



How to Manage Ulcerative Colitis with Herbal Remedies

This will explain how to handle an Ulcerative Colitis flare up without having to head to the doctor for steroids.

Steps

- 1** At the first sign of an attack, take 3 30xNux Vomica^[1] and 3 30x Lycopodium Clavatum pellets every 5 minutes until you feel your gut start to relax.
- 2** Increase electrolyte intake - generally you are losing a lot of electrolytes.
- 3** Start with Slippery Elm.^[2] Once you are used to it, you can take up to 6 capsules three times a day, or a heaping tablespoon mixed with water twice a day. Slippery elm will help make up for the inflammation that is occurring in your intestines
- 4** 2 capsules a day Marshmallow Root - this is to calm the inflammation of the mucosa.
- 5** Stop all caffeine, alcohol and refined sugars - you need to slow down and cool down your stomach. **THIS IS CRUCIAL. YOU MUST ADJUST YOUR DIET.
- 6** If possible, switch to a diet of soups, well cooked veggies and meats, and whole grains. Avoid all fried, processed and fatty foods, as they usually make the problem worse.
- 7** If the attack has not slowed down by the next day, make an acupuncture appointment. One treatment will usually stop the attack.
- 8** Take slippery elm at high dose for at least a week after the attack has calmed down.

Can you answer these readers' questions?

 Refresh

On **How to Find the Chassis and Engine Number**, a reader asks:

If I only have the chassis of an old truck with a one letter and six number stamp, how can I find the engine number?

Your answer...

Reply

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What happens if I remove the seed cover before starting?

Your answer...

Reply

On **How to Become a Teacher in India**, a reader asks:

Do I need a B. Ed. to get a government job as a teacher?

Your answer...

Reply

Tips

- Do not put yourself in positions where running to the toilet will be difficult. It is better to cancel plans than to go somewhere and be anxious.
- Try hard with the dietary suggestions. They are ultimately the most important part of maintaining your digestive health.
- Do not get frightened or anxious if you can avoid it. Remind yourself that this is just you managing your body.
- Do deep breathing exercises - inhale for 8 counts, hold for 4 counts, and exhale for 8 counts. Do repeatedly for about 5 minutes.

Warnings

- If you are losing a great deal of blood after the second day, make an appointment to see your specialist.

Things You'll Need

- Slippery Elm - powder or capsules
- Marshmallow Root - capsules
- Homeopathic - Nux Vomica 30x and Lycopodium Clavatum 30x (these are the little blue plastic tubes at Whole Foods)
- Fruits, vegetables, soups

Sources and Citations

1. <http://www.botanical.com/botanical/mgmh/n/nuxvom08.html>
2. <http://www.botanical.com/botanical/mgmh/e/elmsli09.html>