

Irritable bowel syndrome and ulcerative colitis—an inflammatory disease

The New England Journal of Medicine, June 13, 1996 states "EFFECTS OF AN ENTERIC- COATED FISH-OIL PREPARATION ON RELAPSES IN CROHN'S DISEASE". Because fish oil (Omega-3) has **anti-inflammatory** actions, its use has been proposed in patients with several inflammatory diseases, including inflammatory bowel disease. "In this study, we investigated the effects of the new, enteric coated fish-oil preparation in the maintenance of remission in patients with Crohn's disease". In Canada the product is called "**FISHOL E.C.**" *Conclusions:* "In patients with Crohn's disease in remission, a novel enteric-coated fish-oil preparation is effective in reducing the rate of relapse". (N Engl J Med 1996; 334:1557-60)

Crohn's disease is characterized by chronic and long-lasting ulceration of a section or sections of the digestive tract. Symptoms of Crohn's disease include chronic diarrhea, pain in the upper and lower abdomen, fever, headaches, malabsorption (and consequently malnutrition), steatorrhea - the presence of excess fat in stool, loss of energy, appetite, and weight. Chronic bleeding may cause iron-deficiency anemia.

Microscopic intestinal **villi** produce enzymes that break down disaccharides (double sugars) to monosaccharides (single sugars). If **villi** are damaged undigested disaccharides that remain in the small intestines cause reversal of normal digestive and nutritional process. These double sugars provide a perfect medium for growth of undesirable microorganisms, both aerobic and anaerobic including bacteria, yeast and protozoa causing overgrowth in the small intestines and damage to tiny **villi** and **toxins**. This overgrowth may cause degradation of intestinal brush-border (disaccharides) and pancreatic enzymes. These enzymes may be replaced by Enteric Coated disaccharides (Carbase E.C.)

SUGGESTED NUTRIENTS and ANTI-INFLAMMATORIES

FISHOL E.C. (Omega-3) as anti-inflammatory: Two capsules 3 to 4 times daily.

CARBASE E.C. enteric-coated disaccharide enzymes (Sucrase, Lactase, Maltase and Isomaltase)

L-Glutamine powder ½ to 1 teaspoon three to four times daily.

Zinc up to 50 mg daily and glutathione 100 to 250 mg up to 3 times daily

N-acetylcystine 500 mg three times daily (promotes healing and iron absorption)

Lipase if steatorrhea present also Alkaline Salts E.C. help to activate pancreatic enzymes

BEST Multiple Vitamin and Mineral chewable tablet- two daily

Special attention should be paid to food allergies and intolerance, thyroid function, parasites and H.Pylori.

Proper diet is very important- low in disaccharides

Mega-B12-5000 orally active B12 (Methylcobalamin) One capsule daily and Lipoic acid capsules 100 mg to 250 mg up to 3 times daily.