

## Crohn's- A Functional Medicine Approach (Case Review)

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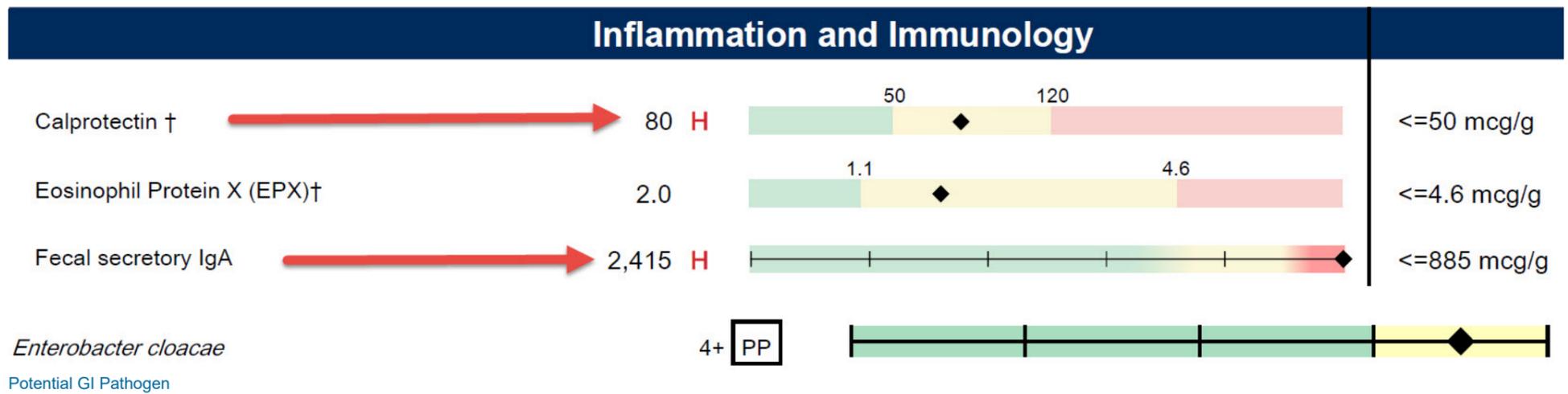
**A 21 year old male patient reported he was in reasonably good health until 3 years ago when developed abdominal pain and nausea. The symptoms were initially intermittent and mild enough that he did not seek medical attention until 6 months later when the symptoms became severe. He described acute onset of severe mid-line abdominal pain associated with nausea and vomiting. He went to the ER where a CT scan showed multifocal regions of distal small bowel wall thickening.**

William was then seen by another GI specialist and colonoscopy was performed revealing patchy moderate erythema, two small ulcers in the distal terminal ileum with fibrosis consistent with Crohn's. Over the past two years he was on mixture of medications including Prednisone and Humira.

The medication did initially help with his symptoms but did not result in a full resolution of his condition.

When seen by me he was having several loose bowel movements per day and exhibited abdominal pain and nausea. At time of his visit with me his GI specialist had him on a maintenance dose of medications.

Unfortunately his condition was still unresolved with intermittent return of his symptoms. I ordered a comprehensive stool analysis which revealed inflammation and a potential pathogen. See below.



I also ordered an IgG/IgE food sensitivity test which revealed the following inflammatory foods:

| Remove these foods entirely from your diet. |               |
|---|---------------|
| Asparagus                                   | Hops          |
| Aspergillus Mix                             | Lettuce       |
| Barley                                      | Lima Bean     |
| Blueberry                                   | Lobster       |
| Brewer's Yeast                              | Mustard       |
| Cacao                                       | Navy Bean     |
| Candida                                     | Onion         |
| Cantaloupe                                  | Orange        |
| Carrot                                      | Peanut        |
| Cauliflower                                 | Pear          |
| Cherry                                      | Pecan         |
| Chicken                                     | Pineapple     |
| Clam  | Plum          |
| Coconut                                     | Rye           |
| Coffee                                      | Scallops      |
| Corn  | Shrimp        |
| Cottonseed                                  | Soybean       |
| Cucumber                                    | Spinach       |
| Egg Albumin                                 | Sweet Potato  |
| Egg Yolk                                    | Tea           |
| English Walnut                              | Tuna          |
| Flax Seed                                   | Whole Wheat   |
| Flounder                                    | Yellow Squash |
| Garlic                                      |               |
| Ginger                                      |               |
| Gluten                                      |               |
| Green Olive                                 |               |
| Green Pea                                   |               |
| Green Pepper                                |               |
| Honeydew                                    |               |

### Inflammatory foods

The protocol I recommended included complete avoidance of the above foods, Robert's formula, Metagenics: UltraInflamX Plus 360° and ADP (emulsified oregano).

Follow-up visits has shown a significant improvement. It is now one year since he began the recommended protocol and he is still showing no symptoms.

His GI specialist has encouraged him to continue on the protocol I recommended.

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