



A SYMPTOM-FREE LIFE

Heal and Manage IBD & Crohn's Disease

by Rebecca Renik

Live Healthy with Crohn's Disease



THIS IS YOUR FIRST SUCCESS!!

CONGRATULATE YOURSELF WITH A BIG HUG!!

Okay, that may be a little over the top right now but I promise this is worth your time and can make a difference not only in your disease management but your LIFE!

The fact that you took the step to download this Blueprint tells me you are looking for answers. The information and ideas I am presenting here have worked miracles for me. I believe they can work miracles for you.

Let me say, I am honored that you have given me the chance to share what I have learned over the past 30+ years on how I controlled my symptoms of this incurable, and often times debilitating disease. I am asking that you trust me in the process I am presenting and more importantly to trust in yourself that **you** can also make a difference in your own healing journey.

I want to be clear that I am NOT a medical professional and am not professing to give medical advice. Any of the ideas that I present here are to offer information of a general nature to help you in your quest for emotional, physical and spiritual well-being. I share some of my lifestyle changes which made a difference in my own healing journey. It is my hope that you take these ideas and create your own healthy lifestyle that puts you in control of reducing the symptoms you experience. This surely will include medical professionals, alternative treatments and your own decisions throughout your life.

Yes, 30+ Years! I have had minor and major setbacks and flare-ups but no surgery, no handfuls of medications taken daily, no biologics and no long-term complications. Most of all I have had very few limitations on living what I consider my best life! I consider that a successful endeavor!

When you have made the intentional choice to help yourself, to take control of your health, you will be able to manage your Crohn's Disease and IBD symptoms in a new and more effective way.

This is your new beginning. You are ready and you can do it!

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FUNCTIONING NOT THRIVING

Don't get me wrong, when I was diagnosed, I was one sick girl. I had lost 20 lbs, and was so weak from malnutrition, diarrhea and not being able to eat without pain, that I was literally on my knees begging for something or someone to help me. After several misdiagnoses, I was finally told I had Crohn's Disease: complete with 4 stomach ulcers, 2 ulcers in my small intestine (including the constriction of the duodenum) and 6 areas of active inflammation in the colon, a UTI, anemia, dehydration and malnutrition. After a week in the hospital and 2 years of Steroid treatments (I was allergic to the only other 2 meds used to treat at the time), I was able to function again. **Not thrive - just function.**

I am sure your story isn't much different than mine. I know the suffering and helplessness felt at the time of diagnosis. I also know the relief I felt thinking that now we know what is wrong with me all will be better! That relief quickly diminished as the prognosis went on. My doctor was kind and gave me fore warning that:

1. There was no cure for Crohn's and that I would live with this disease (debilitating symptoms and all) for the rest of my life.
2. I would be having surgery to remove most of my colon within the next 5 years AND
3. That since most of my disease was in the stomach and small intestine the diarrhea could be controlled but I would just have to live with the pain and fight against malnutrition. FOREVER.

These warnings and the side effects from the Prednisone left me feeling so sad, helpless, afraid and alone... We have all been there and I know that this is where you may be right now.

THIS DISEASE SUCKS!!

- Inflammatory Bowel Diseases are no picnic. They are painful, debilitating, embarrassing and eventually can eat away any "LIFE" you have in you.
- Since we are dealing with an incurable disease, the medications and your doctor can only do so much to help you manage the dis-ease in your body.
- Surgeries may stop the symptoms in their tracks by cutting out the diseased area but that is a temporary solution, creating other issues. The disease will eventually rear its ugly head again in another area if the root cause is not addressed.
- As the seriousness of the disease progresses, there are many long-term complications that will affect other parts of your body and areas of your life.

*Simply put, I did not like the prognosis given to me and
I DECIDED to take matters and my health into my own hands.*



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I know I still have this disease. What I don't have is everyday symptoms or any long-term maladies associated with it. I know I will need to be forever vigilant in my choices but since it is my lifestyle now, I do not have to think much about it. I just enjoy life! Management of your disease is your responsibility. Whether it is taking medications as prescribed or understanding and making lifestyle changes to control symptoms, it is all up to you.

A HEALTHY SUCCESS STORY

Fast forward to today and I consider myself to be a healthy success story.

You see, I made a decision early on to take control of my health. By doing this, I was able to not only manage my symptoms but be healthy enough to live months at a time without even remembering I had Crohn's Disease.

Can you imagine that for yourself right now? No searching for the closest bathroom, no refusing vacations or plans with friends, no unrelenting exhaustion, no embarrassing gas or bloating, no skin sores, no joint pain. Just living Life!

It can be a reality for you just as it has been for me. I go into detail of ***why and how*** I did this in my book '***Live Healthy with Crohn's Disease***' but I will give you some things to get started on and think about here.

