



Australian Crohn's & Colitis Association (Queensland) Inc.
PO Box 497
Buddina Qld 4575

Contact:
Ph: 61.7.5437 7662
Fax: 61.7.5437 7103
Email: help@accaq.org.au
Web: <http://www.accaq.org.au>

Membership Library

ACCAQ operates a library of books which may be borrowed by members. When not on loan, the books may be available at our Educational Meetings for perusal.

The books available are:

Managing Your Child's Crohn's Disease or Ulcerative Colitis	2
Breaking the Vicious Cycle- Intestinal Health Through Diet.....	3
The Ultimate Nutrient Glutamine - The Essential Nonessential Amino Acid.....	4
If This is a Test, Have I Passed Yet?	5
The Struggle to Cope with Inflammatory Bowel Disease.....	5
Straight from the Gut: Living with Crohn's Disease and Ulcerative Colitis.....	6
A Bowl of Cherries.....	7
Understanding Colostomy.....	7
Understanding Ileostomy.....	7
Inflammatory Bowel Disease.....	7
Treating IBD. A Patient's Guide to the Medical and Surgical Management of Inflammatory Bowel Disease	8
The New People Not Patients - A Source Book for Living With IBD	9
Inflammatory Bowel Disease - A Guide for Patients and their Families	9
Wind Breaks - Coming to Terms with Wind.....	10
When Mommy is Sick	10
The Good Gut Cook Book.....	10
The Angry Gut - Coping with Colitis & Crohn's Disease.....	11
Crohn's Disease & Ulcerative Colitis - Your Personal Health Series	11
Understanding Crohn's Disease & Ulcerative Colitis	13
Crohn's Disease - Complementary and Western Therapies.....	13
Listen to Your Gut.....	14
Ask Audrey.....	14
The IBD Nutrition Book.....	15
A Special Kind of Cookbook	15
Coping with Prednisone and other Cortisone Related Medicines	16
The Care & Feeding of the Irritable Bowel	17
Kitchen Table Wisdom - Stories that Heal	17
Probiotics for Crohn's & Colitis	18
The IBD Remission Diet.....	19

Managing Your Child's Crohn's Disease or Ulcerative Colitis

by Keith Benkov, MD & Harland Winter, MD

This book is regarded as the best and most complete up to date educational aid that there is on IBD in children and adolescents and was produced with the support of the Crohn's & Colitis Foundation of America (CCFA). Not only does this book serve as a practical guide to understanding all aspects of Crohn's & Colitis, but it also gives a great deal of comfort with its positive advice on how parents and children can learn to live with IBD.

Divided into 3 main parts, part 1 of the book gives an introductory overview on IBD, its diagnosis and the difficulties in sometimes reaching confirmation of IBD or making a definitive diagnosis as to whether it is Crohn's, or colitis. Symptoms and presenting features of childhood IBD are fully described, with information about the laboratory and diagnostic tests undertaken explained. Possible causes and diseases that resemble IBD are also outlined.

Part 2 covers the treatment of IBD, including all the medical and surgical therapies employed, how to deal with specific problems such as symptoms, both bowel and from extra-intestinal manifestations, and the complications that can develop in IBD.

The chapter concerning the role of diet contains useful recipes and calorie-packing foods for when dietary supplementation is needed, as well as information on the different types of tube feeding and TPN (delivery of nutrients directly into the blood), and how and when these need to be employed.

Further information is given in a following chapter about how to treat slow growth through nutrition and deals with the particular problem of growth impairment and delay in sexual maturity, an issue not relevant to adults with IBD.

Part 3 gives some insight into the thoughts of children with IBD who were interviewed and helpful advice on how to reassure your child, along with examples of how parents can help their children cope, is also given. Chapters dealing with day to day activities and issues, such as school, camp and also family life, offers important advice in relation to the support of teachers, toilet facilities and medications at school, dating and socialising, the pressure on siblings, communicating with family and friends, as well as adjusting to life with IBD.

The topic of pregnancy and IBD questions and answers for young patients form the final chapters.

A special section devotes information to resources, a glossary of terms, and a guide to IBD medications. Diagrams are also shown throughout the book.

No family with a young person with IBD should go without reading this excellent publication.

Breaking the Vicious Cycle - Intestinal Health Through Diet

by Elaine Gottschall BA, MSc

The book describes the Specific Carbohydrate Diet (SCD) which was formulated by Drs Sidney and Merrill Haas. Carbohydrates can be divided into three main categories namely monosaccharides, disaccharides and polysaccharides. The SCD advocates eating only monosaccharides and the book explains in detail the reasons why such a diet has been successful for many patients with bowel problems including Crohn's Disease, Ulcerative Colitis, Coeliac Disease and Diverticulitis. It likens the diet to that of the elemental diet which has often been beneficiary for IBD patients.

The theory on which the diet is based claims that if the normal equilibrium of bacteria in the colon is disturbed for any reason, its microbes can migrate into the small intestine and stomach hampering digestion, competing for nutrients and overloading the intestinal tract with their waste products. Once bacteria multiply within the small intestine a vicious cycle develops characterised by an increase in the production of gas, acids, and other products of fermentation which perpetuate the malabsorption problem and prolong the intestinal disorder.

