of Absorb Plus for their elemental diet and they have tolerated it well and shown great improvement. Others have used a combination of Absorb Plus and raw cow or goat's milk. If this interests you, I have provided a lot of information on this innovative healing therapy in my JPT Wellness Circle (I have content on raw milk therapy in the infoletter, videos, podcasts and teleseminars sections). If you can tolerate it, I would encourage you to use raw milk instead of Absorb Plus, because not only is it cheaper, it is a whole, unprocessed food and therefore healthier: [www.JPTwellnessCircle.com](http://www.JPTwellnessCircle.com)
Eradicating Pathogens

To get rid of pathogenic bacteria, viruses, yeast (Candida albicans), mycobacteria and parasites, utilize Jini’s Wild Oregano Oil Protocol. If you have a mycobacterial infection, you will need to cycle on and off the Protocol for 2 – 3 years to eradicate all the mycobacteria.

People generally start with Jini’s Wild Oregano Oil Protocol and then upon completion of the first cycle, move onto high dose, therapeutic probiotic supplementation. Of course, they have already begun probiotic supplementation with Jini’s Wild Oregano Oil Protocol, so their system doesn’t usually have any trouble transitioning to high dose probiotics.

Probiotic Supplementation

Probiotics must be ingested in a potent, bioavailable form; the bacteria must be capable of colonizing the gastrointestinal tract and must be ingested in high enough amounts to have a therapeutic effect. This means, that to see results, you need to ingest a minimum of 7 – 10 billion c.f.u. of each species, per day. This works out to 1 teaspoon, 3 times a day of Natren (the brand I recommend) powdered probiotics: Megadophilus, Bifido Factor and Digesta-Lac. Or, 1 Healthy Trinity capsule, two times per day.

However, if people are in a very active disease state, or highly sensitive to probiotics, then they must start out with small amounts and very gradually build up. In these cases, it is often best to start with an infant species of bacteria called B. infantis and then gradually work your way up to the adult species of L. acidophilus, B. bifidus and L. Bulgaricus. B. infantis is available from Natren (called Life Start) in either cow or goat’s milk based formulas.

Once you can tolerate therapeutic levels of probiotics (and many can right away) then the best results are seen from probiotic layering. This means you take both the powders and the capsules to maximize the beneficial effects of each. Probiotic layering can be done in a number of ways, but what most people usually do is to take 1 teaspoon of each powdered species, two times per day and 1 Healthy Trinity capsule, once per day.
Healing Inflammation & Ulceration

Whilst the protocols already outlined above greatly contribute to the healing of intestinal inflammation and ulceration, targeted herbal supplementation is also highly beneficial and produces more rapid healing.

If the person has ongoing bleeding from the colon, then *Jini’s Healing Implant Enema* is utilized. Once bleeding is no longer acute, or is only from the small intestine, *MucosaHeal* is used along with *George’s Aloe Vera Juice*.

Nutrient Deficiencies

Here are the nutritional supplements that pretty much everyone with IBD or IBS needs to take due to increased loss through diarrhea and/or lack of absorption of nutrients:

- Full spectrum *multi-vitamin* and *multi-mineral* – yes, it would be ideal to ingest these in whole-food form, however many people with IBD cannot tolerate this form. Angstrom-sized minerals are very easily tolerated and highly absorbable, but are also expensive. So whilst the regular mineral supplements are not ideal, they do still produce beneficial results and are certainly better than nothing.
- 3,000 IU *vitamin D* per day
- 4 – 6 capsules *cod liver oil per day* (or 2 teaspoons)
- 2 tablespoons *Udo’s Choice Ultimate Oil blend* per day
- *Pycnogenol* or *grape seed extract* – minimum 100 mg per day
- *Coenzyme Q10* – minimum 120 mg per day

Each of these supplements is vital for healing various facets of the IBD/IBS pathology and they work synergistically to accelerate healing.

Emotional Contributors

Over 60% of your body’s neurotransmitters are not in your brain, but in your gut! There is now an entire field dedicated to this emerging knowledge about the interrelation of the
mind, emotions and the digestive system called Neurogastroenterology. This is not airy-fairy, woo-woo stuff, this is hard science. And if you don't heal the psychological and emotional components of your dis-ease, then you will never have long-term health. It's really that simple.

My nine-year-old son, Oscar said to me, "Mama, you know what makes people sick more than chemicals, or sugar, or radiation?"
"Tell me."
"Stress." He said.
"You're absolutely right." I answered.

