

Crohn's Disease

What Is Crohn's Disease, and What Causes It?

Crohn's Disease is a condition caused by inflammation in the gut, caused by an infection. Symptoms vary depending on the part of the gut affected, but common symptoms include diarrhoea, abdominal pain, and feeling unwell.

Other parts of the body can be affected; inflammation and pain can be felt in the joints (arthritis), skin rashes, and inflammation of the eye (uveitis), as well as liver inflammation.

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“Dear Robert,

I thought I would give you an update on my progress with my Crohn's Disease. I have been taking the SerraEnzyme, Curcuminx4000, D.I.P. & Gastro Enzyme Therapy for about a month now.

I think all the above are definitely making a positive impact on my body because the gastritis has nearly all disappeared. I feel so much better and healthier. I am afraid to reduce my Serraenzyme enzyme, Curcumin and Gastro Enzyme because I have cut down on my anti-inflammatory drugs to only four tablets and I have thrown away the proton inhibitor drug for gastritis!!

I am still taking every day:

- **6 SerraEnzyme**
- **6 Curcuminx4000**
- **6 Gastro Enzymes**
- **1 D.I.P.**

I feel I have definitely made progress in a big way and am getting stronger every day.”

-Sudha B, United Kingdom

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Follow the Health Plan as recommended for the best results:



CROHN'S DISEASE PLAN

The health plan below is designed to support autoimmune health and Crohn's disease. The supplements are listed in order of priority and should be followed with the food plan to relieve symptoms and maintain good health in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:*

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies).**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **[UB8Q10 Ubiquinol](#)** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **[Relaxwell](#)** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.