A harmless form of warfare on the aberrant population of intestinal microbes is to manipulate their energy (food) supply through diet. Most intestinal microbes require carbohydrates for energy and the SCD severely limits the availability of carbohydrates. By depriving intestinal microbes of their energy source, their numbers gradually decrease along with the products they produce.

This deprivation is carried out by the elimination of di- and polysaccharides from the diet as these carbohydrates have to be broken down into monosaccharides in the small intestine before being digested. Whilst this is happening any microbes present are gorging themselves and multiplying. To protect itself from this proliferation of microbes, the gut produces excess mucus which can eventually lead to ulceration. The SC Diet presents a method for breaking the cycle by maximally nourishing the individual and minimally nourishing the intestinal microbes. By this method, undesirable stresses on the intestine decrease.

The diet is based on the principle that specifically selected carbohydrates, requiring minimal digestive processes are absorbed and leave virtually none to be used for furthering microbial growth in the intestine. As the microbial population decreases due to lack of food, its harmful by-products also decrease, freeing the intestinal surface of injurious substances. No longer needing protection, the mucus-producing cells stop producing excessive mucus and carbohydrate digestion is improved. Malabsorption is replaced by absorption. As the individual absorbs energy and nutrients, all the cells of the body are properly nourished, including the cells of the immune system which then can assist in overcoming the microbial invasion.

The second half of the book lists foods which are acceptable on the SCD and those which are not. Various recipes are included which can replace common everyday recipes. In brief, the diet allows fruit, nuts, non-starchy vegetables, honey, butter, fresh juices, some hard cheeses and protein foods such as unprocessed meat, fish and eggs. Disallowed are all grains, cereals, rice, bread, potatoes, milk, soft cheeses, yoghurt, margarine, processed meats, all pre-sweetened foods and drinks and all foods containing any of these sugars and starches (which automatically eliminates most restaurant meals, fast foods and pre-packaged sauces and foods).

As can be seen, this is an extremely restrictive diet and one in which no half measure could be allowed. No specific time limits are stated in the book although it does suggest that improvement should be noticed within a week or two and refers to periods of a couple of years on the diet before gradually reintroducing restricted foods to see if they can be tolerated.

The Ultimate Nutrient Glutamine - The Essential Nonessential Amino Acid

by Judy Shabert MD RD & Nancy Ehrlich

"How to use Glutamine to strengthen the immune system, improve muscle mass and heal the digestive tract." This book takes a look at glutamine, what it is and where it is found and how it is utilised by the body.

It also explains why it is important to our health, in particular what has been discovered about its therapeutic values when we are ill or under stress or when we want to be healthier and stronger.

The first chapter gives a general overview on glutamine and what researchers have found about this unique nutrient, which is the most abundant amino acid found in the human body.

Information is given in the following chapters on the role muscle has in providing the body with glutamine and the importance it has to the gastrointestinal tract by way of its healing effects on stomach ulcers and help in relieving the effects of IBD and IBS. How it supports the liver and its benefits in building up the immune system are also explained. Its healing properties and how it can help ease the effects of cancer treatments, degenerative diseases and stress are also outlined.

The closing chapter deals with how glutamine can be incorporated into one's nutritional regime under the supervision of a physician, but also warns of restrictions and contraindications to its use. A glossary and list of references appears at the back of the book.

This book was originally made available through a US based nutraceutical company and distributor of glutamine products and came with a tape recording of an interview conducted with the author on an American radio station.

This book is recommended for those seeking measures on how to help the body help itself through a very different yet scientifically supported approach.

Published by the Avery Publishing Group, New York.

If This is a Test, Have I Passed Yet? The Struggle to Cope with Inflammatory Bowel Disease

by Ferne Sherkin-Langer RN, BScN

This book is not just a story about a young woman's personal account of her struggle with Crohn's disease, but is also an invaluable guide packed with advice for coping with chronic illness. At 36, the author introduces readers to her present situation, reflecting on her experiences and drawing on them to take you on the journey from when it all began for her, the early childhood years, when episodes of illness first appeared.

Worsening symptoms plague her in the years following, affecting school, social life and the adolescent's grab for independence. With the all too familiar story of yet further investigations, the bombshell finally drops - a diagnosis of Crohn's. What follows is an insight into her thoughts at the time, the fears, the whole wave of emotions, and being confronted with the need for surgery and an ileostomy immediately.

From the perspective of a patient, a partner, mother, adult child, friend and health professional, issues and problems witnessed over time are covered in the remaining chapters, with some very useful advice given on the following:

- what should be expected from the doctor/patient relationship,
- learning how to call for some help from family and friends (and listing suggested tasks for when hospitalised or other daily needs that they could tend to),
- the relationship with family and friends,
- dependency,
- who should I need to tell,
- dealing with the sense of losing control, pain and it's draining effects,
- offering practical advice on living with pain and giving suggestions on how to meet responsibilities.

