



Personal MC Experience

by Jessica Woodward

I experienced my first "flare-up" in August of 2012. Slated to go to a Red Sox versus Yankee baseball game, I found myself either in the bathroom with relentless diarrhea or on the couch clutching my stomach in pain.

The symptoms stopped by that night and I wrote off the experience as an unfortunate stomach bug. However, the persistent and constant diarrhea returned a few days later accompanied with nausea, stomach pain, dry heaves and extreme fatigue. I decided to make an

Is Microscopic Colitis a Symptom of Toxicant-Induced Loss of Tolerance (TILT)?

by Wayne Persky

Little is known about TILT in official medical circles, but on the surface at least, there appears to be a significant amount of evidence to suggest that microscopic colitis might (in some cases, at least) be a result of the immune system-altering phenomenon known as TILT.

Tilt appears to be a rather insidious condition. Initially, one or more exposures to a toxin causes a susceptible individual to become ill. But instead of fully recovering, the individual continues to suffer from residual neurological or immune system damage. And this damage leads to a domino effect as a sensitivity develops to numerous chemicals that are commonly encountered in daily life.

Researchers believe that as a result of the syndrome, neurological setpoints in the brain that correspond to thresholds at which sensitivities develop, are reprogrammed to a much lower level, thereby exaggerating responses to previously-tolerated substances. As a result, FDA-established safe toxicity levels no longer apply for these individuals, and they become vulnerable to low-level chemical traces to which they may be exposed in the air, by skin contact, or in their food.

The symptoms of TILT are very familiar to MC patients. Symptoms include (but are not limited to) neurological issues, headaches, migraines, depression, anxiety, brain fog and memory and learning problems, sleep disorders, digestive system issues, urological or bladder issues, respiratory issues such as asthma, etc. And as is so common with MC, sensitivities vary widely, so that virtually every case is somewhat unique.

And similar to the plight of many MC patients for many years, such varying symptoms historically resulted in physicians viewing TILT as something that mostly just existed in patient's heads. In view of all the similarities, it certainly appears that there might be a connection here that might explain a lot of the unanswered questions about why some MC patients develop so many sensitivities. Perhaps in some of the most difficult-to-treat cases, MC is the result of TILT acting upon genes that predispose to gluten sensitivity, and this is the mechanism that leads to the development of

appointment with a GI.

One month later, a colonoscopy confirmed a diagnosis of microscopic colitis. Still battling daily bouts of diarrhea, nausea and fatigue, the GI and I agreed to a treatment of Budesonide to stop the diarrhea, followed by a prescription of Lialda for maintenance.

I did not want to be on drugs for the rest of my life and dove into researching the condition. It was at this point that I stumbled on early research indicating dietary changes to control the disease.

I eliminated all gluten and dairy from my diet. By May 2013, I stopped all medications and achieved remission through maintaining a gluten and dairy free diet.

I became pregnant in June 2013. Unfortunately, hormonal changes induced a severe flare-up and I restarted Lialda. I continued using a very low dosage of Lialda for 5 months until I weaned off in

so many food sensitivities.

Interestingly, the degree of sensitivity to various chemicals or foods seems to vary widely among TILT patients. Fortunately, most MC patients who appear to have this type of problem are only moderately affected, making treatment much easier than would be possible with more severe cases.

Of course the bottom line here is that to date at least, no one has come up with any effective treatment programs for TILT (other than strict avoidance), and again of course, that parallels the situation with food and chemical sensitivities associated with MC. Presumably, a treatment that would resolve either condition would be very likely to resolve the other. So it behooves us to keep an eye on any developments that might be associated with research dedicated to the treatment of TILT.

If more information on TILT is desired, please refer to the online article listed below.
Extreme Chemical Sensitivity Makes Sufferers Allergic to Life
<http://discovermagazine.com/2013/nov/13-allergic-life>

Sashimi Tuna with Basmati Aromatic Rice and Roasted Brussels Sprouts

submitted by Deb S. Curlette



Sashimi Tuna serves 4

Ingredients:

1 lb raw sashimi grade tuna
1/4 cup dark sesame oil
1/4 cup Coconut Aminos or Lea & Perrins Worcestershire Sauce

2 TBS fresh grated ginger
1 clove garlic finely chopped (or equivalent)
2 TBS finely chopped onion
salt to taste, but at least a sprinkle or two
2 Teaspoons McCormick's Perfect Pinch Asian Seasoning
Wasabi Powder

Directions:

Mix all ingredients together and marinade the tuna at least one hour. (overnight or longer is better)

Heat skillet or grill on medium high until it is nice and hot. Sear tuna for about 45 seconds per side. This will seal in the flavor. Remove and return the tuna to the marinade bowl.