But 'stress' is such a nebulous word, isn't it? What does it really mean? In order to make this word useful to me, I define it this way: stress is any thing, person, energy, event, behaviour etc. that separates me from my authentic self, thus creating tension. Simple. If you feel tension – that's stress.

Oh, but maybe not so simple, because if you've been creating the same sort of tension or stress in your body, for many years, you're not even aware of it anymore. It doesn't feel like stress or tension to you, it just feels normal. However, your body is still feeling it and all the systems of your body are being crippled by it.

This is why we need to – simultaneously along with the physical remedies – seek out mind/body healing therapies like hypnosis, craniosacral, meridian tapping therapies (MTT and EFT), massage with a skilled healer, group prayer or laying-on-of-hands, etc.
You need to choose and pursue whatever mind/body therapy resonates with your belief system and where you're at.

In *Listen To Your Gut*, I give you every powerful, effective physical remedy you will possibly need – those are the easy things to implement. What I can't give you is the "take this, do that" instructions for healing your emotional-spiritual body. I give you the therapies, I give you some great resources, and I point you in the right direction, but the actual work has to be searched out and done by you. Because this is your unique Healing Journey, only you can map out the pathway and only you can walk it.
And what does this give you in your life? This healing pathway leads you to the most amazing expression of your best self, your fullest potential, the funnest, most enjoyable life you can envision. I get letters all the time from readers telling me, "I am healthier now, then before I was diagnosed! I have a better life now, better relationships with my loved ones, I'm enjoying life even more than before I got this disease!"

Disease As A Spiritual Path

Every great spiritual tradition from Christianity to Shamanism talks about illness as a spiritual path. As a way of God, or your higher self (that is part of God), communicating with you, pointing out where you need to heal, where you need to grow or transition, where you need to become enlightened. Bernie Siegal, MD writes "I sometimes call pain and suffering 'God's reset button'. It is sometimes the only thing that will make people change."

The Divine often needs to force us make those changes; to grow, to become who we are truly meant to be (because we humans are stubborn and don't like change!) by clobbering us over the head with a serious illness: "Whew! Now that I have your attention, and the sheer nastiness of your daily existence is going to force you to change…wait till you see the riches I have waiting for you on the other side." The Divine (whatever name you give it) is just waiting to guide you in the transformation of your self, your life, your career, your relationships; to a vibrant, joyful expression of the fullness of your vitality (energy, lifeforce) via this Healing Journey. By requesting this guide, you're already on the path.

You can hear more about my own Healing Journey firsthand in this video I put up on YouTube (click on the video or enter the URL into your web browser):
In my opinion, the most effective mind/body therapies are EFT (Emotional Freedom Techniques), also called MTT (Meridian Tapping Techniques) and hypnotherapy. You need to work with a skilled therapist, at least initially, to really see good results. And it's best if you can use someone (like Annabel Fisher) who is experienced with chronic illness; which is more complex and has many more layers than regular illness. For more information, see www.MeridianTherapyTechniques.com

And there you have it! If you implement each of the five steps outlined above (simultaneously if possible) you will have the fastest, most thorough healing experience. Of course, you will need to use various additional supplements as needed – FissureHeal if you have anal/rectal fissures, or HemorrHeal if your bleeding is from internal or external hemorrhoids, syringed wild oregano oil for fistulas, L-glutamine, bentonite clay or psyllium seed for diarrhea, etc.

But the basic protocol for rapid healing of colitis, Crohn's, diverticulitis and IBS can be summed up in these five targeted steps:
1. Rest the bowel – in extreme cases – otherwise just use the appropriate Healing Diet
2. Eradicate pathogens from the gut and repopulate with good bacteria
3. Heal inflammation and ulceration
4. Resolve nutrient and biochemical deficiencies
5. Heal emotional contributors

The key is to do all five thoroughly – preferably simultaneously – without skipping over any of them. Resting the bowel (via an elemental diet) is outlined thoroughly in my book, *The IBD Remission Diet*. The rest of the protocols and instructions are given in my books, *Listen To Your Gut*, or, *Listen To Your IBS*.

**HOW TO FIND EVERYTHING**

One of the main complaints I hear from people I meet in person who’ve found me on the Internet is: "I found the answer to X, but then I couldn't find where Y was."