These responsibilities include caring for children, shopping and cooking, tending to personal needs, dealing with medications and their side-effects, partnerships, having children, coping with isolation, communication, what should be expected from hospitals and health care providers and making changes for the better in the long term.

Readers of this book will find the author has given a very frank account of her experiences, which may come across to some as not being in a very positive light, but would be relative to many whom have been through similar struggles.

Straight from the Gut: Living with Crohn's Disease and Ulcerative Colitis

by Cliff Kalibjian

It was from the author's own experience with IBD and the knowledge he acquired through years of research and discussions he had with others in his role as support group facilitator that formed the basis for writing this book. At just under 500 pages it is quite large compared to many other IBD publications, although the layout makes it very easy to find relevant information quickly, even without the index or contents page as each subject carries its own heading. Each chapter has both factual evidence and personal accounts given by individuals in relation to the topic covered.

The book begins with an overview of the digestive tract and explanation of the different types of IBD, and signs and symptoms of Crohn's and Ulcerative Colitis. In discussing diagnostic procedures, the author gives a detailed explanation of all the tests you might encounter as well as providing useful tips on colonoscopy preps and stool collection.

A wide range of topics are covered including complications, medications, surgical treatment, diet and complementary therapies, alternative forms of feeding, pregnancy, teens and children. The author also includes a number of chapters giving helpful advice such as coping with prednisone, working with your doctor and going to hospital, emotions and coping, as well as dealing with personal issues such as life with an ostomy, and relationships.

All references used throughout are listed at the end of the book which includes among the list of resources, relevant organisations, IBD and other publications, and web sites.

Even though this book is easy to read, there is a lot of information that would be difficult to absorb in one reading and so it would work best to have this book on hand for reference when needed.

Published by O'Reilly & Associates, Inc., USA

A Bowl of Cherries

by Anna King

'A Bowl of Cherries' is the title of a novel by author Anna King, and is a warm and struggling story of a girl as she grows up in the East End of London and is troubled by a painful disease (Crohn's) in her childhood and during adolescence.

Published by The Sheridan Book Company

Understanding Colostomy

by Convatec (a division of Bristol-Myers Squibb Australia Pty Ltd)

This is a booklet which provides information in preparation for stoma surgery involving the large intestine (colon):

- what to expect afterwards
- daily care
- work and pastimes
- problems that can occur.

Understanding Ileostomy

by Convatec (a division of Bristol-Myers Squibb Australia Pty Ltd)

This is a booklet which provides information in preparation for stoma surgery involving the end part of the small intestine (ileum):

- what to expect afterwards
- daily care
- work and pastimes
- problems that can occur

Inflammatory Bowel Disease

by The Gut Foundation

Written in a concise format, this booklet covers all the important subject points on IBD and provides all the necessary introductory information sought after by the newly diagnosed patient.

Produced in Australia by the Gut Foundation, which provides professional and public education and promotes research into digestive disorders to improve gastrointestinal health.

Treating IBD. A Patient's Guide to the Medical and Surgical Management of Inflammatory Bowel Disease

by the Crohn's & Colitis Foundation of America (CCFA).

Written specifically for patients with IBD, the book provides information on current medical and surgical therapies beginning in detail with covering the medications commonly used in IBD, explaining how they work, what their benefits are and what side-effects occur.

Problems such as managing the complications of IBD, treating the psychological effects caused by IBD, management during pregnancy and treating children and older people with IBD are also fully explained.

A further section dealing with supportive treatments includes, nutritional management, psychotherapy and patient support groups. Various surgical procedures used in Crohn's disease and ulcerative colitis are fully covered in the latter part of the book and address important concerns facing patients including, psychological preparation for surgery, giving informed consent, talking to your surgeon, what to expect before, during and after surgery, the role of the stoma therapy nurse and what kind of nursing care the patient will receive.

Information is also given on special problems in surgery during pregnancy and in older people. A glossary of medical and surgical terms appears at the end of the book. Recommended as an essential resource for all patients undergoing medical or surgical treatment for inflammatory bowel disease, the book also offers physicians and nurses valuable assistance in explaining these treatments to patients.

The New People Not Patients - A Source Book for Living With IBD

By the Crohn's and Colitis Foundation of America (CCFA).

While this book includes medical and factual information, it has a much more personal approach to the problems of IBD.

Clearly set out with well-labelled diagrams and explanations, it includes information on those aspects of life that need special consideration in IBD such as relationships, sport, work and family. One excellent feature of the book is the short biographical stories from people who have IBD and how they have coped. This puts a human face on the problems rather than just being a medical condition.

The book provides information on symptoms, diagnostic procedures, and medications. The section on nutrition clearly explains the requirements of the different stages of the disease, on modifying the diet, and the vitamin content of different foods. Also included is a section on 'IBD and the Life Cycle', which contains chapters of the different stages of life, what to expect and how to manage.

