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.”


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.