

crohn's disease (regional ileitis / enteritis)

prepared for. _____

date. _____

Some nutritional and dietary suggestions for Crohn's Disease (regional ileitis/enteritis).

GENERAL:

- low fat diet, no spicy condiments
- high fibre/pectin diet (carob flour)
- bananas/carrots
- lactobacillus/acidophilus (yogurt)
- eliminate dairy products
- iron and folic acid plus vitamin B12
- calcium and magnesium
- eliminate caffeine and nicotine

SPECIAL:

- buffered ascorbic acid (vitamin C)
- linoleic acid
- beta carotene
- chlorophyll

MEDICINAL PLANTS:

- papaya
- balm
- pollen
- valerian root
- royal jelly
- ginseng

HOMEOPATHIC:

- anacardium
 - argentum nitricum
 - belladonna
 - carbo vegetabilis
 - chamomile
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