

Ulcerativ Colitis

An experience report of relief



written by Coach78 pilot and rocket scientist

ULCERATIVE COLITIS

By Coach 78

Pilot and rocket scientist

Imprint

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Table of content

Peru -----	6
Switzerland -----	10
Florida -----	10
Bern-----	10
Langenthal -----	11
Biel -----	11
Ulcerative colitis -----	11
Coach Cecil -----	12
Low carb -----	13
Nutritional supplement -----	13
47 Building blocks of nutrition -----	16
Colonoscopy 2021/01/22 -----	17
Summary -----	18
Glossary -----	19

Introduction

Pilot and rocket scientist I was called by my schoolteacher in Münchenbuchsee, close to Bern. Well, 33 years ago in some ways my teacher was wright. After all, I enjoyed the training of the police special unit “Enzian” in Bern and got to know the basics of rocket building.

After 6 years experiencing the life of a police officer, it took quite a lot of courage to start my new adventure. I became a pilot. I have been working as a pilot at SWISS for 10 years now.

As the absolute worst student in my class, it is a little amazing, the absolutely ironic prophecy of my teacher came true years later. With that example in mind, let me walk you through the book. I would like to show you, how much is possible in life by own will and good advice.

Note

As you realized by reading the introduction, my knowledge of medicine, medication and the structure of the body is very basic. The following information are based solely on my personal experience. In any kind of illness, it is advisable to see a physician and to take into consideration their advice.

Peru

In summer 2007, I flew with Iberia for a stay of 6 weeks to Peru. Starting in Zürich, with stopover in Madrid, I arrived in Lima. After a night in Lima, I continued the travel by airways to Cusco. A good friend of mine, who I met in school, was already traveling for 3 month in South America. We met to spend his remaining 6 weeks together and to take a break.

The first two weeks we stayed around Cusco. For the remaining four weeks we went to Huaraz, to climb the beautiful mountains of the Andes. Until this point, I had never dealt with the topic of nutrition. But soon I realized, I better should have done. In no way I would want to question the eating habits of Peruvians and yet I noticed more and more digestive difficulties. It started with the ascent to Urus Peak. Suddenly, urges to defecate plagued me to which I had to give in periodically. After the descent, we planned an accommodation at 4600 m above sea level. This night I spent more or less on the toilet and with the result of dehydration. Minus 20 degrees Celsius and very thin air, feels not exactly like the greatest fun in life.

Luckily, the next morning we were able to distribute the luggage between two donkeys and to return to the valley without caring the backpacks.

A week later, we tried the ascent to mountain Pisco. A bivouac was planned at 4600 m above sea level again, the next day the ascent to the summit and descent into the valley.

Without any problems, we arrived at the bivouac site and wanted to prepare a wonderful supper on the gasoline stove. Unfortunately, the stove did not withstand the height and there was nothing to eat apart from a few nuts. Since my friend and I both worked for the special unit in Switzerland, this mishap could not stop our project.

We tried, despite the missing meal, to get some sleep. At night, my digestive system reported itself again in an uncomfortable way.

Therefore, we had no choice but to descend back into the valley at dawn. Without food, physical performance is very limited. However, that morning my friend had to take over the part of the donkey, as far as the transport of my luggage was concerned.

Overall, we had a good time in Peru. More mountain climbs and hikes followed and in the evenings we played chess and drank our well-deserve after-work-beer. However, my digestion did not return to normal and burdened me until the end of the vacation.

Anyway, the time in Peru was at its final and we were on our way back.



Market in Cusco



Ascent to Urus Peak



Bivouac at the foot of mount Pisco



Happy after the descent of Urus Peak

Switzerland

Back home my digestion returned to normal within a short time. I blamed the digestive problem on the circumstances in Peru. Therefore, I did not worry any further about my nutrition¹. That means, I continued eating and drinking as I did for the past 30 years.

Shortly after my stay in Peru, I took the entrance exam at SWISS Aviation School. Amazingly, everything went well and I started my apprenticeship to become a pilot in summer 2008.

Florida

During the pilot training, Switzerland is left for an 8-week training-session in Florida. Having landed in Miami we took a rental car to Vero Beach. Arriving there, the so-called “basics²” are taught in the training.

It happened after about 2 weeks: the whole toilet was completely covered with blood. I did some internet research on this incident and did put the problem on the fact, that the American style of nourishment must be the cause. Therefore, the diet topic came up again and I tried more fiber. At this time, I was still completely unaware and took this advice from the World Wide Web on. Well, luckily the bleeding was slowly but surely decreasing. I finished my time in Vero Beach without any further major physical discomfort.

