



My husband was diagnosed with Crohn's in August 2006. Fortunately, unlike some, we had a relatively quick diagnosis. He had been suffering from increasing pain which finally reached the point one night where he thought his appendix had ruptured. (So did the doctors, at first!) The actual diagnosis was mild to moderate Crohn's with a severe flare. The doctor put him on Prednisone and Pentasa. We also got the bland food discussion, (white bread, crackers, ensure, etc.) And the encouraging words that "nothing really helps," and "you will suffer with this your entire life," not to mention the words, "probably surgeries, colostomy, abscesses, resections."

We came home with a case of Ensure and drugs. He felt better with the Prednisone right away, but still couldn't eat. Meanwhile, I began researching Crohn's and was dumbfounded at how people could live on a diet of chemicals and processed food. How could this be good for a \*digestive\* disorder? I stumbled on the SCD and had "Breaking the Vicious Cycle" ordered from the library that day. I just had a feeling this was not a hoax. The husband agreed to give it a try, and we set off on our adventure right away in October 2006. It was horrible trying to navigate the kitchen and the recipes and the menus; being used to so much variety it seemed so terribly limited. But, we persevered. And it turns out that with experimentation the diet isn't so terribly limited! And the husband? He felt better and better and better - than he had in YEARS. He said that the feeling "bad" had been so gradual and had been going on for so long that he'd forgotten what it felt like to feel GOOD.

We went AMA like everyone else, and he quit the Pentasa cold turkey and stepped down the Prednisone as quickly as the doctor would allow. The entire time he told us that "Diets don't work. You are making a mistake and you are going to end up in the hospital."

We do make every effort to follow SCD 100%. The only "cheats" we have stem from living in a very small rural area without a lot of shopping options! And fortunately, they don't bother him. Chicken without solution added isn't to be found. We have, on occasion, used powdered garlic. That's about it. Occasionally, he's eaten foods at a restaurant that may have been illegal. A couple of months ago, he wanted to try some spelt noodles. He had an eagerly anticipated handful, and although they didn't bother him, he said he guessed he didn't miss pasta as much as he thought. The worry over the possible effects probably put a damper on the thrill! It does seem that anything that doesn't agree with him happens fast, so it is easy to trace back.

I think starting the SCD so soon after his first real flare is what helped him heal so quickly. Maybe there wasn't years of damage to undo. It has been great for us. Last month, he had surgery to remove a tumor in his stomach. (Not Crohn's related.) They did have to remove 16 inches of bowel around the tumor. The doctor said that the bowel tissue was Crohn's positive, but he had no signs of any active Crohn's and that everything he could see during surgery looked great. Most people don't get an exam that is that up close and personal!

