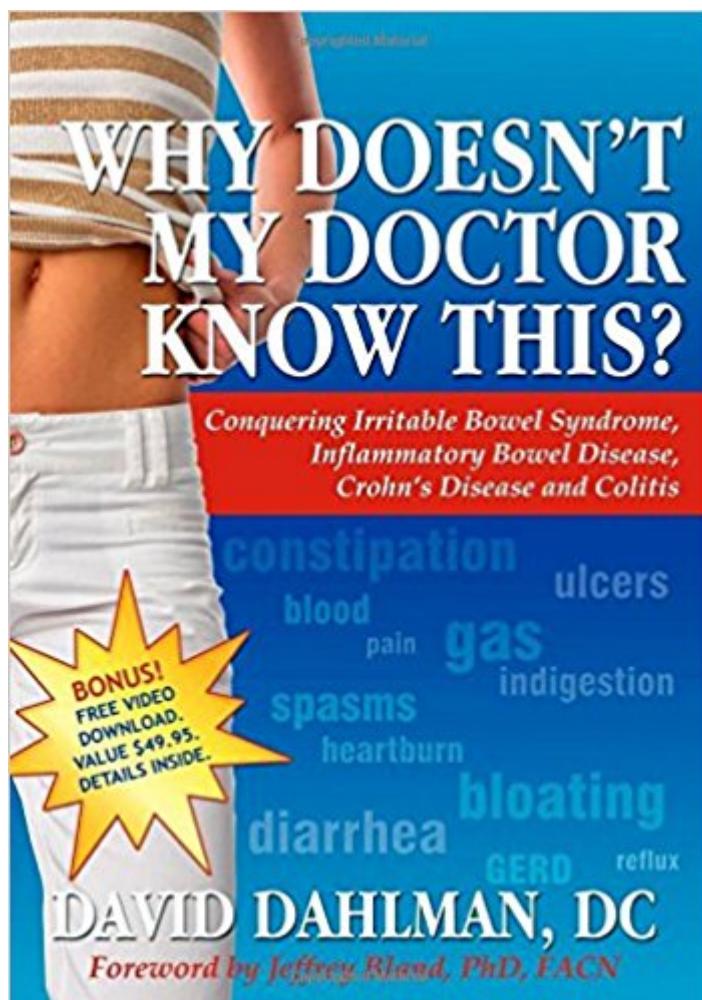


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# Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease And Colitis



## Synopsis

You're miserable, your quality of life has changed, your medications don't help and your doctor had the nerve to tell you that diet has nothing to do with your condition. ...but you know better! You can conquer these symptoms of Irritable Bowel Syndrome, Crohn's Disease and any form of Colitis: Gas, Bloating, Indigestion, Heartburn, Reflux, GERD, Diarrhea, Constipation, Alternating Diarrhea/Constipation, Abnormal Bowel Urgency, Abnormal Bowel Frequency, Pain, Spasms, Blood, Mucous, Hemorrhoids, Hiatal Hernia. *Why Doesn't My Doctor Know This? Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis* details the only physician designed step-by-step plan combined with dietary advice and an all natural supplement program. It will end your symptoms because it addresses these nine separate variables...Any or all of which may be the cause of your condition: \*Altered levels of beneficial bacteria (probiotics)

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## Customer Reviews

You're miserable, your quality of life has changed, your medications don't help and your doctor had the nerve to suggest that diet has nothing to do with your condition....but you know better! *Why Doesn't My Doctor Know This? Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis* details the only physician designed step-by-step plan that ends ANY symptoms associated with your gastrointestinal system by addressing these nine variables...Any or all of which may be the cause of your condition: \* Altered levels of beneficial bacteria (probiotics) \* Possible presence of abnormal bacteria, yeast or parasites \* Imbalanced

bowel chemistryÂ Â Â \*Â Â Lack of digestive enzymes\*Â Â Â Dairy intoleranceÂ Â Â \*Â Â Â Fructose intoleranceÂ Â Â \*Â Â Â Gluten intolerance\*Â Â Â Celiac DiseaseÂ Â Â \*Â Â Â Food allergiesBy utilizing the step-by-step plan, temporary dietary eliminations and all natural supplement program, you can conquer your condition permanently!

