

# Molly's Story: Crohn's Part IV

These past three weeks, we revisited a series that followed Molly's incredible journey from her tremendous grief and debilitating Crohn's symptoms after the passing of her mother, to her experience and overcoming of secondary symptoms, to the eventual discovery of a healing path. As Molly's practitioner, I could not be more pleased with her willingness to stay on the path even when she doubted what was ahead. Her commitment gave her body an opportunity to heal and she supported the process with important diet and lifestyle changes. I may have been able to offer Molly Gemmotherapy protocols, encouragement, and dietary suggestions, but it was her determination to make this work. Molly's dedication has been remarkable. Here's what she has to say now as she reflected on her experiences:

## Molly Reflects

*Rereading this 18 months later reminds me of the importance of emotional healing. While the physical healing was an exciting time for me, there was something missing that prevented my symptoms from stabilizing. I had yet to face and deal with many deep seated emotions that went much further back than the loss of my mother. Until I began addressing them head on, my roller coaster of symptoms continued. When I finally recognized the price I was paying for these unresolved hurts and gave equal effort to my emotional healing my physical symptoms also improved.*

*I was able to make the connection and with the help of Gemmotherapy, Homeopathy, a trusted friend, meditation and journaling and have since made even greater strides toward complete healing. While I am still sifting through these old*

emotional triggers there are many less than I began with. If you are on a healing journey or beginning one, do not underestimate the value of your emotional health. It was hard to limit stress levels, get good sleep, and make good food choices when I was upset, crying, or emotional. Because I want complete healing and all the perks that go with it, increased energy, a strong body, an even mood, and a life that I control not a disease I no longer see the diet and lifestyle changes as a "must," but rather a "want."

## Original Post

"I have learned so much in just under a year about my body, it's healing abilities, and my internal strength and drive. I could have been crushed to literal death by the devastation of my mom's passing and this debilitating disease. But, I AM WINNING!

This summer has been full of opportunities to develop my new lifestyle and to enjoy having my health back. When I think of food choices, I always remember that simpler is better. A simple smoothie or green salad is now my go to meal. I make a great quinoa salad and I can wrap ANYTHING in a gluten free wrap. I love a little bit of salmon on the grill and my favorite dessert is cashew ice cream.

Like I said in that first post, the key to diet changes is to find alternatives. I have successfully found alternatives for everything that my family loved, from butter and milk to eating out at our favorite restaurants. Food is not the only change I have embraced though. I know that good sleep and less stress is vital. I have used Gemmotherapy, acupuncture, and massage to relieve anxiety and stress. A well rested body can heal itself so I make it a priority to get plenty of sleep.

When I asked my children what they notice about me that is different their list makes my heart smile:

*"You have more energy."*

*"You smile a lot more."*

*"We go on long hikes now."*

*"You always look for gluten and dairy that could be hiding in our food."*

*"You use the bathroom a lot less."*

*And they are all right! I now enjoy a life that I am in control of. I do everything with my children now. I hiked with my family in Yellowstone National Park this summer. We were miles from any bathroom and I wasn't even thinking about it until my six year sweetly asked if we should be looking for a bathroom for mommy. I never would have attempted a long hike in the past. What a change!*

*These good times with my family doing what we love is motivation enough to keep fighting for my body to heal. I am not perfect and there have been times when I haven't been as diligent as I should have been in making healthy choices, but I take the setback in stride and get back to work. This journey has been an amazing accomplishment. I recognize that it is a journey and the end result is a completely healed body. As I near the end of my first year, I can hardly believe how far I've come!"*

So what's next for Molly? A lot more of the same to be honest. A plant based diet rich in whole nutrient dense foods, moderate exercise, restorative sleep each night, and continuation of her protocols. Recently we changed her Homeopathic remedy to one that will offer more emotional support and I look forward to the advantage this gives Molly as she considers some changes for her future. We also continue increasing the strength of her Gemmotherapy protocol to further resolve old inflammation and promote healing of her digestive organ tissues. We both look to the day when she will

not need even the one prescription medication. I do believe this is possible but the timing must be right.

Gemmotherapy played a huge role in the healing of Molly's symptoms. You can learn more about this emerging botanical therapy from Europe here on my website. Interested practitioners can find information on training in Gemmotherapy protocols here.

Step One of Molly's protocol was to eliminate all foods with gluten and dairy. Because Molly had already greatly reduced dairy she was halfway there. The challenge came with the need to eliminate both gluten and dairy entirely. To do this she would have to change the way she cooked for her whole family. In hindsight that was clearly a good choice as it quickly solved the chronic symptoms three of her children faced. Back in late August, however, Molly, who barely slept two hours straight and had debilitating symptoms round the clock, was naturally overwhelmed.

Step Two of Molly's protocol was to take Silver Birch Sap Gemmotherapy extract 3x daily, beginning with a very small dose.

Molly's task ahead was daunting and while I could offer her encouragement and suggestions, she was the one who would have to find the strength to make the changes in order to fulfill her commitment to herself.

Come along and join us in the weeks ahead as Molly and I share in the writing of this series and bring to life her path to healing. Whatever challenge(s) you face with your health, you will no doubt find Molly's story inspiring. Her dedication to restoring her health and befriend her body's process is an incredible journey.