I have been doing this for over ten years and believe me when I say, the answer to ANY question you might have is already there, on one of my sites. However, since you don’t have hundreds of hours to search through the hundreds of pages on all of my websites, here is map that will hopefully enable you to find what you're looking for in the shortest possible time!

And if you can’t find it, then please don't frustrate yourself, just email me at:  
[service@HolisticHealthShoppe.com](mailto:service@HolisticHealthShoppe.com)  
My assistant will answer your questions and if he can't, he will forward your email directly to me. So don't worry, I AM accessible and it's as simple as emailing me.

**Absorb Plus** – my elemental diet shake, used to provide bowel rest and resolve malnutrition. Used by people with IBD, IBS, AIDS, cancer, the elderly, etc. By the way, if you'd like to receive the *Absorb Plus Quick-Start Guide*, you can get it from either of the sites below.

Information site: [www.ImixNaturals.com](http://www.ImixNaturals.com)

**The IBD Remission Diet book** – a comprehensive bowel rest elemental diet program (3 – 6 weeks duration) used to induce disease remission in Crohn’s, colitis and surprisingly, even IBS.
Information site: [www.IBDremissionDiet.com](http://www.IBDremissionDiet.com)
(Hint: it's cheaper to buy the sample pack and get the book for free, then to just buy the book on its own! Plus, if you can't tolerate Absorb Plus, you're not going to be able to do the diet, so better to find that out right away before placing a big order.)

**Listen To Your Gut and Listen To Your IBS books** – detailed healing programs for IBD (colitis, Crohn's, diverticulitis) and IBS. At this time *Listen To Your IBS* is only available in ebook format, so if you hate ebooks, then get the hardcover *Listen To Your Gut* as it does contain everything you need – and then email me and I'll send you the *Listen To Your IBS* ebook for free so you can have access to the additional sections in that book tailored to IBS (specific research studies and a section on Spastic Colon).
[www.ListenToYourGut.com](http://www.ListenToYourGut.com) and
[www.Listen2ibs.com](http://www.Listen2ibs.com)

**JPT Wellness Circle** – this is my membership site where we provide ongoing support if you need help implementing the strategies in any of my books. I also provide teleseminars, podcasts, videos and articles on specific health issues that go beyond the gut – for example, hormone balancing, lowering your cholesterol, balancing your pH levels, healing ear infections, anti-parasitic protocols, etc. You get the idea. This service is for people either needing help with their Healing Journey and/or those wanting to move into vibrant, full-body, energetic health for themselves and their whole family – using natural protocols:
[www.JPTwellnessCircle.com](http://www.JPTwellnessCircle.com)

**Recommended Safe Supplements** – I set up this online health store after repeated pleas from overseas customers who were having great difficulties getting the products I
recommend in my protocols. If you are in the U.S. or Canada, you can likely get these products cheaper (and no shipping charges) if you get your local health store to order them in for you. In that case, you can just use this site as a resource to see which brands I recommend as safe for people with IBD and IBS and that do not contain secondary or filler ingredients that will trigger nasty symptoms. Please don't minimize this. Most of my consultation clients were simultaneously ingesting a supplement that caused the exact same symptom they were trying to heal – many supplement co-factors can cause diarrhea in susceptible people, for example. So please use this Health Shoppe to make your list of supplements, knowing they are safe and have been trial-tested by thousands of others with IBD and IBS:

www.HolisticHealthShoppe.com

Health Practitioners & Public Forum – On this site is my public forum, where you can post your ideas and questions for others to comment on. In the past, I spent hundreds of hours answering questions on this forum. So do a "search" on your question or topic and you will likely find it answered there by me already. If you want to ask me a question now, you need to head over to JPT Wellness Circle and ask me on the private forum there. You can also search for a Health Practitioner in your area on this site, from a GI to a massage therapist, that other people have listed as being good, supportive practitioners. This resource is only as good as the people who contribute! So if you know of someone that's good, please register them, so others can benefit:

www.JiniPatelThompson.com

Free Tools & Resources – in addition to the free public forum given above, I also offer a lot of complimentary information on my main website. Either on the home page, or the Ask A Question page, you can sign up for four different healing reports, Chapter One of Listen To Your Gut, my newsletter, and an informative and enlightening teleseminar (I give you both the recording and the written transcript) with me that really outlines what holistic healing for IBD/IBS entails, difficulties you might encounter, questions from my readers, and the wonderful healing possibilities that can open up for you. Also subscribe to my BLOG on this site, as I regularly post valuable content and other free resources for you there:

