

As a person who has suffered with IBS for 21 years, I never thought the day would come that it would actually be the cause of severe inflammation and joint pain. I started experiencing IBS symptoms when I was 17 years old. I never found a trigger food for it that most people find. I never knew when it would come or why. I wound up taking Imodium before I went out with friends to avoid the embarrassment.

At age 34, I gave birth to my son. Towards the end of my pregnancy I experienced inflammation, however, this is not an uncommon symptom for pregnant women. A couple months after giving birth, that inflammation wasn't going down and it was causing severe joint pain. I wasn't able to hold my baby without sitting down, I couldn't snap his onesies, among many other things. I was literally walking around like I was 85 years old. I started out by going to an Infectious Disease Doctor, after many, many inconclusive tests, they sent me on to a Rheumatologist. Although blood work through them was also inconclusive (other than confirming inflammation), they started treating me as if I had Rheumatoid Arthritis. They weren't sure that's what it was, but they were sure it was an Auto Immune Disease and those are treated similarly. I was getting monthly cortisone shots in my buttocks in conjunction with trying several different types of medications. However, I was never on one medication very long because they would immediately affect my stomach to the point I couldn't leave my house. I saw 4 different Rheumatologists for multiple opinions with all the same responses and treatments.

I chose at that point to look into natural healing. There was no way at the age of 35 that I was going to continue my life this way. I wasn't able to run around with my toddler, chase after him if he was getting into trouble, pick him quickly from a fall, the list goes on. My first resort was an Integrative Medicine doctor. She ran multiple blood, urine and stool tests. She determined from these tests that I had Dysbiosis (aka "Leaky Gut Syndrome"). As it was explained to me, this was from years of uncontrolled IBS and I'd need to "heal my gut". She put me on a gluten free/dairy free/starch free diet along with adding many supplements and shakes. The diet alone is expensive to follow, then the supplements were costing me \$350+ per month, but I was willing to try anything at this point. After 3 weeks my IBS was something of the past. After 2 months my inflammation had greatly decreased. My joints were still painful, but the inflammation I had for over a year had damaged my joints to the point that I needed 4 surgeries to fix the damage that it caused. This diet worked for 6 months, then I started experiencing IBS symptoms again, although I was still following this diet and taking all of the supplements. I was backtracking.

My next resort was an Eastern Medicine Doctor. You definitely have to keep an open mind seeing an Eastern Medicine doctor simply because it's just not something we're accustomed to. He felt my pulse in different areas of my wrists and looked at my tongue. He told me about all of my organs. My problem organ was of course my stomach. He said I had moisture in my stomach. He then made my diet much more strict, but relieved me of many of those costly supplements. He had me continue being gluten free and dairy free, but he had no problem with me eating starch. The hard part came next, no spices

(and that included pepper, garlic, onions), no tropical fruits (bananas, mangos, avocados, etc.), no broccoli, cauliflower, kale (those “gassy” vegetables), no turkey, no lamb, no shell fish, limit beef to once a week and funny enough I could eat all the pork I wanted to. Nothing raw, so no raw vegetables (no salad), no sushi, and more (I can’t remember everything I had to eliminate). This was crazy tough!! I would eat before I went out to dinner or to a party or I’d bring my own food. I couldn’t just leave the house without thinking the day through and being sure I had food with me or knew I’d be home in time to eat. I did this diet for 6 months and my stomach was great and inflammation was gone, but I had no life. After the 6 months, I tried introducing food back into my diet, but it would immediately bring on my IBS. This was no way to live, I had to find another solution.

Then along came Dr. Wolk-Weiss, the man I call my Voodoo Dr. I call him this because I don’t quite understand how what he does works, but it works and it’s a miracle to me. I first met Dr. Wolk-Weiss when he came to speak to a group of moms at the local library. He explained to us a technique he uses through acupressure called NAET that eliminates allergies and/or food sensitivities. He mentioned treating people with Leaky Gut Syndrome that had to eliminate a laundry list of foods from their diets. He got my immediate attention! I spoke with him after his presentation and went home to schedule an appointment. Now, I thought I needed an open mind for the Eastern Medicine doctor, well this one I needed a bit more of an open mind. I have the hardest time describing what he does to people partially because I get that sideways look of confusion from them. Believe me, that’s how I originally felt. Using muscle testing with different types of food (he wouldn’t tell me what he was testing me for until after he tested me), I’d lose my strength in my arm with everything I had problems eating in the past and some things I didn’t realize I had problems with. I went through approximately 15 sessions of acupressure where he would treat me for problem foods. I had to avoid that particular food for 25 hours, I couldn’t come within 5 feet of it, it couldn’t be cooked in my house because I couldn’t smell it. This was a challenge, especially with a 3 year old in the house, but I was determined to get through this. If everything went as he said it would, I’d be eating anything and everything I want to eat. I went to him for about 4 months and my life has changed tremendously in that short period of time. I am eating whatever I want, whenever I want! I have no inflammation and no joint pain. I can run around with my son and pick him up and swing him around. I’m now living a normal life, but to me it’s an extraordinary life after what I went through. And the best part of this is, it’s permanent!