Topics covered include genetics, going away to study, pregnancy, and IBD later in life. The chapter on children and IBD includes a short section on how to explain the illness to children. There are some chapters devoted to topics that relate to the personal aspects of living with IBD and deal with the emotional as well as the physical problems, such as living with an ostomy, which would be useful for those contemplating this surgery.

In the chapter on 'IBD and Your Self-Image' Audrey Kron, a psychotherapist who has experienced Crohn's disease for more than forty years, talks about IBD and answers some of the questions people ask most about IBD. Audrey covers some of the different emotions a person may experience, dealing with friends, partners and family, and sexual problems.

This book is useful not only because of the factual information it provides, but also because it deals with the personal difficulties that can accompany people with IBD. Throughout the book a positive approach is taken providing suggestions and solutions to problems.

Inflammatory Bowel Disease - A Guide for Patients and their Families

by Stanley H Stein and Richard P Rood

This publication of the Crohn's & Colitis Foundation of America is aimed at those with IBD and their families. It provides a comprehensive overview of all aspects of IBD and contains an index for easy access to various topics and a glossary of surgical terms.

The book begins with an explanation of the digestive system and how each part functions. Absorption of nutrients and fluid balance is also discussed. Whilst there is no known cause of IBD, a number of different factors are looked at by the authors. Information on ulcerative colitis and Crohn's disease appears separately, covering symptoms, diagnosis, medical treatment, complications and prognosis. Use of medication and surgery are discussed at length.

Chapters are also included on extra-intestinal complications, pregnancy, diet and nutrition, and IBD in children. Areas often neglected in IBD are alternative therapies and emotional support, but chapters have been devoted to each, with information on emotional support including guidelines on learning how to live with IBD and suggestions on how to deal with the unpredictability and periods of enforced inactivity.

The approach to alternative therapies is that it should be used in conjunction with conventional treatment. As stated by the authors 'I believe that the best approach is to seek integrative medical care that combines conventional wisdom with alternative modalities in an environment that can do no harm and is well controlled.'

The authors have written this book in a style that is easy to read while still presenting the necessary information.

Wind Breaks - Coming to Terms with Wind

by Professor Terry Bolin (Gastroenterologist) & Rosemary Stanton (Nutritionist)

In this Australian publication, answers can be found to the many questions about wind that most are too afraid to ask. It aims to help give a better understanding of the body and of those parts of the gastrointestinal tract that are responsible for those socially unacceptable emissions that are more commonly referred to in the Australian language with a more descriptive term!

Humorous and fact filled, information is given on:

- where gas comes from
- what it is composed of
- why some people produce more gas than others
- the differing amounts between men and women
- is it harmful to hold on to gas?
- foods and their effects in quantity and aroma
- gas production when flying, diving and in other situations

Dotted throughout with cartoon sketches, this book is an easy read, provides for a good chuckle and is very enlightening.

Margaret Gee Publishing, Australia.

When Mommy is Sick

by Ferne Sherkin-Langer

Intended for small children, this book was written from the perspective of a child and aims to help others understand when their mother is sick and needs to go to hospital; what feelings and fears they may have and of the joy of when she is home again.

Coloured illustrations complement the text throughout the book, making it suitable for either children to read to themselves, or to be read with if very young.

Published in the USA and Canada

The Good Gut Cook Book

by Rosemary Stanton & The Gut Foundation

This is an Australian publication that contains delicious recipes intended to keep the gut healthy.

Each recipe carries useful tips about ingredients and methods, the number of serves, and dietary fibre content. It also contains information about the function of the digestive system, what can go wrong and what should be eaten if there is a particular problem.

The book aims to sort out some of the confusion and conflicting advice about diet, food allergies, food intolerance, and gastrointestinal disease. Several pages at the back of the book describe the various digestive disorders, including IBD, and outlines the symptoms and treatments.

While the recipes are not specifically written for use in IBD or for other digestive disorders where there are special dietary requirements, it is a useful book for households wanting a guide to help them prepare meals that are high in fibre and improve the health of the gut.

A Bay Books Publication - Harper Collins Publishers

The Angry Gut - Coping with Colitis & Crohn's Disease

by W Grant Thompson MD

This book is intended for people with IBD and their families and is also an excellent resource for nurses, physicians and other health professionals involved in patient care.

This publication not only provides valuable information and a sharing of the author's expertise, but has also been written in a warm and caring style that bestows compassion to readers affected by IBD.

Part one gives the necessary introduction to help understand IBD, with a description on the anatomy and physiology of the gut, along with information about the history of IBD, epidemiology and possible causes. Part two and three detail the similarities and yet distinct differences between Crohn's and colitis, with individual chapters on the pathology and pathogenesis, symptoms and diagnosis, treatment and complications.

Topics related to IBD are covered in part four, with the opening chapter giving information on the variant forms of colitis, such as collagenous colitis and lymphocytic colitis, pouchitis, and others that fall into a subject area that can be a rare find in IBD publications.

Other sections deal with the extra-intestinal manifestations of IBD (associated conditions), colon cancer in IBD, psychological factors and quality of life issues, and the implications of IBD in sex and reproduction.

