

# Colitis

## What Is Colitis?

Colitis is an inflammation of the colon. Colitis may be classified as acute or chronic and falls into the category of digestive disease.

## What Causes Colitis?

This inflammation in the colon may be caused by a number of infections and illnesses.



**“My inflamed colon was really beginning to cause me a great deal of irritation and along with frequent diarrhoea I was experiencing severe abdominal pain as a result of the colitis. I decided to try for a natural approach and took the Serrapeptase SerraEnzyme as you suggested, along with following the naturally healthy lifestyle plan. I was pleasantly surprised to find that in just a few short weeks the symptoms of colitis were beginning to ease and I am now beginning to achieve a sense of normality once again.”**

**- Jodie, Birmingham**



*Follow the Health Plan as recommended for the best results:*

## COLITIS HEALTH PLAN

The plan below is designed to provide relief for colitis sufferers. When it is followed consistently and combined with a naturally healthy lifestyle, the symptoms of colitis can be improved and the result is long-term good health in just a few short weeks.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy digestion and organs - in order of priority:*

- [Gastro Enzyme Therapy](#) - A gentle combination of herbs and enzymes to relieve colitis. Take 3 capsules after eating meals or snacks.
- [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](http://www.Probiotic29.com/studies).)**
- [Curcuminx4000](#) - Take 1 capsule x 3 times a day before each meal. Relieves inflammation and reduces pain.

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***Do not start these further supplements until after the above, and the diet, have both started.***

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- [Essential Digestive Plus](#) - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- [SerraEnzyme 80,000IU](#) - Supports a healthy digestive system. Take 2 tablets, 3 times daily.