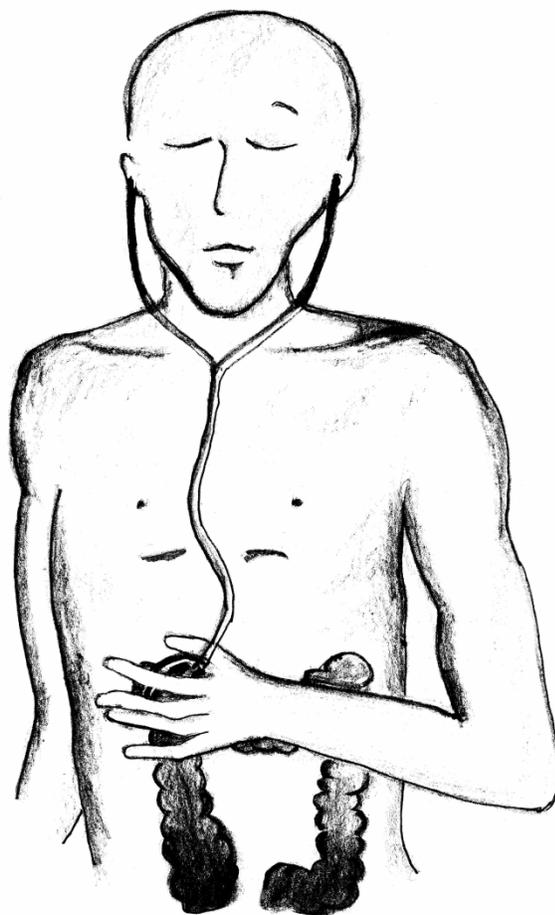


WANTED: CROHN'S END – BEST OF THE BLOG EXCERPT



By Reid Bryant Kimball

<http://crohnsend.com>

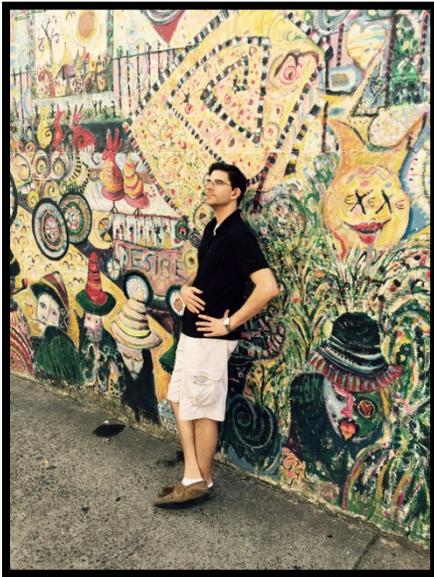
CONTENTS

How to use this eBook	3
Introduction	3
My Timeline of Healing from Crohn's Disease	4
Announcing a New Framework.....	11
Four Customized 5-R Healing Frameworks	21
A Cure for Ulcerative Colitis?.....	23
Three Healing Lifestyle Diets for Inflammatory Bowel Diseases	28
Kefir 101	32
How to Make and Drink Kefir.....	39
Overview of Three Natural Antibiotics	44
Dangers of Low Residue Diets in IBDs.....	48
Experiment Results with Breads	53
The Biopunk Manifesto.....	56
The Truth Within.....	58
Bonus Chapter: My Partial Bowel Obstruction Treatment	60
Bonus Chapter: The Go Low, Slow, and Safe Method.....	63
Epilogue.....	64
Contact the Author	64

HOW TO USE THIS EBOOK

This eBook is a collection of the top blog posts on CrohnsEnd.com. I have organized them in order from what I think most readers will want to read first to last. Each chapter is a standalone article taken from my blog (and updated), which means you can read the chapters in any order and be able to follow the information.

INTRODUCTION



You are reading an eBook that will help you to manage your Inflammatory Bowel Disease. I won't make any claims that you will cure your Crohn's disease or ulcerative colitis because that is out of my control. Only you, as an empowered person can do the hard work necessary to get your health back. It won't be easy, but hopefully this eBook will make it a little less confusing, a little less daunting, and worth all the sweat and tears you devote to improving your health.

My name is Reid Bryant Kimball and I was diagnosed with Crohn's disease when I was seventeen in 1997. I suffered with managing it for about eight years until I was introduced to the Specific Carbohydrate Diet in late 2004. I became obsessed with trying to cure my Crohn's disease by using only alternative treatments.

In 2010 I started producing a documentary and a blog to go with it called, "WANTED: Crohn's End". This eBook is a collection of my best blog posts according to the visitors to my blog. I have updated most of the blog articles so that the information is up to date and accurate.

Stay colonized,

-Reid Bryant Kimball

BONUS CHAPTER: MY PARTIAL BOWEL OBSTRUCTION TREATMENT

In 2004 and 2006 I had CT Scans that showed strictures (scar tissue) had formed in my terminal ileum. They were not serious enough to require surgery, but had increased since 2004.

Later in 2007, I started experiencing what are known as bowel obstructions due to the strictures in my ileocecal valve (at the terminal ileum). I stopped eating strawberries and spaghetti squash because of their seeds and fiber.

The bowel obstructions would wake me up at 2 or 3 AM and keep me awake for hours. I'd be dripping in sweat from a fever, my bed sheets were soaked. Sometimes the pain lasted for 2 or 3 days straight. It was a persistent, achy, extremely full feeling that would radiate outward from below my belly button. Then suddenly, I'd get sharp pains that felt like a massive weight was concentrated onto the size of a pin head and stabbed into my gut. The only thing I could do was surrender to the pain and groan while thrashing in bed. For a long while, the pain made me a very angry person and I had violent thoughts on enacting revenge against Hoffman La-Roche, the makers of Accutane.