The final chapters in part five give attention to the treatments in IBD, covering many of the drug, nutritional and surgical therapies that are employed (including clinical trials), and the investigations that are undertaken for diagnosis and in monitoring the IBD. Several illustrations and photographs throughout the book provide additional information.

A useful publication recommended for those seeking that extra information on IBD related problems not often covered in other texts.

Plenum Publishing Corporation, New York

Crohn's Disease & Ulcerative Colitis - Your Personal Health Series

by Fred Saibil MD FRCPC

This is a very useful book for people with IBD and their families. Published in 2003, it is a revised edition of the author's 1996 publication entitled Crohn's Disease & Ulcerative Colitis - Everything you need to know. The updated version is written in simple easy to read language and covers a lot of territory in just over 200 pages. Topics such as diagnosis, drugs, surgery, and complications are dealt with in a non-threatening way and opinions are backed up with research and statistics where appropriate. .

The first three chapters describe the normal gastro-intestinal system, the signs and symptoms of IBD, who gets it and possible causes. How IBD is diagnosed canvasses the various methods of imaging the digestive tract, but stops short of considering the blood tests that are used as a tool to aid diagnosis.

'Diet and IBD' includes information on common dietary restrictions such as lactose intolerance, fibre, meat, fat, spicy and fried foods. The role of clear fluids and special liquid diets is discussed at some length in relation to both UC and CD. Total Parenteral Nutrition (TPN) is briefly touched on. It concludes with advice not to unnecessarily restrict the diet as good nutrition is especially important for people with IBD.

The chapter on drugs is divided into sections - drugs that reduce inflammation, which includes the 5-ASA compounds, steroids, immunosuppressive drugs, the biologicals such as infliximab, and several which were still being tested and not yet available on the market, and drugs that reduce symptoms without affecting inflammation which includes antidiarrheals, bulk formers and bile-salt binders. The information

given on each drug includes how it works, how and when it might be used, and side-effects. The role of antibiotics and other therapies including prebiotics and probiotics, nicotine, and fish oil are also included. Drugs for other problems such as haemorrhoids and anal fissures, iron deficiency, pain and arthritis are a helpful addition and there is also useful advice on complementary and alternative remedies.

Surgery is one of the important forms of treatment for IBD. Sometimes it's the best choice. Sometimes it's the only choice. These words are in the opening paragraph of Chapter 7 – 'Surgery for IBD' where the author takes a very compassionate look at surgical options for people with UC or CD, making it appropriate reading for teenagers, and with parental guidance, for upper primary school age children faced with the prospect of surgery for their IBD. Surgery for ulcerative colitis is treated as a historical evolution, with the different operations described, along with information about when each would be appropriate, how it is performed, and problems associated with it. All these operations involve removal of the colon, with or without an ileostomy. The longest discussion is reserved for the current 'favourite' – the pelvic pouch with ileo-anal anastomosis. The operation is described in three stages, with a lengthy assessment of potential side-effects and complications. Surgery for Crohn's disease is undertaken for any of three main reasons – chronic or frequently recurring obstructions, abscesses with or without fistulas, and the failure of medical therapy to control the disease adequately. Dr Saibil advises that this last reason should be discussed between the gastroenterologist, the surgeon and the patient as 'the criteria may be different for different people'. The discussion on surgery for CD is divided into areas of intestinal tract involved. Strictureplasty and resection are discussed in detail, along with the considerations for such surgery and the side-effects. The surgical choices are summarised in a useful table for easy reference. Other subjects discussed include recurrence of Crohn's after surgery, laparoscopic surgery, short bowel syndrome, and small bowel transplantation. There is also a section covering the surgical treatment for abscesses, fistulas, and adhesions.

There is a brief but helpful chapter on children with IBD. Issues discussed include diagnosis, growth, drug therapy, nutrition, surgery, and the psychological effects of having IBD.

Complications of IBD can occur within the intestine or in other parts of the body. Some of the most common complications are described along with the treatments that may be required. The topic of cancer and IBD considers who is at risk and discusses the role of surveillance.

The final chapter 'Living with IBD' covers sex, fertility and pregnancy, life expectancy and quality of life, financial and social effects of having this chronic disease, relationships within families and with employers, insurance and travel. These last two topics include some particularly useful tips.

The conclusion to the book is very upbeat, focussing on continuing research into drugs, and improvements in diagnostic tools and surgical procedures. There follows a table of drugs commonly used by IBD patients, a glossary of terms, a list of further resources, and the detailed index.

This book could be recommended reading for IBD patients and may be particularly appropriate for younger people, as it is simply and clearly written in a non-threatening way.

Published by [Key Porter Books Limited](#), Canada

Understanding Crohn's Disease & Ulcerative Colitis

by Jon Zonderman and Ronald S Vender M.D

Using his time recovering from a severe flare-up and surgery for Crohn's, medical writer and freelance journalist, Jon Zonderman, teamed up with his gastroenterologist to create this book. It provides basic information on the main subject areas of diagnosis, how the digestive system works, how it malfunctions in people with IBD, associated conditions that can occur, special situations, and the various treatments.