www.ListenToYourGut.com
Private Consultations – if you do require a private consultation with me, or my assistant Nicole Paull, she offers phone consultations and I offer email consultations. However, I do encourage you to utilize the free resources above first, or join JPT Wellness Circle and post your questions on the private forum there, as these options are much cheaper than private consultations. Still, if you would rather have a one-on-one, private consult, you can find out more about these at the Health Shoppe, just click on the Private Consultations section at:

www.HolisticHealthShoppe.com

Chronic Constipation – If you suffer from constipation, then I highly recommend you get my book, *Listen To Your Colon: The Complete Natural Healing Guide For Constipation*. Whilst I do address constipation briefly in *Listen To Your Gut* and *Listen To Your IBS*, this is a very complex disorder with a lot of different facets. As you know, laxatives may provide relief, but they do not solve the cause of constipation and they have damaging side-effects. Therefore, I wrote *Listen To Your Colon* to be able to address it properly; providing both short-term relief and a long-term, permanent healing of constipation:

www.HealConstipation.com

Baby Fart Aerobics DVD – if you have a colicky baby, or know someone who does, then this is the ideal tool to heal that baby quickly. We also have people buying this DVD as a gift for expecting parents – since all newborns benefit from techniques like colonic massage, probiotic supplementation, beneficial burping and sleeping positions to relieve esophageal gas, diaper rash remedies, and relaxing bathing techniques. I also show postpartum mums how to heal anal fissures, prevent hair loss and which foods to watch out for whilst breastfeeding:

www.ColicInfant.com

Murray the Shark Sleeptime Stories – No more bedtimes struggles! Put kids to sleep easily at night, or settle them down during the day with this series of recorded stories for children aged 2 – 6. I use storytelling to teach them skills like meditative breathing and listening to their own body wisdom. They’re called Sleeptime Stories because each story ends with the characters saying goodnight to each other and then fading into beautiful, relaxing music set to ocean waves for half an hour – and yes, they put the kids right to
sleep at night, or into deep relaxation during the day (one mother wrote in to say she used them during dental visits for her kids!):

www.SleeptimeStories.com

Okay, that's it! And like I said, if you can't find what you're looking for, don't hesitate to email me at: service@HolisticHealthShoppe.com

Soar higher!

READER LETTERS

"I was diagnosed with a colon lesion in 2002, after a whole year of being in so much pain. They couldn't see what was wrong with me because I was pregnant at the time. So when my daughter was two months old I had my colonoscopy and they found out that I did have Crohn's ulceration in my ileum. It was the early stages but they said I had to go on steroids, and I said 'no' because I want to breastfeed - and I wanted to check the alternatives. I ran into Jini's web site with my mom's help and read her testimonials. I bought Listen To Your Gut and bought The IBD Remission Diet, loved the books, did the six week elemental diet. And took Jini's book advice and took supplements, probiotics, and even chatted with Jini online to check if what I was doing was right. And my colon has been in remission ever since. It's a great site, it's a great book. She knows what's she's saying. It worked for me, so I hope it works for you guys too."
- Michelle J., Australia

"I was diagnosed with ulcerative colitis probably two, two and half years ago and was put on drugs and all kinds of things that worked a little bit but were very - had horrible side effects. And as soon as I went off them the colitis seemed to all come back. After reading the material from Listen To Your Gut and following the suggestions in the
book, I have had no recurrences whatsoever. Absolutely just normal functions and it's just remarkable! I've recommended the book to many, many people and cannot recommend it too highly."

- Maureen D., British Columbia

"Our family is indebted to you that much and more. You are definitely one of my very favorite people in the whole world. Why? Well our youngest son, J., was diagnosed as having ulcerative colitis when he was 18. We never did get enthused with the typical drug treatments prescribed (I was always a bit skeptical of traditional medicine) mostly because they made him feel worse. We tried some of the same "cures" you tried for your problems such as Elaine Gottschall's recipes complete with almond flour from CA. My wife spent many hours baking for him, but eventually he said the almond flour was not agreeing with him. I told him we still had a couple of other options. One was the fruit and vegetable diet that David Klein had used to cure himself and the other was the IBD Remission Diet from your book of the same title.