Bern

Back in Switzerland the Pilot training continued in Kloten near Zürich. My digestion got worse and worse. The bowel movement got even more frequent as did the blood in the stool. I decided then to see a physician. My family doctor could not define the diagnosis with the diagnostics available to him. He sent me to see a gastroenterologist³. The gastroenterologist could look further into the rectum with as special device. However, also he could not make a diagnosis without a colonoscopy. He said it could be colon cancer and a colonoscopy would be necessary. Shocked about this information I left the clinic. Cancer at the age of thirty. I imagined the worst. As soon as I got home I searched the internet again for more information. I am very aware of the fact, that this is not advisable. Searching colon cancer, I immediately found a lot of information and symptoms, with which I of course I identified myself. The case was crystal clear, I suffered from colon cancer.

Langenthal

Although it was now clear to me that in the next few days or weeks I would have to leave this world, I wanted to know even more about this disease. A good friend of mine was working in the hospital of Langenthal at that time and she recommended to see another gastroenterologist who, according to her, is very good in his field.

Therefore, I had to learn about the colon cleansing drug Moviprep. It is just hideous and one has to drink three liters of it ...

The effect was massive. My colon was completely cleaned, blown through and was ready for the colonoscopy.

Thank god there is Fentanyl⁴. This drug makes a colonoscopy bearable. Shortly after waking up I was informed by the doctor; the diagnosis colon cancer can be excluded. To hear this, was great relieve. But there was still no diagnosis. There were signs of inflammation and the doctor prescribed the medication Salofalk⁵ Suppository. I should take the suppositories for 10 days and see how it goes. If the bleeding should restart, I should take Salofalk again.

Biel

After this first colonoscopy and 10 days of Salofalk, I was without any symptoms for some time. After a few weeks however, the troublesome urge to defecate began again and also the blood in the stool. The suppositories calmed my colon, but at some point, even the largest pack is used up. Since Salofalk is under prescription in Switzerland, I contacted my physician again. I got another prescription, but both, he and I, were not happy about the situation. In the meantime, I had moved from Bern to Biel and was looking for a new gastroenterologist in this region.

The second colonoscopy was in my opinion much more professional. Before the examination I had a conversation with the doctor. Precise information about the nature and effect of my symptoms were discussed. So, after this appointment, the gastroenterologist already got a picture of what most likely he was to expect. The second colonoscopy took place a week later and finally brought the diagnosis.

Ulcerative colitis⁶

After the colonoscopy I was told, that the diagnosis was ulcerative colitis. I had never heard of this term before. But immediately I got informed.

With another prescription for Salofalk 3g granules⁷ I was discharged.

Of course, I asked what this diagnosis exactly meant for me before being discharged. The answer to my question was clear and unmistakable: It is an incurable disease, which can not be cured by nutrition-change or renunciation of nicotine, alcohol or other drugs. I was to take Salofalk for my entire life and hope, that it will reduce my symptoms.

A report of the complete intestinal examination was sent to my physician, as well as to the SWISS Medical Center⁸. As a pilot a health-check has to be made every year. Both, my physician and the doctors of the SWISS Medical Center confirmed the diagnosis.

Another 7 years passed. A colonoscopy was performed every three years. That means I took Salofalk Granules every day and had to have another two Colonoscopies. I lived without any further complications with this medication and had no ailments and no more blood in my stool. But alas, did I not take the drug for two days, it all started again. Therefore, my conclusion was: the doctors are a 100% correct. Ulcerative colitis is incurable and I would have to rely on Salofalk for the rest of my life.

Until one day an internet discovery changed my life.

Coach Cecil⁹

It happened one morning while playing with the kids: I had a Low Back pain (LBP)¹⁰. The pain was unbearable and normal movement was impossible. I went to see a doctor as an emergency, who administered an injection in my back and the pain disappeared. Then, I felt wonderful until the next lumbago followed one year later. This time I had less luck with the emergency doctor. He prescribed pain reliever and wrote a prescription for physical therapy. Two weeks later the pain was still very intense and so I went to see another physician. This doctor too, could not help me. He only said, it could be possible that my abdominal muscles were not strong enough. Therefore, I was then seeking further help on the internet. At some point I came across a YouTube Video from "Coach Cecil". At first, I was not particularly impressed by this guy. In one of his videos he talked about back pain and that it is often caused by shortened leg extensor muscles. He recommended two stretch-exercises with which the pain should disappear. Honestly, I did not think in the slightest that this would work, but I have tried it anyway. After about a week the pain was gone. Since then I never had an LBP again. Now, if I notice only the slightest pain, I stretch as Coach Cecil recommends.