Dr. Dahlman's Experience with IBS:Since this is my story, I don't find it all that interesting, but it's amazing how few antibiotics it takes to unbalance your gastrointestinal system.Â  I had managed for over 20 years to avoid the use of antibiotics.Â  A few years ago, I found that I had rubbed some skin off my elbow on the arm of a chair.Â  A couple of days later, within a couple of hours, my elbow swelled to the size of a golf ball.Â  Diagnosis: Staph infection.Â Â Â  Considering the size, pain and heat associated with my elbow, I decided to take an antibiotic.Â  I didn't want to mess around with an elbow that hurt and got in the way a lot and I knew I could probably mediate any damage the antibiotics did to my beneficial bacterial populationÂ  by taking the same probiotic I recommend to my patients. A few weeks after the course of antibiotics, the problems started.Â  First with some gurgling noises and then quickly turned to diarrhea.Â  There were some stomach aches and lots of gas and bloating.Â  I had to go 4-5 times a day and I can still remember leaving a hotel in Chicago to run the Chicago Marathon and having to turn my car around in the parking lot so I could go up to my hotel room and go to the bathroom before I got to the starting line.Â  I put myself on the treatment plan that I was using for all my patients.Â  The plan that you are reading about in this book is actually a more complete plan due to what I learned through my own experience.Â  Time kept going by and I couldn't seem to shake the problem. Without going into the boring details, I began looking at the bacterial levels differently and I interpreted lab results differently. Prior to my experience with IBS, many of my patients were getting better, but not all.Â  Now, because of the refinement of my IBS program, all the patients who allow me to walk them through the step-by-step plan outlined in this book will see a complete elimination of any uncomfortable symptoms associated with their gastrointestinal tract.

I was really excited about this, especially since there are so many positive reviews. If you do decide to give it a try, download his "IBS" report (from his website and for free) and use that instead. It calls for smaller amounts of the supplements and will save you money. When I emailed him to ask about the inconsistency, he emailed back (very quickly! He's great at answering questions over email) and said "You are correct about the discrepancy between the two. I can't honestly remember what I was thinking when I put that into the book." So... get the report instead. But either way, be prepared to

drop a thousand dollars (NOT exaggerating) to try his program for three months. Apparently (from the reviews) it works for some people, but I found no improvement and am mad that I dropped that much money for nothing. I recommend trying a book called "Breaking the Vicious Cycle" first for the SCD diet, which doesn't require specific expensive supplements. For some reason doesn't have copies right now (and says that it's normally \$60????), but I got it from a bookstore for \$20. Good luck to you all....

My son has had colitis for 2 years now, and it has taken a turn for the worse. We ordered this book not expecting much, but we will try anything. I have already read it twice and I had that moment, when I finally got what colitis really is. His medication was just a bandage for all his symptoms, but not curing any of them. This book and Dr. Dahlman teaches you how to address each symptom separately. Ultimately getting to the root of the problem. My son has started the protocol as of last week. And day by day, his symptoms are slowing subsiding. He misses a lot of his favorite foods, but most of them will be introduced later. I haven't felt this hopeful in a long time. If you or a loved one suffers from any kind of IBS problem, please read this and follow his program to the letter. The food allergy testing is key. My son's doctor never requested this so we did it on our own. He is allergic to dairy products. He was still eating yogurt and drinking kefir. Eliminating those foods made a big difference.

Thanks for writing this book. I have suspected some type of IBS for years but have never been tested nor sought medical advice for it. Like the author, I believe medical doctors to be among the best resource for acute illnesses. But are not trained to treat chronic illness. I enjoyed the book for 3 reasons. First, it is quite clear I have been fortunate, many have had far more serious problems than I ever did. That is good to know. Secondly, the rationale behind deleting the gluten, sugar and dairy in the diet makes sense. I have been gluten and sugar free- mostly- for several years and so giving up dairy although a bummer, I have done. And last the advice for the probiotics and digestive enzymes is also more than reasonable. I bought the book at the early in the week- I felt well enough this morning to resume my workout.