Issues such as effect on family, body image and adapting to living with chronic illness are also adequately covered in the book. Included are several pages on what possibilities have been researched in the search for a cure.

Written in a very simple and easy format, this book would suit those not wanting to go into the complexities of everything known or not known on inflammatory bowel disease.

Published by University press of Mississippi, USA.

Crohn's Disease - Complementary and Western Therapies

by Cathy Richards, Dante Morra MD

The manner in which this book has been written is a rare and prized find for anyone seeking balanced and objective information on using both conventional medicine and complementary therapies.

It's through Cathy's experiences in not responding well to treatment for her Crohn's and her attempt at trying just about every available and at times questionable complementary therapies that formed the basis of this book.

Divided into four parts, the opening chapters of part A introduce the reader to the book and how to use it. It points out that it is not intended to provide all the right answers, but rather is aimed at providing the right tools to help the reader evaluate the alternatives so that they can choose the treatment and therapy they feel is right for them. Information to help understand the scientific evaluation of evidence, the different types of studies, and how to evaluate complementary treatments is covered in this section of the book.

Part B provides a very comprehensive introduction to Crohn's disease and describes the clinical features and what happens. A full chapter details the theories and potential causes of Crohn's, including some of the more unusual links that have been reported over the years.

Part C, comprising of four chapters, delves into all the available and experimental therapies, including western treatment, management through lifestyle and diet, and a wealth of information on complementary products and supplements, and complementary management of Crohn's disease. Many varied and little known complementary therapies are covered, detailing the mechanism of action or how it works, evidence of efficacy, known complications and other useful information.

'Putting the Pieces Together' is an apt heading for part D and the final chapter of the book, which summarises with the use of easy to follow tables those treatments that offered the most effective options. Together with the overall top picks provided by the authors and advice on how to choose what is right for the individual, this section serves as an easy and quick reference.

Considering studies have revealed that a high proportion of people with inflammatory bowel disease have used complementary therapies at some point, this book is highly recommended as it supports both western and complementary therapies.

Published by East Meets West, Toronto, Ontario, Canada

Listen to Your Gut

by Jini Patel Thompson

This book is the result of the author's search for ten years to find an answer to her Crohn's disease. Experimenting with a number of different herbal and alternative remedies, she has outlined what she has found to work best.

This book concentrates on the physical aspects of healing but also includes a chapter on techniques such as affirmations and visualisation. A part of the physical healing is what the author calls bodywork therapies, which are designed to assist the body in healing. These include acupuncture (Japanese rather than Chinese), massage therapy (therapeutic rather than relaxing), craniosacral therapy, bio-kinesiology, naturopathic medicine, meditation, colonic massage, and exercise.

A recommended reading list is also included which lists books on emotional, spiritual and mental healing. The author states that using the methods outlined in the book, she has been drug and surgery free for over a decade.

Ulcerative colitis, diverticulosis and irritable bowel syndrome are also covered in the book. Herbal therapies and supplements are listed under a particular symptom with some remedies repeated, as they may be useful for more than one symptom. There are suggestions for vitamin and mineral supplements that will assist healing. A number of 'healing diets' are given which are used according to the severity of symptoms. An outline is given on how to screen for food intolerance.

There is a chapter on lifestyle and environmental factors in which the author encourages the reader to look at your life and how you live it to determine if any of these factors are contributing to the disease. The author discusses 'western' or orthodox medicine but sees this as another option not the only option. Her message throughout the book is to be in control of your own healing. 'Let your intuition guide you'.

The last chapter consists of summaries of treatment plans for particular conditions. These are designed as a starting point for action. At the end of each chapter is a list of questions or activities to help the reader examine further the information given. Practitioner resource and product supplier lists are also given but consist of Canadian and American contacts.

This book is interesting reading as it is a very comprehensive guide to natural remedies and alternative therapies. The emphasis throughout the book is to concentrate on healing and to be aware of what your body is telling you. There is a lot of information and not all of the techniques would suit everyone. However it would be a good starting point for someone wanting to explore this area.

[Order 'Listen to Your Gut' online](#) at Caramal Publishing Inc. Canada.

A publication entitled '[The IBD Remission Diet](#)', written by the same author, is also available for purchase at Caramal Publishing Inc.

Ask Audrey

by Audrey Kron M.A

This little book is a gold mine of practical information about how to live well with IBD. It is mostly taken from an advice column the author wrote for the Michigan Chapter of the Crohn's & Colitis Foundation of America (CCFA).

Besides practical considerations of things like going to the theatre or travelling, getting out of bed in the mornings, deciding on an ostomy, and staying in hospital, Audrey discusses relationships and includes a separate section on handling our emotions about IBD.

The first section is Audrey's own story and many readers will be able to relate to her experiences of the disease.

Highly recommended for when you feel you can't cope.

The IBD Nutrition Book

by Jan Greenwood R.D.N., C.N.S.D.