We decided to start out with your shakes in the fall of 2006. I was not sure he would find them an acceptable substitute for his regular diet but he was not feeling too good and was anxious to try something. We added flax seed oil to the shakes and he found them quite agreeable and for a few months they were about all the nutrition he took in. He immediately commented that he had more energy (he really had not been taking in enough calories). In January of this year he had another complete examination of his digestive system at a different clinic and the doctor said he was 95% confident that he had no inflammatory bowel disease (no ulcerative colitis, Crohn's, or celiac disease). I was happy to hear that but not too surprised. J was also happy but also puzzled as to what had caused his discomfort and some other symptoms. I pointed out your thinking on bowel problems being on a long gradual spectrum from minor distress such as IBS to severe crohn's. His problems could have had any of a number of origins or combinations of origins - allergies, candidiasis (he had never eaten a good diet from my point of view - as a baby he shunned vegetables and lived on milk and peach cobbler), and lack of exercise - I made the mistake of getting him a computer when he was about 5 and his favorite pastime is gaming.

J is graduating from college tomorrow - major in finance. I would hate to go so far as to say it is good that you had bowel problems because otherwise you would have not done
the extensive investigative work you did, would not have written your great books and not created the shakes that helped prepare J for that second favorable diagnosis. But, since you did have your problems you did do the investigative work, wrote the great books, and created the great shakes, and J and I and my wife and the rest of our family will always be indebted to you - thanks much!!!!"

- Dave B., Ohio

"I come from Slovakia and my problems started 7 years ago after stressful period of my life. At the beginning I had only mild inflammation, and after colonoscopy was diagnosed with proctitis. I received medicaments and hoped it will go away. I new nothing about my disease but by the time I realized the medicine is only to suppress the symptoms and not for treatment! After several flare ups the things got worse and I was unable to bare the situation both mentally and physically. The doctors were not very helpful, just increased the dosage of medicaments. So I started to experiment myself. After intensive search on the net I ordered a book from Elaine Gotschall and started with SCD. First time after 5 years I could really see the improvement and was very optimistic. My condition improved a lot but after 6 months on the diet I realized it does not get further. As I had problems with constipation, my stools were often bloody. Than I ordered Jini's Listen To Your Gut book and started taking vitamin C, Omega-3, Mucosal Heal and probiotics. This book is full of useful information one can find nowhere else, I have to admit I did not expect such a complete healing program. After couple of weeks I lost all the symptoms and slowly started with less strict diet according to the book. Since last November I am like normal healthy person again, just have to be careful with the food as my gut is very sensitive for bad things. I am still taking vitamin C, Omega-3 and probiotics, and I am really happy to be healthy again thanks Elaine's and Jini's books. What I find as most important is the fact that in the case the symptoms reappear I know exactly what to do."

- Maria N., California

"I was very sick and diagnosed with 80% ulcerative colitis in December 2006. I found Jini Patel through the American Colitis and Crohn's Society as she was on the recommended reading list. And I looked into her web site and bought her book almost right away.
I started implementing her advice thoroughly and in three months there was a huge improvement in my situation. In six months I was almost symptom-free, and now a little over one year, I am practically totally healed and can eat almost anything I want. If you're seriously are looking to heal yourself get in touch with Jini and order her book. You truly won't be sorry."

- Bill S., Quebec

"I am very appreciative for the information I got from Listen To Your Gut because I had an ongoing problem that just spontaneously popped up in middle age. And I think it was an antibiotic-related beginning. I was told - of course I had all the tests and I took medicine and so forth - but I was told that this was just something that I would have to control with medication and so forth. This was not acceptable and I am very thankful for the help I got from Listen To Your Gut. It has helped me get everything under control. I actually eat better and everything else now anyway, so it's not just the intestinal problem that has been improved, but I think probably my whole life is better because of it. And I do appreciate the fact that there was someone who was willing to invest this much time in figuring out what was really wrong in solving her problem. I admire that and I'm very appreciative for the help I got from following her guidelines. Thank you very much."

- Sandra B., Florida

Lots more healing stories at: www.ListenToYourGut.com

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Jini Patel Thompson is an internationally recognized expert on natural healing methods for digestive diseases. She is the author of numerous books on natural healing methods for IBS, diverticulitis, Crohn's and colitis that have sold in over 40 countries worldwide. Her health articles have been published in magazines and journals in the U.S., Australia and the U.K.: www.ListenToYourGut.com