

## Inflammatory Bowel Diseases:

*Molecular medical solutions for serious and increasingly more common conditions*

Inflammatory Bowel Diseases (IBD) are mostly comprised of Ulcerative Colitis (UC) and Crohn's Disease (CD). Together they afflict 2 million people in the United States. Each condition is debilitating and often leads to frequent hospitalizations and lost workdays.

**UC, IF UNTREATED, FOR EXAMPLE,** will lead to colon cancer after approximately 15 years of active disease. Today's medical therapies include conventional anti-inflammatory medicines, which can lead to refractoriness or intolerance after ongoing use. Additionally, immune modulators have significant side effects, risk, and often, poor responses.

What are our options as patients? What can we do for our health that can significantly impact our healing in addition to staying involved with medical treatments?

This newsletter will explain what the options are and it will instruct how to better comprehend and simplify our understanding of the circular relationship between "inflammation" and "oxidative stress". For a more detailed explanation of both medical conditions (UC and CD) you can refer to our video subscription service at <http://www.theredoxdoc.com/videos/>

IBD conditions all share the same basics in cellular pathology. If afflicted by the disease, the body activates white blood cells (WBCs) that generate various pro-inflammatory cytokines AND excess oxidative reactions, which shifts the REDOX equilibrium in the lining of the gut. This then maintains inflammation by inducing REDOX

sensitive signaling pathways and transcription factors. This continuing cycle eventually leads to the breakdown of the gut barrier. Think of it like this: poorly thinking WBC's give off inflaming chemicals that are irritating and therefore generate oxidative products which upset the REDOX balance and can further lead to activating the WBC's in the tissue. In healthy tissues, this is really part of nature's way to get healing started. In normal inflammation situations, the inflamed tissues draw in WBC's which cause swelling that increase helpful blood supply. But in cases of IBD, this cycle is amplified many fold, and leads to tissue breakdown.

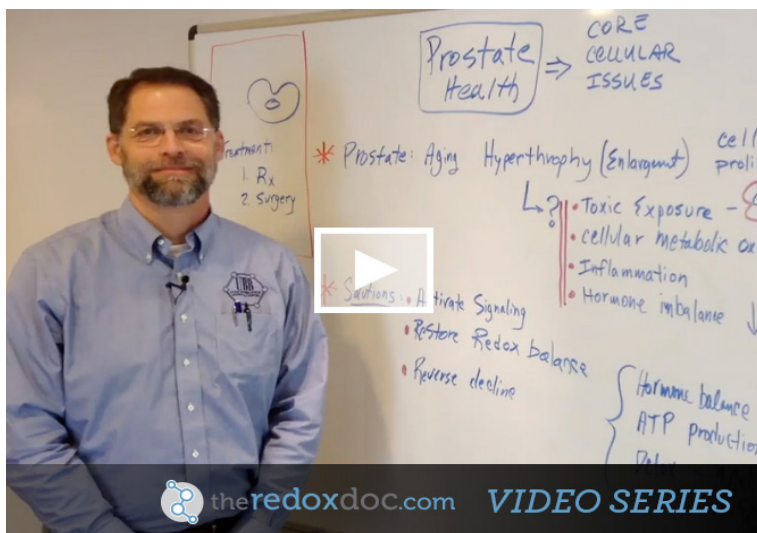
What are the options to end the revolving door of this vicious cycle? Botanical supplements such as probiotics, berberine, and omega 3 fatty acids can contribute in stabilizing the breakdown of the intestinal lining. When this is combined with eliminating foods that cultivate harmful bacteria, such as bread, pasta and sugar, results often can be positive. A novel solution, that is available to us today, is actually supplementing our bodies with a balanced blend of REDOX molecules. When taken internally or topically, they restore the REDOX balance and break the inflammation/oxidation cycle. I have personally witnessed this assist patients in healing many cases of IBD, especially when traditional and natural

*Inflammatory Bowel Disease (cont'd)*

steps were not yet effective. REDOX molecules can also be applied topically to the abdomen. Because of the rich supply of lymph tissues in the abdominal region of our body (80% of lymph nodes are located adjacent to the 26 feet of small intestine) the results are often physically tangible in minutes.

*In summary, IBD is an immune deficiency set of conditions, which are serious and sometimes life altering. Traditional treatments are notoriously problematic. By taking steps to be proactive with supporting GI health with botanicals, and supplementing REDOX molecules, transformation can be profound. For further info, visit [www.theredoxdoc.com](http://www.theredoxdoc.com) and also consider subscribing to the video service from the website.*

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