Spoiler alert: it bears mentioning upfront that the author has an online store selling the herbal supplements he recommends in his book. You may not discover this until after you read the entire book and get to the resources at the back. To his credit he also lists where you can also purchase these supplements direct from his own supplier or from a number of other online sources. I'm sure

the author has helped many patients find real relief from their digestive problems. He may have been a pioneer in this area, however based on quite a bit of inaccurate information here and the fact that I don't have the benefit of his one-on-one advice, I would find and read a more up-to-date book. There are other elimination diets out there to achieve the same goals by obtaining everything you need through the foods you eat. I agree with a lot of things said in this book. Digestive disorders are one of the areas where traditional medicine often falls short, and popping pills is unlikely to ever get at the underlying causes of the symptoms (perhaps the same should also be said for herbal supplements). We have several pounds of bacteria in our guts that's mostly beneficial or at least not harmful, and only a fraction of one percent of the bacteria in our environment are harmful to people. Inappropriate or excessive use of antibiotics and antibacterial cleaners may upset the natural balance of healthy vs unhealthy bacteria, and prevent our bodies (especially as children) from developing healthy immune systems. Artificial sweeteners may have side effects even though they've been approved for sale in the U.S. (often not in Europe). I would also be uneasy about removing my gallbladder just because doctors couldn't figure anything else to do. Drinking lots of water every day is important. Yes, yes, yes. The resource chapter on laboratory tests at the back is something I haven't seen other places. I also don't remember reading anywhere else his advice to avoid drinking lots of water during and within an hour after a meal so you don't dilute the hydrochloric acid and other digestive juices in your gut (whether that's accurate or not, it's easy enough to try and potentially makes some logical sense). He gives plenty of sound cautions against someone with Crohn's disease going off prescription medications unless you discuss this with your doctor first (p. 118). That said, the quality and depth of the information in this book is very uneven. It repeats quite a bit of total garbage that he evidently picked up from various sketchy sources and never checked (or never acknowledged) these claims are not backed up by solid facts and evidence from nutrition and biology. These could have easily been checked in widely available sources. It makes me uneasy when there were so many places I knew more accurate information than the "expert" author before I picked up his book, and so many more that were easily debunked in a few minutes by looking up reputable and qualified sources online. In place of this book I'd recommend you start with *IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition*. No, I don't have any connection to the author except for reading her excellent book. Patsy Catsos is a registered dietitian with degrees in nutrition from both Cornell University and Boston University. (Dahlman says he has a degree both in nutrition and in chiropractic medicine, although he doesn't say from where). Her book does not have all the highly questionable red flags in Dahlman's book and does not seem quick to seize on unfounded conclusions. Her book benefits from a lot of

research on fructans and FODMAPS done in Australia/New Zealand which only began to receive attention in the U.S. a few years ago. Her elimination diet puts you on a very restricted diet and then systematically reintroduces significant quantities of lactose (dairy), fructose (fruits etc), fructans, polyols, and galactans one at a time to (relatively) quickly give you strong, clear signals what specific types of foods are bothering you and why. David Dahlman's book makes more sweeping claims than Catsos to fix everyone's digestive problems (not just those based on types of sugars/carbs). His sweeping claims sound great. Yet his book just assumes up front you need to eliminate dairy proteins/lactose from your diet and seems quite weak in many other areas. I don't remember that he even mention fructans, polyols or galactans, and he's clearly off-base in many of his recommendations on gluten and fructose. Catsos' book does not put you on a lot of probiotics and supplements up front. Her book has a long list of allowed foods and a long list of foods to avoid, and has clear explanations and reasons of why so that you'll find every item in those lists is solidly backed up if you do your own homework on nutritional facts and ingredients. Catsos gives twelve pages with very specific lists of what foods are allowed on her elimination diets. Her FAQ toward the back of the book give clear, well-reasoned explanations for why many specific foods are included or not. Dahlman is very upfront that he generally avoids telling you what foods you CAN eat, and mostly only tells you what foods to avoid. It's true everyone is unique and may have different intolerances, however it is certainly a valid approach to list allowed foods for readers and then systematically eliminate groups of them at a time to uncover what those unique differences are. Given his misguided advice about spelt on a gluten-free diet, maybe it's wise that he avoid telling you what you can eat. I think Catsos elimination diet would be much easier to follow as a result of her twelve pages of specific allowed foods, and two more pages on which of these foods are rich in which essential vitamins and minerals. If you follow her book first and it still didn't work then you might indeed want to supplement her book with Dahlman's probiotics and long list of other "essential" herbal and health food supplements and other additional steps and approaches he suggests. Anywhere they disagree, though, I'd trust what Catsos says first until proven otherwise. p. 59 "Most of the people who ask for my help with IBS are so motivated that if I asked them to go out in their backyards at midnight on the second Tuesday of each month, get down on all fours, and eat crabgrass, they'd do it." Well said. You might want to pair Dahlman's book with *A Mayo Clinic Book of Alternative Medicine & Home Remedies: Two Essential Home Health Books In One* by Mayo Clinic Physicians (2013) Paperback. Mayo's book covers so many alternative medicine topics in one book that there's often very little depth on each one, but it at least offers a good starting point along with its simple red/yellow/green indicator for whether there is at least preliminary evidence

