

Nutritional support for Inflammatory Bowel disease.

Research has shown that the symptoms of inflammatory bowel disease (IBD) and related conditions such as Crohn's disease and irritable bowel syndrome can be lessened by following a special dietary regime and a nutrition supplement programme which includes the key amino sugar NAG (N-acetyl-glucosamine) and effective lactic bacteria. It is also suggested that all of the essential vitamins, minerals, enzymes and essential fatty acids at optimum levels as provided by the [OPTIMUM health pac](#) be regularly consumed to provide the body with everything it needs to restore and maintain good health.

In IBD, it is essential to be on a special dietary regime.

If you have had problems absorbing nutrients due to Crohn's disease, it's important to follow a high-calorie, high-protein diet, even when you don't feel like eating. In this setting, an effective [Crohn's disease diet](#) plan, based on recommendations from experts, would emphasize eating regular meals -- plus an additional two or three snacks -- each day. That will help ensure you get ample protein, calories, and nutrients. In addition, you will need to take a doctor recommended vitamin and mineral supplement. By doing so, you will be able to replenish the necessary nutrients in your body. The very finest vitamin/mineral/enzyme supplement plus the essential omega 3 and 6 fatty acids is the [Optimum health Pac](#) from Vitex Nutrition.

Crohn's disease and ulcerative colitis are types of inflammatory bowel disease. They cause inflammation and sores (ulcers) in the digestive tract. This can lead to symptoms such as diarrhea, belly pain, loss of appetite, fever, bloody stools, and weight loss. Often symptoms are worse after eating.

If you have an inflammatory bowel disease, it may be hard to get important nutrients such as vitamins, minerals, and protein. Your intestines may not be able to take all the nutrients from the food you eat. You may lose nutrients through diarrhea. This can lead to problems such as anemia or low levels of vitamins, such as vitamin B12 and folic acid. Daily consumption of the [OPTIMUM health pac](#) will solve this problem.

To control their symptoms, some people eat only bland foods, like pasta, and they avoid fruits and vegetables. But you need to eat a variety of foods to get the nutrients you need for good health. This topic can help you learn more about how to eat so you can manage your symptoms but still get the nutrition you need.

Key points

- Inflammatory bowel disease can make it hard to get the nutrients you need.
- It is important to eat a healthy, varied diet to help you keep your weight up and stay strong.
- Some foods can make symptoms worse. Not eating these foods may help reduce your symptoms.
- No one diet is right for everyone with an inflammatory bowel disease. Keep a food diary to find out which foods cause problems for you. Then you can avoid those foods and choose others that supply the same nutrients.
- Because you may not be absorbing all the nutrients from the food you eat, you will need to eat a high-calorie, high-protein diet. This may be easier to do if you eat regular meals plus 2 or 3 snacks each day.
- You may need to take vitamin and mineral supplements to help you get the nutrients you need.

N-acetyl-glucosamine (NAG)

NAG is the most important dietary supplement to take as it alone can rebuild the mucus membrane that lines the gastrointestinal tract. When the mucus lining is in a normal state then the absorption of nutrients from food is maintained and normal health is possible. **C-NAG** from Vitex Nutrition is a Health Canada approved formulation which can provide the necessary NAG to help restore the mucus lining.

Lactic Bacteria

In the case of gastrointestinal problems such as those associated with IBD, it is necessary to have recourse to a reliable supply of lactic bacteria. The major anticipated effect of lactic bacteria is that they will stay and grow in the intestines, suppressing harmful bacteria and thus normalizing the intestinal bacteria flora. An ideal lactic bacteria formula is **Restore** from Vitex Nutrition is also a Health Canada approved formula. **Restore** will supply 10 billion live human strain cultures to effectively restore the normal gut flora.

[OPTIMUM health pac](#) (vitamins-minerals-enzymes + Omega 3-6-9 essential fatty acids)

[OPTIMUM health pac](#), a Health Canada approved formula contains optimum levels of **every** essential vitamin, mineral and essential fatty acid. Based on 15 years of research, it is the only formula of its type available and will provide the nutritional foundation necessary for good health.

The complete programme is available at www.c-nag.com