Coach Cecil was catching. I watched many more of his YouTube videos and the content was always very interesting. One day I decided to register for his famous course "The maximal principle¹⁰". The Costs of around 200 euros for this online course was the best investment of my life. Within eight weeks I learned the most important things about healthy eating and the structure of the body. I started to implement the advice and what I had learned and changed the nutrition.

Low carb¹¹

In my opinion and experience, the reduction of carbohydrates below 100 grams per day had the greatest impact in health when it comes to ideal nutrition and dealing with ulcerative colitis. The biggest challenge was to make other people understand, that from now on I wanted and have to stick to it. What makes the matter even more difficult are the guidelines of the food pyramid, which proposes a 50% carbohydrate nutrition. I looked for more information about low carb diets and read the book “Dumm as bread¹²”.

Of course, everyone has to find out for themselves, when suffering from ulcerative colitis, which type of diet is perfect for them. Medical statements clearly represent the opinion, that a change of nutrition does not affect the disease. But from personal experience it is the opposite for me. My intestinal flora changed dramatically to the better with the reduction of carbohydrates in my daily eating habits.

I would even go so far as to say, that the reduction of carbohydrates took the lion's share on my path to recovery.

Nutritional supplement

Nowadays it has become relatively difficult to get all the necessary micronutrients¹³ out of nutrition. My daily morning routine now includes a considerable amount of nutritional supplement.

OMEGA 3

The omega 3 fatty acids are a subgroup within the omega fatty acids that belong to the unsaturated compounds. They are essential and vital nutrients, which cannot be produced by the body itself. According to studies the ratio between omega 3 to omega 6 of most people is not ideal. The ratio should be 1:1, but the average is 1:15. To be able to get enough Omega 3, fresh fish, which is only fed on algae, should be eaten twice a week. In most households this is difficult if not impossible. If suffering from ulcerative colitis, an inflammation in the large intestine, it is even more important the body is sufficiently supplied with Omega 3. Another essential micronutrient to reduce inflammation is turmeric.

TURMERIC

Turmeric is a species of the ginger family plant. The rhizome, which is similar to ginger, stimulates the digestion and the turmeric has an anti-inflammatory effect.

WHEATGRASS

Wheatgrass contains an abundance of healthy ingredients such as Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B6, Iron, Zinc, Copper, Manganese, Potassium and Selenium. Wheatgrass appears to have the effect, according to pilot studies, to reduce inflammatory bowel diseases such as ulcerative colitis. The taking of wheatgrass however is a challenge for me. In the morning I dissolve 5 gram of wheatgrass in a glass of water. This mixture tastes really disgusting and I think I will never get used to it. Although the advantage of wheatgrass and its bitter taste is, that the desire for sweets disappears immediately.

APPLE VINEGAR

Apple vinegar is traditionally made from cider. Acetic acid bacteria are added to the cider which ferment the alcohol into acetic acid. With this procedure vitamins and minerals, found in apples, remain in this product. This too, is taken with a glass of water and a tablespoon of apple vinegar. To be honest, this also is no morning joy. About the medical benefit of apple vinegar is not very much to be found on the internet. But apple vinegar certainly helps to improve the acid-base balance in the body. And furthermore, apple vinegar does not cost a fortune. Therefore, my motto: "Maybe it won't do any good, but it won't do any harm either and it costs three times nothing" and that is why I continue to take it.

VITAMIN C

I Would like to list some positive effects of vitamin C:

- Vascular protection of arteriosclerosis (high blood pressure, heart attack, stroke)
- Strengthens the connective tissue
- Important antioxidant
- Reduces stress-related cortisone levels
- Improves calcium and iron absorption
- Regulates hormone release (sex hormones, thyroid hormones, stress hormones and growth hormones)
- Detoxifies by activating liver enzymes
- Strengthens the immune system
- Reduces high blood pressure
- Reduction of uric acid (gout)

Listed below are possible symptoms of a vitamin C deficiency:

- Bleeding of skin and mucous membranes
- Rough, flaky and dry skin
- Increased susceptibility for infections
- Poor healing of wounds
- Loose teeth
- Joint and limb pain
- Weakness and fatigue
- Heart failure
- Dizziness
- Depressions

VITAMIN D

I read about vitamin D in the book “Cancer cells don’t like the sun¹⁴”. I can absolutely recommend this book. To get into detail about it would be too much, here is a list of possible effects caused by a Vitamin D deficiency:

- Cardiovascular diseases
- Increased cancer risk
- Hair loss
- Fatigue
- High blood pressure
- Immunodeficiency
- Nerve diseases such (e.g. multiple sclerosis and Parkinson’s)
- Difficulty concentrating
- Stunted growth
- Sleep disorders
- Nervousness
- Headache
- Reduced muscle tension

ZINC

Zinc is one of the indispensables (essential) trace elements for the metabolism. Zinc has many different functions in the body. The immune system as well as many hormones need zinc to function. Zinc minimizes excessive (i. e. inappropriate and harmful to the body) defense reactions of the immune system.