supporting the effectiveness of each particular alternative medical treatment. Many supplements to restore your digestive system to balance Chapter 4 on all the "essential" supplements comes before you ever get to any of his diet recommendations. "While you usually obtain these nutrients from the food you eat ... you need to also take them in supplemental form, in large therapeutic dosages for three months." His supplements Rx strikes me as "if a little bit is good for your body, a whole lot is better." Fortunately pages 143-155 list specific products and specific online sellers (including his own online store) where they are all available. Otherwise you'd require hours and hours in bewildering study of products on the shelves of a health food store and then go online to sift through information to try and guide you on which of these brands and products are effective and legitimate. (herbal supplements have much looser or nonexistent FDA requirements for potency, effectiveness, and consistency of dosage compared with pharmaceuticals) He gives some good warnings how to steer clear of probiotics that claim to be effective yet don't even require refrigeration, etc., which I used to help select probiotics for a trial. p. 41 "You may have already tried some of the supplements I suggest in this chapter. However, you haven't tried all of my suggestions, all at the same time, and in the order I recommend." I don't claim to know much about taking herbal and pharmaceutical supplements containing glutamine, betaine hydrochloride, pepsin, gentian root, protease, amylase, lipase, choline bitartrate, inositol, taurine, L-methionine, coptis root and rhizome, Indian barberry root, berberine sulfative, corydalis yanhusuo tuber and zinc carnosine. Based on what this book has to say about gluten, fructose, food "spoiling" in the gut, and "holes" between cells in the intestinal wall, etc., I start to wonder how much the author really does either. Catsos book, by contrast, lists out those food sources allowed under her elimination diets containing significant amounts of vitamins A, C, D, E, K, folate, B1, B2, B3, B12, calcium, iron, zinc, magnesium, phosphorus, and potassium. Catsos approach seems far more natural and based on obtaining nutrients the way our body is intended to absorb them. Guess I'm betraying my own personal bias here towards obtaining nutrients from whole foods, rather than distilled into bottles. Here's some notable examples I found really sketchy in Dahlman's book: Step Six: The No-Gluten Rule p. 80 "Gluten is contained in foods such as wheat, oats, barley, and rye." Alternatives to Gluten-Containing Foods p. 82 "Spelt wheat bread can be found at most major health food stores." Huh? Spelt contains gluten. Oats do not. Anyone sensitive to gluten should certainly not eat spelt bread, which is his main recommended alternative. Oats and oat flour are included in lots of gluten-free cookbooks and recipes. If the author is way off-base on this topic, what else in the book is equally misleading and inaccurate? Step Five: The No-Fructose Rule p. 79-80 "If .. you still have symptoms, you need to begin avoiding fructose." "Fructose is found in all fruits, natural sweeteners ... and sweet vegetables

....p. 117 "Stop complaining! You still have ... any vegetable not on the above list (about thirty), all types of rice, white and red potatoes, lettuce, spinach and nuts. That's plenty: anybody can live on that diet."Reality check #1: You might still eat large amounts of fructose (especially in the form of sucrose) even if you avoid the foods he names. Reality check #2: Fortunately for people with fructose malabsorption the key isn't "No fructose, no exceptions." The key is substantially reducing the ratio of fructose-to-glucose eaten at any one point in time, and reducing (not eliminating) the total amount of fructose entering the digestive system at any one time.If the author checked available nutritional information, he would know that all the foods he just named as allowable also contain fructose and sucrose. Often in quantities just as large as the foods he says to avoid. According to USDA's nutrition database, potatoes, lettuce, cabbage, green beans, broccoli, asparagus, cauliflower, brussel sprouts, celery and spinach all contain fructose. Even many mushrooms contain some fructose. Nobody would consider these "sweet" vegetables. Wheat, rice, dry beans, eggs, and wild rice all contain smaller amounts of fructose and sucrose. Nuts and seeds contain huge amounts of sucrose (which is equal parts glucose and fructose), again more so than many of the vegetables he says to avoid. Some real science and nutrition before publication, please.