This book aims to give a comprehensive overview of diet and nutrition for those with IBD. Topics covered include normal digestion and absorption, key essential nutrients and their role in relationship to IBD, and special diets.

Sections have been included on children with IBD and pregnancy. The book provides a number of recipes from beverages through to desserts. A nutritional analysis is included with each recipe as well as suggestions for dietary modifications.

There are a few interesting combinations of ingredients, such as the peanut butter surprise pie! So some recipes may appeal, others not. There is also a sample weekly menu using some of the recipes listed. As this is an American publication, references are made throughout to US and Canadian recommendations for nutrition.

The book is well set out with clear headings and plenty of charts to illustrate the topic. The information is clear and easy to understand. A glossary giving explanations of terms used is included.

Most people would gain some useful information from this book, although not all sections will be relevant to everyone.

Published by John Wiley & Sons Inc. USA & Canada

A Special Kind of Cookbook

by the Calgary Chapter of the Crohn's & Colitis Foundation of Canada (CCFC)

This book provides information and recipes on good nutrition for those with IBD with the aim of helping to maintain health in periods of remission, and to keep the body in good shape to better deal with a flare-up. Some answers to dietary concerns in IBD can also be found in this book, with sections covering the causes of malnutrition, dietary recommendations and how to attain and maintain optimum nutritional status.

Recipes and accompanying information are in categories of those required for a normal diet, low milk/lactose, high protein/energy, fibre/residue modifications, and a low fat diet. Other helpful hints are included in the back of the book.

Coping with Prednisone and other Cortisone Related Medicines

by Eugenia Zukerman and Julie R Ingelfinger M.D.

The authors, Eugenia (diagnosed with a rare lung disease requiring steroid treatment), and sister, Julie (head of a paediatric Nephrology Unit and Associate Professor at Harvard Medical School), are introduced in the opening pages and discuss how they teamed up to write the book.

Using their combined experiences as patient and doctor, they describe how the book was prepared with the intention of helping those needing high dose or long term steroids understand what steroids do, why they are used, the side-effects, and how these can be minimised.

Chapter four is set out with questions posed by the patient (Eugenia), with easily understood answers given by the doctor (Julie), including information on what most patients don't know about glucocorticoids, their use and how they work. Included is a list of conditions and specific indications for prednisone use.

Eugenia's story and experiences continue in the following chapters on how she dealt with the effects of prednisone and what coping techniques she used. These are outlined in detail covering depression and mood changes, how to beat the bloat, which includes extensive information on dietary guidelines, foods to avoid, and exercise. Other side effects of glucocorticoid therapy, such as endocrine and metabolic changes and reactions that affect the eyes, skin and hair, the gastrointestinal, musculoskeletal and cardiovascular system, are further outlined together with strategies on how to deal with them.

Special situations are also dealt with in the book, with suggestions to meet the specific needs of children, teenagers, the elderly, and developmentally disadvantaged patients. An entire chapter has information on the tapering of steroids and withdrawal symptoms, which helps to understand the importance of slowly reducing from a high dose and how to cope with any changes.

A personal account by Eugenia and her husband highlights the impact of the ups and downs that long-term treatment had on both of them, but with positiveness she discusses further what had been learned and how life was after steroid treatment had been stopped.

As a helpful addition to the book, the issue of changing doctors gives advice on when and how to do it and the rights of the patient. Recipes and cooking tips to help beat the bloat and examples of exercises that can be done are contained in the back of the book, as is a comprehensive section detailing the types of medicines that interact with steroids, the different types of steroids, their relative strengths, and brand names.

This book is essential reading for anyone needing to take steroids and is also a useful resource for professionals.

Published by St. Martins Press, New York

The Care & Feeding of the Irritable Bowel

by De Lamar Gibbons M.D

There are two points to consider when reading this book. The first is that Crohn's disease; ulcerative colitis, coeliac disease and irritable bowel syndrome (IBS) are all grouped together and termed by the author as being 'irritable bowel diseases'. The second is that his findings are based on a questionnaire sent out with his diet.

From responses he received he drew the conclusions that are presented in this book. It was in his capacity as a research director with a US newspaper that he distributed his diet and questionnaire to 30,000 individuals, of which 2600 responded. Of these, it is claimed that 91% experienced improvement in their condition.

The reasoning is based on people with 'irritable bowel diseases' having an intolerance to fructose (fruit sugar), some artificial sweeteners, and possibly lactose (milk sugar). These individuals are unable to break down these substances and they ferment in the bowel, causing irritation, breakdown of the lining, and thus causing these diseases.

The author provides an outline of his diet, which excludes fruit, milk and the artificial sweeteners, corn syrup, sorbitol and mannitol. He also explains why this helps. Chapters are included on a number of other conditions, such as gallstones and diverticulitis. The diet may relieve symptoms, but caution must be advised against the belief that it is a cure for all 'irritable bowel diseases'.

This edition was published in Australia by Phyllis Eyres and includes an insert outlining her modifications to the diet.

