

# Alternative & Complementary Therapy

For when western medicine just isn't doing it for you...

## Alternative vs complementary

Alternative therapies and medicines are non-mainstream practices used in place of conventional medicine

Complementary therapies and medicines are non-mainstream practices used together with conventional medicine

For more, read here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC611500/>



## Mind ~ Body Therapy

Exercising

Mindfulness

Therapy (ie CBT)

Yoga

Acupuncture

## Probiotics

Beneficial bacteria for the gut



## Prebiotics

Fiber that feeds the good bacteria in the gut



## Supplements

Supplements might be helpful for people with IBD who at risk for nutritional deficiencies.

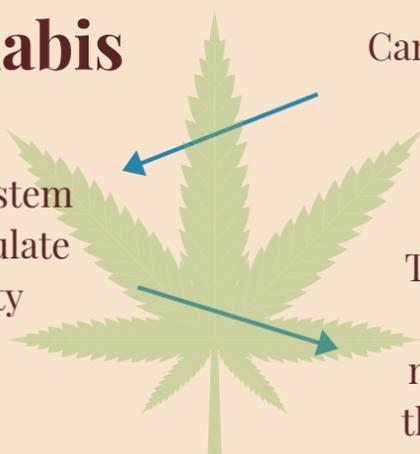
Here are some commonly used supplements and what foods they are naturally found in:

- Omega 3 Fatty Acids [*fatty fish, nuts, green vegetables*]
- Turmeric [*spice that can be added*]



## Medical Cannabis

The Endocannabinoid System (ECS) helps the body regulate appetite and GI motility



Cannabis is comprised of 70 active compounds including THC

The Cannabis Sativa has grown as a potential therapy for IBD as modulation of the ECS can have a therapeutic effect for IBD patients

## Infra-red Sauna

Saunas use light waves

Light waves heat cells and tissue

Heat soothes inflammation

\*\*treats root cause of IBD\*\*



## Cannabidiol (CBD)

can reduce/alleviate pain

CBD differs from THC as it contains no psychoactive properties

Ways to use CBD

- pills and capsules
- edibles
- oils and tinctures
- skin creams and lotions
- vaping or smoking



## Diet

*disclaimer:* There is no one diet for people with IBD, but there are several diets that people commonly experiment with and are known to have anti-inflammatory benefits. We recommend further researching any of the diets below.



1. **LOW FODMAP DIET** - the key is eating less foods that ferment in your gut
2. **MEDITERRANEAN DIET** - anti-inflammatory, focus on moderation in foods
3. **SPECIFIC CARBOHYDRATE DIET** - excludes most carbs and processed foods
4. **PALEO DIET** - inspired by 'caveman' diet, lots of meat, fruits, and vegetables
5. **CROHN'S DISEASE EXCLUSION DIET** - includes whole foods and carbs