

# Inflammatory Bowel Disease

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Note: to have optimal response, all protocols begin with **Ultra Vites** and **Ultra Omega-Linic**

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Q/Day
A Good Multiple vitamin and mineral formula*	Ultra Vites or	2
	Ultra Preventive (with Spirulina)	4
Essential Fatty Acids	Ultra Omega-Linic	8
Vitamin E mixed tocopherols	Vitamin E 400	1
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D Chelate	1-2
	Ultra Magnesium Chelate (250 mg)	1-2
Monolaurin	Ultra Monolaurin	1 scoop 3 x per day
Lacto bacillus	Ultra 4x6 Probiotic	1
Yucca as needed for pain	Yucca	2 x 4
Vitamin A	Vitamin A	3
Vitamin C	Ultra-C 1000	2
Consider:		
Ginger 1 with each meal	Ginger	3
Fiber	Atkins Muffin	
* Use a multi without Iron unless there is a known need for iron		

June 2015

In any type of inflammatory bowel disease, food allergies , gluten intolerance and/or infections should be ruled out with appropriate history and testing.

A good multi vitamin mineral formula is extremely important. All of the nutrients in **Ultra Vites** help in Inflammatory Bowel Disease, but the large amount of Folic Acid and B12 are particularly essential in these conditions. Zinc is quite often deficient in these conditions. **Ultra Vites** has 10 mg of zinc, which is balanced with copper. **Ultra Preventive** has 15 mg zinc.

Studies at the Mayo Clinic demonstrated the effectiveness of fish oil in healing the gastro intestinal (GI) mucosa, thus decreasing the

associated pain and diarrhea, from all types of inflammatory bowel disease.

**Ultra Omega-Linic**, a mixture of fish oil and black currant seed oil, is a superb fish oil supplement made with Wild Alaskan salmon. Black currant seed oil, an omega 6 fatty acid, is another powerful anti inflammatory ingredient, has been added to the fish oil. These highly reactive fatty acids are incorporated into cell membrane and need **Vitamin E-400** for protection from free radical oxidation.

Use **Calcium D Chelate** and **Ultra Magnesium Chelate** for muscle spasm. The slippery elm in the Magnesium is soothing to the GI track, and is very protective of the mucus membrane.

**Ultra Monolaurin** should be started at 1 scoop per day for a day or two, to minimize a potential Herxheimer effect from rapid micro organism die-off, then build to 1 scoop 3 times per day. This will help normalize the gastro-intestinal flora because monolaurin kills pathogenic micro organisms. Ultra Monolaurin kills pathogenic organisms that may be present without harming the good bacteria. Continue supplementation as needed.

**Vitamin A.** Vitamin A should be started at 30,000 IU per day, and dropped to 20,000 IU after two weeks. It promotes healing of mucous membrane. Pro vitamin A (beta carotene) cannot be used for this purpose. Note: Vitamin A is teratogenic and should not be used in doses higher than 5000 IU in women who are pregnant or who may become pregnant.

**Ultra-C 1000** regenerates Vitamin E and is an excellent antioxidant that when used in conjunction with a good nutritional program is quite helpful.

The medication used to treat gastro intestinal problems delays the emptying time of the stomach, thus making GERDS a real problem. **Ginger** improves the pain and bloating of GERDS because it relaxes the sphincter, which allows the food to leave the stomach into the small intestine. It increases the contractility of both large & small intestines so it decreases or stops reflux into the esophagus.

The use of antibiotics replaces the normal bacteria in the GI track with bacteria that are damaging to the GI track and to the body as a whole. **Ultra 4x6 Probiotic** re-inoculates the colon, restoring friendly bacteria, and has the additional benefit of bulking the stool. The dose should be increased to 3 per day any time an antibiotic is used.

**Yucca** can be used for pain relief. Two capsules 3 or 4 times per day as needed. For any kind of pain, use Yucca instead of NSAIDs, aspirin or Tylenol. It relieves pain without the side effects of NSAIDs.

A large part of the problem we face today is a lack of bulk in the diet. By using fiber, the transit time in the GI track is decreased, allowing any toxins to be eliminated rather than absorbed. This also aids in the normalization of lipid profiles.

We have been using the Atkins Muffin-in-a-Minute, which has a high fiber content. And it is gluten free.

- 1/4 cup flax meal
- 1/2 tsp baking powder
- 1 packet Sweetener
- 1 tsp cinnamon
- 1 large egg
- 1 tsp butter or lard
- (1 tsp sour cream for moisture)



Put dry ingredients in a coffee mug, stir. Add egg & butter, mix.

Microwave for 1 or more minutes. Use with cream cheese.

Make it in a bowl to change shape, It can be toasted.

Alternatives: add 1 or 2 tbs ground nuts and any other flavors you like. Blueberries make a great addition.