Kitchen Table Wisdom - Stories that Heal

by Rachel Naomi Remen M.D.

This book is a collection of stories told by patients and from situations experienced that the author has gathered through a number of years as a practising doctor and as a counsellor to people with cancer and other life threatening illnesses.

The author has Crohn's disease, diagnosed at fifteen. Although she doesn't discuss coping mechanisms specifically in the book, she does mention it as part of the stories.

The book is divided into sections with stories relating to the theme of 'embracing life', 'freedom', and 'life force'. It is a book meditating on what life means for each of us and may give the reader insights that will help in understanding what is happening in their own life.

First published in the USA. First published in Australia by Pan Macmillan Australia Pty Limited.

Probiotics for Crohn's & Colitis

by Peter Cartwright

Probiotics are defined as having 'beneficial bacteria' and so by consuming products containing probiotic bacteria will have a beneficial effect on the flora and health of the gut. How probiotics work and how they can be of benefit in managing Inflammatory Bowel Disease (IBD) is the purpose of this book.

Topics covered include the history of probiotics, the relationship between IBD, bacteria and inflammation, probiotic use and evidence of benefit for IBD, and information on species and strains of probiotic bacteria.

There are also two chapters on prebiotics. The book describes these as non-digestible food ingredients that provide nutrients allowing for beneficial bacteria in the gut to grow and increase in numbers. Other intestinal conditions that may benefit from probiotics are also included in the book.

Each chapter is well set out, with a summary of all the main points covered appearing at the end of each chapter. Questions and answers relating to the main points in the book and information on future developments are contained in the final chapter. An appendix to the book covers information on the body's defence systems and the issue of safety of probiotics. References and an index are also included.

This book provides all the information needed on probiotics having been drawn from a reliable source and put together in a comprehensive format yet easy to read form. Probiotics is a subject that is of increasing interest and the book probably marks a first in filling that void of information that existed prior to the publication's release. This book is highly recommended for anyone with IBD or pouchitis who is interested in probiotics and using this as a form of treatment.

Prentice Publishing, U.K.

The IBD Remission Diet

by Jini Patel Thompson

Anyone ill with IBD and searching to find that different treatment approach that isn't bordering on the absurd or puts one's health at further risk, then this book is a must for you. It's also an essential addition to the author's previous book - Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease & Irritable Bowel Syndrome'.

This book contains a sensibly put together dietary and supplementation plan that not only aims to induce remission and help restore the health of the gut and immune system, but also offers advice on the ongoing care of the body to maintain optimum health.

The IBD Remission Diet opens with a brief introduction on the story behind the book and then moves on to a whole chapter about getting started with an elemental diet (a pre-digested liquid form of food). The elemental diet formula that is recommended was devised by the author and consists of natural ingredients that help the bowel to rest and heal while providing all the nutrients and calories the body requires. Information on certain allowable forms of each nutrient, why they are needed and how to make the elemental diet shakes and calculate the daily requirements are fully explained. Guidelines on the length of time to stay on the elemental diet are tailored to meet the varying state of illness and whether there are any other problems such as bleeding, malnutrition and fistulas.

The supplementation plan in the following chapter outlines specific supplements that can be added to the elemental diet shakes to improve the health of the immune and digestive system. Shake recipes are provided along with recipes for natural organic vegetable and meat based broths that can be taken in between the shakes to give added nutrition and variety. There is also information on how to make and administer an herbal based enema (for colonic bleeding) and how to help fistula healing (including the use of products derived from the Australian tea tree and a herbal suppository).

After achieving the desired effect from being on the elemental diet the next step outlines the gradual re-introduction of solid foods. To assist with this process, a food re-introduction chart lists in which order foods are to be introduced and at what stage. Instructions are given on what intolerances or reactions to watch for and how these can be overcome.

In a chapter that deals with the ongoing care and health of the body, the author (who was diagnosed with Crohn's disease several years ago) writes about the need for probiotic supplementation when starting back on solid foods. This follows with advice on adopting a maintenance diet which involves making those lifestyle adjustments that concern the consumption of foods or taking in of substances not agreeable to good health and the positives of ensuring care for emotional well-being and exercising for good health.

A checklist and step by step action plan in the closing pages is a useful guide in helping put into effect the whole IBD Remission Diet plan. Provision for taking down relevant notes has been included throughout the book and a product supplier list, other recommended reading and testimonials are listed at the back of the book.

For anyone seriously interested in following the dietary and supplementation plan and other advice in this book, it will require a lot of self discipline and time. It may also be quite difficult or impractical for some to source many of the ingredients and products outside of Canada and the U.S., while the monetary cost involved could put some people off as well. None the less and knowing how frustratingly difficult IBD can be, there are many who understandably reach desperation point and are quite prepared to give anything a go. At least this is a plan that has some merit in what it sets out to achieve, despite many of the impracticalities.

[Order 'The IBD Remission Diet' online](#) at Caramal Publishing Inc. Canada.

A publication entitled '[Listen To Your Gut](#)', written by the same author, is also available for purchase at Caramal Publishing Inc.