

## Emu Oil for Crohn's / IBD

### What is Crohn's / IBD?

Crohn's causes small intestine inflammation and usually occurs in the lower small intestine. That is not to say it cannot afflict any part of the digestive tract, from the mouth on down. The inflammation can cause a tremendous amount of pain, diarrhea and other discomforts.

The general name for afflictions such as Crohn's disease is IBD (inflammatory bowel disease). The IBD group also includes irritable bowel syndrome and ulcerative colitis. Statistics show that about 20 percent of people with Crohn's have a relative with some form of IBD.

The most popular theory for the causes of Crohn's is that the body's immune system reacts to a virus or bacteria by causing inflammation in the digestive system. Many IBD sufferers tend to have abnormalities of the immune system but it is unknown if these abnormalities are the cause or result of IBD.

The most common complication of Crohn's/IBD is blockage, which occurs due to the disease thickening the intestinal wall with scar tissue and swelling, thus narrowing the passage. Ulcers may also occur which tunnel through the affected area to the bladder, vagina, or skin. Some believe nutritional deficiencies occur with IBD due to inadequate dietary intake, intestinal loss of protein, or poor absorption. Additionally, many IBD sufferers have associated complications such as arthritis, skin problems, inflammation of the eyes or mouth, gall stones, kidney stones, biliary system or liver problems.

### What is the Treatment for Crohn's/IBD?

The list goes on and on of the drugs prescribed for this health problem. Some patients take corticosteroids; however they can cause serious side effects, including a greater risk of infection. Likewise drugs containing mesalamine are often prescribed and have possible side effects like nausea, vomiting, heartburn, diarrhea and headaches.

### How can Emu Oil Help Crohn's / IBD?

We are by no means physicians here, and cannot give medical advice. However, logic tells us since **Emu Oil** studies have shown that **Emu Oil** is a natural anti-inflammatory, and Crohn's/IBD is an inflammatory disease, it may help reduce the inflammation naturally. Ingesting [Emu Oil dietary supplements](#) will take the **Emu Oil** directly into the digestive tract, right to the source of inflammation. The anti-inflammatory component of **Emu Oil** is unknown at this time. In recent U of M studies (2001) conducted for inflammation, Emu Oil reduced the degree of inflammation between 42% and 71% in mice with auricular (ear) swelling due to Croton oil. The Dr. conducting the studies reported the results to be "incredible".

We can only suggest that Crohn's/IBD sufferers "give **Emu Oil** a try" to see if its anti-inflammatory properties will work for you. The suggested intake of Emu Oil Gel Caps is 4 - 6 500mg capsules per day.