

ULCERATIVE COLITIS AND ITS NATURAL CURE

Ulcerative colitis is an inflammatory bowel disease that may results in chronic inflammation in digestive tract, usually in the large intestine and the rectum. The various symptoms of ulcerative colitis may include:

- Abdominal pain
- Bloody diarrhoea
- Rectal bleeding
- Feeling of urgency
- Inability to have a bowel movement despite having the urge to do so
- Abdominal cramping and pain
- Weight loss

Natural Remedies for Ulcerative Colitis

Until now there is no known cure for ulcerative colitis. Among those with ulcerative colitis Alternative therapies are popular, however, they should complement, not replace, conventional care.



100% All-Natural Relief

- ✓ Relieves Ulcerative Colitis
- ✓ No Negative Side Effects
- ✓ 100% Non-Toxic

Probiotics

Probiotics, often referred as "friendly" bacteria residing in the gut, have been effective in managing ulcerative colitis. They help control the number of potentially harmful bacteria, reducing the inflammation, and improve the protective mucus lining of the gut. As the probiotics are without significant side effects and appear to be safe they are amongst the more popular remedies for inflammatory bowel disease

Homeopathic treatment

The homeopathic treatment for Ulcerative Colitis works on the concept of immuno-correction, with usage of medicines which are supposed to correct the immune mechanism which is responsible for the formation of ulcerations in the colon. Homeopathy aims at immuno-modulation using the medicines which are also capable of addressing the genetic predisposition, helping the disease process at a deeper level.

Omega-3 fatty acids

According to some research work it has been found that omega-3 fatty acids which are found in fish oil capsules may help in reduction of inflammation in people with ulcerative colitis. Although the researchers believed that more evidence is needed about the efficiency of omega-3 fatty acids, three of the studies concluded that omega-3 fatty acids reduced corticosteroid requirements. Another research focussed on the influence of fish oil and an elemental diet on the intestinal tissues of ulcerative colitis, Crohn's, and control patients and found the most marked anti-inflammatory effect in ulcerative colitis tissues.

Oral Aloe Vera Gel

In research studies Aloe Vera gel has been found to have an anti-inflammatory effect. A double-blind, randomized trial examined the effectiveness and safety of aloe vera gel for the treatment of mild-to-moderate active ulcerative colitis.

Boswellia

Boswellia is a herb of an Indian origin. The active ingredient in boswellia is the resin from the tree bark, which has been found to block chemical reactions involved in inflammation. It is used by people with ulcerative colitis, rheumatoid arthritis, and other inflammatory conditions. Boswellia doesn't seem to cause gut irritation unlike anti-inflammatory medication that can occur with many conventional pain relievers.

Boswellia is also available in pill form. It should say on the label that it is standardized to contain 60 percent boswellic acids. The usage of the pill should not be more than 8 to 12 weeks unless under the supervision of a qualified health practitioner.

Acupuncture

According to traditional Chinese therapy, pain occurs from the blocked energy along energy pathways of the body, which are often unblocked when acupuncture needles are inserted along these invisible pathways. According to the scientific explanation acupuncture releases natural pain-relieving opioids, sends signals that calm the sympathetic nervous system, and releases neurochemicals and hormones.

[To get more information about treatment for ulcerative colitis click on natural treatment for ulcerative colitis](#)