Serving:

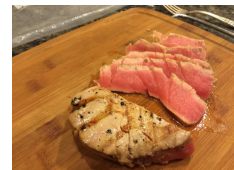
Slice sashimi 1/4" thick, preferably with the grain to minimize crumbling.

Serve the remaining marinade as a dipping sauce.

Other dipping sauces to consider include Coconut Aminos and Wasabi Sauce.

Basmati Aromatic Rice

Ingredients:



preparation of breastfeeding. Again, I achieved remission through diet and currently remain drug-free.

Although I experience short flare-ups on occasion, they typically occur during stressful times and I am actively seeking stress reducing activities to achieve optimal health.

Please e-mail your Personal MC Experience



Leaving the House During a MC Flare-up
by Deb S. Currence

On occasion, you simply can't remain at home. If you are a stay-at-home parent or a retiree, sometimes you still need to purchase groceries, go to the bank, keep a doctor's appointment or get gas for your vehicle. What can you do?

Give Yourself Ample

1 cup dry Basmati Aromatic rice
2 1/4 cups of water
earth balance Soy Free Buttery Spread to taste
Trocomare to taste

Directions:

Cook rice in a rice steamer according to the manufacturer's specifications.

Season rice to taste with earth balance Spread and Trocomare.

Brussels Sprouts

If you do not have a sensitivity to Brussels Sprouts, this is a delicious way to prepare a well cooked green vegetable.

Ingredients:

1 1/2 pounds fresh Brussels Sprouts
3 tablespoons good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions:

This recipe is courtesy of Ina Garten and is available on Food Network.

<http://www.foodnetwork.com/recipes/ina-garten/roasted-brussels-sprouts-recipe2.html>



Please e-mail your favorite recipes



Stress and IBD: Part I
by Jessica Woodward

Scientists have long suspected an adverse connection between today's constant level of stress and the negative health effects on the body. Not long ago, researchers published a study demonstrating the body's inability to regulate the inflammatory response when under chronic stress. Although stress is not directly responsible for an Inflammatory Bowel Disease, it can bring about the start of an IBD, cause worsening symptoms or trigger a relapse for those in remission.

The digestive system responds to stress in what is known as the "gut-brain connection". Harvard Medical School reported in *The Sensitive Gut* that emotions and the gastrointestinal tract are linked. However, just as stress can cause a flare-up of IBD symptoms such as diarrhea and nausea, stress relief management can lessen symptoms.

So exactly how does stress cause gastrointestinal issues? The body's HPA or hypothalamic-pituitary-adrenal

Time

Set your clocks 10 minutes ahead of the real time. This allows for extra time to arrive at the destination without the stress of being late, and it provides an opportunity for additional bathroom visits.

Plan Ahead for Any Trip

Pack a tiny pill box which contains emergency medications. For many of us, these meds are Pepto Bismol caplets and prescription medications such as Lomitol. Some MC patients have discovered that Immodium works better than Lomitol.

Keep a bottle of water in your vehicle as well as in your handbag/tote bag so you can swallow your medication. If you are unable to keep a water bottle in the car due to the weather, be sure to have a few dollars available for vending machines.

Pack extra underwear and a travel sized container of baby wipes
Packages of white cotton underwear

system produces and releases stress hormones such as cortisol in response to stress. In addition, the HPA system also releases neurotransmitters dopamine and adrenaline to activate an emotional response to the stressor. The brain then releases small proteins responsible for increased alertness and anxiety. This chain of reactions produced by the HPA system to ensure survival against a threat was designed for short-term encounters. However, with today's chronic stress, the body stays in a constant fight-or-flight mode, which creates long-term health complications. Specifically, a continual excess of cortisol in the body reduces digestion, compromises absorption, causes indigestion and irritation in addition to suppressing the immune system. With a suppressed immune system and irritated GI system, the body then releases even more cortisol to reduce inflammation, thus creating an unrelenting vicious cycle that causes serious health complications.

In Part II, we will discuss effective stress reduction strategies.