Step Seven: The Food Allergy Test

If you readÂ Freedom From Chronic Ear Infections - The role of allergies and the way to a cureÂ then you might question which if any allergy test kits - even from his national laboratories - are going to accurately reveal the more subtle but debilitating food intolerances involved here, as opposed to life-threatening severe and immediate reactions that so many allergy tests out there are designed to reveal.

"Holes" in your GI system. 115 "Unhealthy gastrointestinal systems swell and leave "holes" between the cells. Food not yet fully digested "falls" through the holes in the intestinal wall rather than continuing through and becoming fully digested.

... The body doesn't expect or recognize the partially digested pieces of food in the bloodstream, and alerts the immune system to spring into action and create antibodies and chemical substances that have gastro-intestinal consequences.

"Offer some scientific basis or explanation here, please.

When gastrointestinal systems or cells swell, wouldn't the "holes" between cells become smaller not larger? Sorry, this cutesy explanation doesn't sound like something backed up by food nutrition which he simplified into layman's terms. It sounds like something that came straight from aisle B in the health foods store or a sketchy internet blog, which was never suitably checked against sound basics of nutrition or biology.

p. 94 "Conventional medicine calls this condition malabsorption syndrome. In alternative or holistic medicine, it's called leaky gut syndrome. No, nothing is leaking out of you, but foods and bacterial enzymes may be leaking into your bloodstream."

p. 95 "If you are experiencing any of these symptoms, you can safely assume that you aren't digesting your food

properly and that undigested foods are being absorbed, in abnormal amounts, through the lining of your small intestine."Look them both up online. Malabsorption syndrome is all about what your body is NOT absorbing. "Leaky gut syndrome" by contrast talks almost entirely about what your digestive tract IS letting into your bloodstream that it isn't supposed to get there. I'm unhappy that he tries to tell me these are just two names for the exact same condition.Dahlman throws around terms like "leaky gut syndrome" as if it's a single specific condition with a specific determined linkage of cause-and-effect. So I looked it up, and it's a catchall term for "we don't have a specific diagnosis for your digestive problem" which means it's not necessarily a single condition, it might be a number of several different conditions with different causes. I don't want an expert to claim he's offering a single cutesy explanation for a single condition, when in fact he is throwing out a single cutesy explanation for what may in fact be a set of several different conditions, none of which have not been explained in cause-and-effect terms through medical and scientific research.p. 65 "Fruit is a problem for many people when it's combined with other foods. Therefore I recommend following the old food-combining rule that says to eat fruit only before a meal or all by itself. .... when it's mixed with other foods or eaten after a meal, it spoils while waiting for the other foods in the stomach to be digested."Snopes and other sources say his "old food-combining rule" is a myth with no basis in scientific evidence whatsoever, originated and spread by flaky weight loss gurus, hearsay and the internet. Like some of the other "mud" in Dahlman's book, he accepted it and repeated it without finding and presenting any convincing nutritional and biological evidence for this idea.Bacteria, mold and yeast start to spoil and decay fruit as soon as it has been picked. Exposing the soft inner part of fruit under the skin to oxygen releases natural oxidizing enzymes which dramatically speed up the decomposition process. This is why an apple suddenly starts to turn brown quickly on the kitchen counter after you slice it up. So ... armed with this basic scientific knowledge, where does fruit logically spoil most quickly? Cut up in pieces on your kitchen counter? Or do you think food continues to mold and spoil in the same way after exposed to hydrochloric acid in your stomach and deprived of all oxygen? Your gut is a very hostile environment for the microorganisms that cause any food to spoil. What logical and scientific reason is there for you to believe fruit rots in a matter of hours in your gut because you ate it with other foods, when the same food takes days to spoil on the kitchen counter? It's hard enough to follow all the valid dietary restrictions without adding in even more based restrictions based on hearsay which are completely unfounded.

This was the first book that really helped me. He makes suggestions on supplements, and pretty much leaves it to your own device to choose. I had good luck on Metagenix ultra inflamx 360 which

to my knowledge you can only get from a doc. But it DOES help. And I know you may be thinking these people are just selling their products. They are NOT. I have no affiliation with any herbal supplement company. I just know what worked for me. Huge factor for me was eliminating all dairy (casien) and all gluten (wheat). Drastically altering your diet is so much better than having to choose to take chemo drugs and risk getting cancer.

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The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) The Ulcerative Colitis Cookbook - The Simple Ulcerative Colitis Diet: The Awesome Cookbook for Ulcerative colitis The

Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis

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