During the day I didn't want eat, I had no appetite. Eventually, after a couple days or more I'd have a bowel movement that signaled the end of the obstruction and then I was back to "normal" again. My Crohn's normal of being very careful of what and how I ate.

2009 – At this point the bowel obstructions were severely limiting my ability to eat a balanced diet and I was losing weight. Reading online, my only options were to continue starving myself or have surgery to remove my intestines. Despite the CCFA saying surgery is a perfectly valid option, I completely rejected it out of fear and not wanting to deal with the hassle of doctor visits.

That same year, I decided to see a Naturopath for the first time in my life. I was curious how they approached health care. The doctor I met was fantastic, I loved working with her. After listening about my issues she recommended I try glutamine for my strictures.

Glutamine (aka L-Glutamine)

Glutamine is technically a non-essential amino acid that is fuel for the small intestines' cells. Glutamine helps the intestinal cells stay healthy and work better during peristalsis (the rhythmic waves in the intestines to move food).

I took 4g, three times a day in water or applesauce and 6 months later tried eating carrots and strawberries again. Amazingly, I could tolerate them more, but I still had pains if I ate too much. If I stopped taking glutamine, the pain would return to previous levels.

You can find glutamine in most health supplement stores. Thankfully, most brands are of good to excellent quality, so it's hard to go wrong in choosing which to buy.

Colloidal silver

July, 2010 – I visited Jay Baluk and he recommended I try colloidal silver. He gave me 8oz to drink like water. I drank 8oz of colloidal silver again in August, 2010. The difference is astounding and I believe it healed my strictures. Now I can eat any kind of food with seeds or roughage, as much as I want and I don't get gut pain from partial bowel obstructions.

Colloidal silver was used extensively before the age of modern drug antibiotics by putting a silver dollar in containers of milk to kill pathogenic bacteria. It was used often for many ailments including bacterial colds. The way it works is by deactivating the chemical lung of bacteria. In addition to being effective at killing bacteria, many claims are made about its effectiveness against virus infections as well. At the time of writing, I am unsure of how true this is.

One side effect from poor quality colloidal silver solutions is known as Argyria, where people's skin turns blue. It is not common and you have to drink a large amount of poor quality colloidal silver over a long time period to turn blue.

There many kinds of colloidal silver and differing opinions on which are best. It's a confusing field, especially since there is little modern research about the use of colloidal silver.

The kind you want is clear in color, just like water, has no taste and preferably comes in a glass bottle. I have used homemade kinds made from the machine offered by the company, Silver Gen. I also had a store bought version from Sovereign Silver.

With colloidal silver, not only did I experience looser bowel movements, but I no longer suffer from bowel obstruction pain because it does aid in tissue repair. Silver products are used to treat burn victims all the time because of its tissue healing and anti-bacteria abilities.

Because it is an antibiotic, I recommend following up with a homemade fermented food/drink 1 hour after drinking the colloidal silver or after any gut noises cease.

I also recommend starting with a low dose, like 1 teaspoon or even drops before moving up to drinking 8oz.

Conclusion

If you have Crohn's disease, you need to watch for a complication that can arise from the healing process. When inflammation dies down, it turns to scar tissue if there is enough damage.

This scar tissue typically is in your small intestines and terminal ileum and can cause food to get backed up, creating partial or full bowel obstructions.

These obstructions can cause a great deal of pain and if not treated even perforate the intestinal wall creating a potentially fatal situation.

You'll know you are having bowel obstructions if after eating rough fibrous food you feel extremely full, as if there's a rock in your gut. You may have fevers at night, feel nauseous, and in great pain.

I found treating my partial bowel obstructions with glutamine and colloidal silver to work the best for me, without resorting to surgery.

WANT MORE?

If you enjoyed this excerpt of the WCE: Best of the Blog eBook, you can [buy the full downloadable package at CrohnsEnd.com](#).

The WANTED: Crohn's End Best of the Blog eBook is a downloadable eBook about using alternative treatments for your Crohn's disease or ulcerative colitis. It is not based on buying supplements or miracle cure snake oil products, but on creating your unique, personal healthstyle that will empower you to take control of your health.

What you get

- WANTED: Crohn's End Blog Book – The 64-page downloadable PDF eBook
- The most popular blog posts from CrohnsEnd.com all updated and expanded on to include the most up to date scientific information and the personal experiences of its author Reid Bryant Kimball.
- Two hour .mp3 Audiobook version of the eBook.
- Bonus video showing Reid's daily healthstyle regimen. See when and how much he takes for supplements, the meals he cooks, how he sleeps, and manages stress.
- The WANTED: Crohn's End documentary in digital format when released.
- Three month money back guarantee: Not happy with the information? Get a refund, no questions asked within three months of your purchase.

Benefits

- Learn what Inflammatory Bowel Diseases are, and the alternative theories of causation
- Learn which alternative treatments exist and how to use them
- Learn why to use which alternative treatments
- Understand why you need a new strategy to manage your IBD
- Use a healing framework to create your own individual treatment plan
- Become an empowered patient who is in control of your own healthcare

About Author

My name is Reid Bryant Kimball. CrohnsEnd.com was created to share the knowledge, experience, and wisdom that I found while searching across North America for answers on how to cure my Crohn's Disease. I met with and interviewed many patients to hear their stories of healing. I often tried what they said worked for them and found many patients were using an entirely different strategy than is prescribed by conventional doctors.

Using the information I have learned over the years of filming the documentary, I have remained medication free since 2007 and have not been hospitalized once since my initial diagnosis in 1997.

I no longer fear my future with Crohn's disease and this book, the .mp3 files, bonus healthstyle regimen video, and forthcoming documentary will help do the same for you.

[Give yourself the care you deserve.](#)