While I respected the doctors and medicines, I knew there had to be more ***I*** could do. I worked at taking care of myself every day and over the years realized I had developed a lifestyle to manage the symptoms of this disease. I was healthy, happy, typically symptom free and continue to be - as long as I am conscious of my lifestyle choices. I have my days and even weeks that symptoms are noticeable but by taking the time to re-evaluate my life and the choices I have made in the short term, I can make the needed changes, taking me back to symptom free health quickly.

With so much more new knowledge and information readily available it is easier than ever to take control of your disease. You just need to know what steps to take. By learning to listen to your body and quickly adjusting your lifestyle, you quickly alleviate the symptoms you are experiencing. This prevents many of the long-term complications caused by having a chronically inflamed, diseased gut. It does take diligence and some hard decisions along the way but none worse than the disease and its' symptoms you are experiencing now.

*Make the decision now to take control of your health.
You decide how sick and tired you wish to be.*



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FIRST THINGS FIRST: REALITIES

Our first reality is that IBD affects one of our most basic bodily functions - taking in food and eliminating waste. Recent research has proven that our gut biome (healthy or not) is so important that it literally affects every cell in our body. Lucky for us, our unhealthy biome so blatantly affects our systems that we can't help but to notice. *BUT what we notice and acknowledge we can change.* You are never past the point of no return and finding the root causes of your body's inflammation and then adjusting your life to heal makes all the difference. This 'blessing in disguise' will help you identify what is causing the dis-ease in your body if you let it.

The second reality is that you can heal where the doctors can't. Think about that, say it again and let it sink in. Your disease and your body is your responsibility. You decide how much you are going to let this disease and its symptoms control your life. While chronic and incurable, Crohn's & IBD are described as manageable, which to me meant that I could do something about it. That means you can too. It is not only about resting, eating bland foods, managing medication side effects, or going to the next doctor visit. It is about taking control of your own healing. Read this again, understand & believe it... **You can heal where the doctors can't.**

SECOND THINGS SECOND: THE ENERGY OF LOVE

Life is Energy. Your lifestyle, your work, family, emotions, purpose, passions and health, ALL revolve around energy. The body is made up of not only physical components, blood, bones & systems but also emotional and mental components. All in all, you are an energetic being. If you have not heard that before, please read ANYTHING related to a search on energy & the body today. Healing energy is real and anyone can tap into it.

- Emotions are stored in your body as energy - good and bad, past and present.
- Mentally, thoughts lead you to acquiring knowledge and the ability to make things better. Or they can lead you down a rabbit hole of despair and of being the victim.
- Physical symptoms help to identify and maintain control of your body. The physical body shows you the blessings and detours of the emotional and mental energies that you need to be aware of.

Happiness, joy, accomplishment, fun, peace, success, gratitude are all energetic expressions of love in your body. If any piece of your life is not associated with the Energy of Love your health is going to suffer. **Really.** Fearful energetic emotions like anger, despair, & frustration also live in our gut.

Are you living in fear or love? This is a deciding factor in your health. If you cannot honestly say you love yourself, your body and your life, you cannot be in your best health.

We are living in a new age, a new world where quite literally, love is the answer.



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THE BASICS

DIET & NUTRITION

It does not matter what kind of species of life you are on Earth, you need to eat and eat nutritiously to survive. Plants need nutrients to grow. Fish, fowl, reptiles and mammals all need to eat what provides the most nutrition to their bodies. What is termed food is obviously different per species but eating nutritious foods should be no different for us humans.

Convention in the Crohn's and IBD world tells us that certain foods should be avoided when not able to be digested properly. I agree but it goes much further and deeper than that. Eating whole, nutritious foods even when under a severe flare will help your healing. It also holds true that many processed foods or food substitutes should be reduced or avoided altogether. Simply put, these are poisoning our bodies and provide nothing to sustain our life. Pesticides and fertilizers are poisons, GMO's cannot be broken down as food, even fresh foods lack the amount of nutrients they possessed years ago. Diseased bodies are that much more sensitive to the chemicals and toxicity in foods, and this sends the immune system into overdrive. By definition you then develop an auto-immune disease.

By looking at how and what you eat, you can begin the process of healing. You can redefine your standard diet to one that provides the best possible nutrition for new cell growth. Healthy bodies come from healthy cells. While it can support emotional health at times, be aware that the fast-food hamburger and fries may be a trigger for symptoms but also may provide no nutritional value to sustain and heal. Redefining your normal diet does not mean never eating for pleasure, but it does mean you eat to supply nutrition first.

You decide how sick and tired you wish to be.



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THE BASICS

DETOXING YOUR ENVIRONMENT

Physical Toxins put Stress on the body

It goes hand in hand with eating non-toxic, nutritious, powerful whole foods that we also need to live in a physical environment that is as clean as possible. Air quality, chemicals in water, and what we consume through our skin from soaps, lotions, hair products and makeup, need to be identified as to how much it may be affecting your body and its' health. Inflammation comes from many sources.