References:

[Stress may be a trigger of bowel disease symptomsThe gut-brain connection](#)

[Psychological stress in IBD: new insights int pathogenic and therapeutic implications](#)

[The neurobiology of stress and gastrointestinal disease](#)

[Stress and Anxiety](#)

[Stress](#)

[Cortisol - Its Role in Stress, Inflammation, and Indications for Diet Therapy](#)



Immune Boosting Tips and Recipes

by Cynthia Libert MD

[Life Wellness Center : Integrative Family Medicine](#)

Boosting the immune system is a challenge for those of us with Microscopic Colitis. I asked my MD, Dr. Cynthia Libert for some guidance.

Dr. Libert recommends garlic as a natural immune booster. However, only fresh garlic is effective for this purpose. Fresh garlic can enhance the taste of a variety of proteins and vegetables.

A second recommendation is to never touch your face.

are available at discount retailers. When you purchase white underwear, bleach, Oxy or hydrogen peroxide will remove body fluids. Some patients wear and carry extra disposable underpants.

Pack non perishable food items in your vehicle and in your bag

Your food sensitivities will determine the snacks that will work for you. Options might include raw nuts, a gluten/soy/dairy free protein bar or jerky. It is also helpful to have an emergency snack in your bag. Many, if not all individuals with MC have food sensitivities that exasperate a flare-up. Consider the foods to which you do NOT have sensitivities and keep them in close proximity when you are driving.

Conclusion

With proactive planning, it is possible to accomplish everyday errands while living with MC. Successful outings can occur when you plan ahead.

Dr. Libert's Cider and Smoothie are great immune boosters if you do not have food sensitivities to the ingredients.

Transform your health by using FOOD as medicine!

Hello friends, here are two of my secret weapons against infection and chronic disease.

Winter Immune Cider

This is my secret weapon against infections. It's a traditional folk remedy commonly known as fire cider. It is a super potent, hot, spicy and sweet winter remedy for fighting off the common cold and other viruses. Warning: this recipe is extremely spicy. Taste at your own risk. Try a small amount and increase as tolerated.

Ingredients

- Juice from three oranges
- 1/4 cup fresh grated organic ginger root
- 1/4 cup fresh grated organic horseradish root
- 1 medium onion, chopped
- 10 cloves of garlic, crushed
- 2 jalapeno peppers, chopped
- Zest and juice from 1 organic lemon
- 1 TBSP turmeric powder
- Optional: Assortment of fresh herbs: 2 sprigs of fresh rosemary, 2 sage leaves and 1 sprig each of stevia, lemon balm, parsley, peppermint, oregano, pineapple sage and tarragon.
- Organic apple cider vinegar (add this last to fill up the jar)
- Raw local honey to taste (add after straining)

*Horseradish root is available online if you are unable to purchase it locally.

Directions: Place the herbs and other ingredients (except honey) in a quart sized mason jar. Add enough apple cider vinegar to fill the entire jar and cover the rest of the ingredients. Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal. Shake well. Store the jar in a cool, dark place for four weeks. Be sure to shake the mixture daily.

After about one month, use cheesecloth to strain out the pulp, pouring the vinegar mixture into a clean jar. Next add 1/4 cup of honey and stir. Taste your cider, and if needed, add another 1/4 cup until you reach the desired sweetness.

Dr. Libert's Super Energy, Anti-Inflammatory, Bone Building, Mood Lifting, Cancer Fighting, Immune Boosting, Heart Protecting, Yummy Green Smoothie Recipe!

**Please e-mail
your tips for
leaving the
house when
you are
experiencing a
MC flare-up.**



Here is one of my favorite green smoothie recipes. A tall glass of this concoction a day is some of the best preventive medicine!

I hope you enjoy it.

Here's to your health,
Cynthia Libert, M.D.



**We would love to
make YOU
a published
author.
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your article submissions.**

Ingredients:

- Large handful of both kale and spinach
- ½ red or yellow bell pepper
- ½ avocado
- 1 pear
- 1 apple
- ½ stalk of celery
- 1 large chunk of ginger root (quarter sized)
- 1 small chunk of turmeric root (dime sized)*
- 1 clove of garlic
- 1/3 cucumber
- 1 cup of ice
- Water to desired consistency, about 2 cups

*Turmeric root is available online if you are unable to find it locally

Optional: add 1 clementine for a sweeter, citrus flavor

Blend in vita mix or other high powered blender until smooth.

Enjoy immediately!

**This information has been included with the
permission of Dr. Cynthia Libert.**

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Thanks for Reading!

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