Allergies are caused from foods and the environment as well. Many times, these are slight enough to go unnoticed or symptoms easily controlled but they are affecting our guts and over the long run cause havoc. Bottom line is that the toxicity is causing inflammation in our bodies and that contributes to our symptoms.

Emotional toxins put Stress on the Body

How many times do you go about your days resentful of chores, frustrated with your job or avoiding hard conversations and just swallowing it? Maybe you are feeling unappreciated, or have come from or are in an abusive relationship? These situations cause feelings of fear & negativity and become emotional toxins that sit in your gut. Remember that our bodies are energy and any feelings and emotions are also energy. Taking a good look at where your daily emotions are at is a good indicator of disease. Removing or rethinking a new way of dealing with the people, places and situations that are causing any lower emotions may be necessary to improving your health. You can't get rid of your kids but you can rethink how to ask for support.

I talk in depth of emotional stresses in my book *Live Healthy with Crohn's* and ways to redirect negative thoughts into positive ones that support your health.



Toxins cause inflammation that cause symptoms.



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REST IS PERMISSIBLE

I give you Permission. Give yourself permission.

Rest comes in all shapes and sizes. You may think all you do is lay on the couch and rest. You may find your best rest is after hiking and enjoying some beautiful scenery. The important question here is; What is your attitude about rest? What emotions does the word bring up? If you feel resentful or discouraged about your body's need for rest, then laying on the couch or going back to bed is not doing you as much good as it can. It actually becomes one of those emotional toxins.

One of the keys here is to give yourself permission to do less, without guilt, self-recrimination, or resentment. Realize that healing takes time and your energy level will not always be this low. When you hold resting your body, mind and emotions in love and acceptance, you can benefit wholly to heal your body. Taking the time you need to rejuvenate by doing things you love, resets that emotional wellbeing and is a loving act in your healing journey.

YOUR REASON WHY

Laying the groundwork to see how your lifestyle may be causing your symptoms was important but I could have easily started with this topic.

Your **WHY** is the number one factor in beginning this journey. It is the sustaining reason for making those life changing decisions to heal your disease.

Why do you want to be healthy? What is on your bucket list? What is happening now that you DO NOT want in your life? Where and how do you see yourself in 2 - 5 -10 years?

Making the decision to heal your body through lifestyle includes many day-to-day decisions and new ways of thinking. It is a rough road at times. Efforts can turn quickly into setbacks and flares and leave you wondering if this working. To stay the course, you must identify your strong and all-important reason as to WHY you wish to be healthy. Your WHY will become the driving force to stick to the healthy diet, to remove toxins from your environment and implement the steps needed over the next weeks, months, and years.

You cannot identify with being a victim of disease and heal your body. You must identify with the healthy person living their WHY!



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HAVE THE COURAGE TO DIVE IN DEEP

In my book "Live Healthy With Crohn's Disease", I dive deep into 13 topics with stories and examples of how to identify a stress affecting your body and then what steps can be taken to reverse the issue. The "putting it into practice" section is a guide to reaching your goals of living a healthier life. The end result is to actually heal your body and become less and less reliant on doctors and medicines for your health. I believe that seeing yourself in my story can help you discover a whole new way of thinking about your disease and the symptoms causing you distress today.

Learn how:

- **Gratitude supports your journey and how you can see the disease and symptoms as blessings in your life.**
- **Getting outside of yourself will help to reduce anxiety and provide relief from those mental downward spirals.**
- **Setting Boundaries is a key component now and for your future health.**
- **Decisions & Responsibility play into the daily activities and changes you make in the name of health.**
- **Taking a hard look at your present life affords insight into why you have developed this dis-ease in your body.**
- **Turning 180 degrees will set you on a path of joy and healing.**
- **To deal with Cravings, Impulses and Addictions**

No doubt you have had remissions that have felt wonderful but are worried how long it will last. How wonderful would it be to know sustainable & prolonged remissions are in your power? **You can heal where the doctors can't.** Stop living in fear and hoping that the next medication will work to control your symptoms. Instead, support your body by reducing inflammation, resulting in less symptoms and a higher quality life. Be confident knowing that the lifestyle changes you make are going to create healing your body and become your forever story.

Remember that every piece of your life and how you manage it is going to affect your body. Determine your tolerance level to the symptoms you are experiencing. Next, chart the best course of action for YOU by doing your research and taking time to weigh the outcomes. Listen to that inner voice that is going to provide soothing to those physical symptoms, emotions and thoughts.

*Dive deeper into my book LIVE HEALTHY WITH CROHN'S DISEASE
Then join the membership site CONQUERING CROHN'S for the latest news.*

WWW.LIVEHEALTHYWITHCROHNS.COM



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