MULTIVITAMINE

In addition to the vitamin and trace elements mentioned above, I also take a multivitamin supplement to ensure, that my body is sufficiently supplied with all the important vitamins. Further information will about this multivitamin supplement will be given in Chapter “47 building blocks of nutrition”.

EXERCISE

As a passionate mountaineer, physical exercise has always been very important to me. This was the motivation to run regularly about 15 kilometers per day. For a year now, I have been trying to work out four times a week in the gym. In a YouTube video I had learned, that an American was cured from ulcerative colitis only with regular weight training and a nutrition change.

I wish I could tell you exactly what cures ulcerative colitis and what finally leads to success. But with independent experimenting as changes in diet and increased workouts, to say the overall package, I was successful. From the bottom of my heart, I hope my experiences and tips, will also bring relief to you too.

47 Building blocks of nutrition

The number 47. The background of this particular number when it comes to nutrition is relatively easy to understand: These buildings blocks are the substances your body is built up on. They are divided into to following five groups:

- 13 Vitamins
- 9 Amino acids
- 3 Highly unsaturated fatty acids
- 5 Minerals
- 17 Trace elements

These 47 building blocks should be consumed regularly in sufficient quantities. If there is a deficiency of these building blocks, the body can no longer work properly. This can lead to serious health damages and various diseases.

The good thing about the 47 building blocks is, you do not have to know them in detail. You do not even have to know, how much of each individual building block your body needs.

With a balanced healthy diet, you do not have to worry about the 47 building blocks. Because essentially balanced meals supply the proteins, fats and vital substances your body needs and cover the 47 building blocks.

To make sure that you are getting all the important vitamins, trace elements and vital substances, blood test can be made. In event of a deficiency, the missing substance can be replenished with the specific nutritional supplements, to redeem the deficiency.

LISTING OF THE 47 BUILDING BLOCKS

13 Vitamins

Vitamin A/D/E/K/C/B1/ B2/ B3/ B5/ B6/ B7/ B9/B12

9 Amino acids

Isoleucine, Leucine, Valine, Histidine, Methionine, Lystin, Tryptophan, Phenylalanine, Threonine

3 Highly unsaturated fatty acids

Omega 3 EPA and DHA, Omega 6 arachidonic acid

5 Minerals

Magnesium, Potassium, Phosphorus, Calcium, Sodium

17 Trace elements

Nickel, Sulfur, Rubidium, Vanadium, Molybdenum, Silicon, Fluorine, Zinc, Boron, Iodine, Selenium, Lithium, Manganese, Cobalt, Copper, Chromium, Iron

What is striking about the list is the fact, that there are not carbohydrates included at all.

This means that our body can do very well without carbohydrates.

Colonoscopy 2021/01/22

As already mentioned, a year ago I completely changed my diet and 6 months ago, I also stopped taking the medication. From this moment on I have lived without any symptoms and complications. Since I was diagnosed with ulcerative colitis, I had to undertake a colonoscopy every three years. Because I have been without discomfort for a long time now, I was particularly curious about the result of the colonoscopy in January.

After the usual procedure which precedes a colonoscopy, the examination started at 09.30 a.m. in Biel. Only after ten minutes the result was clear.

There was not a single sign of inflammation in my bowels. Ulcerative colitis has disappeared.

It was with great relief and joy that I realized that the big effort, the research and the course with coach Cecile were more than worth it. The gastroenterologist of course wanted to know how it came to this result. I explained, that it was a package of many different things that I had changed since the last examination and had given him the tip, that he will soon find further information in my e-book. The only thing I did tell him at this point was, that Omega 3, Omega 6 and wheatgrass had a great impact in healing. He had never heard of those substances in this context, but he was very interested in this information and was looking forward to be reading my e-book.

I really do appreciate this kind of doctors and would like to add, that during all the four colonoscopies, I always felt in good hands.

Summary

The intestinal disease ulcerative colitis developed in me over years. The medication allowed a normal life unless I forgot to take it for about two or three days. I think, I am very lucky that I am not as much effected by this disease as others are. Personally, I believe and think, that the change in diet and the nutrition supplements brought me success. But it certainly took about one year until the body fully recovered from the deficiencies.

As mentioned at the beginning, I am not a doctor and I have no scientific evidence whatsoever for the content of this book. It is purely an experience report from my life with ulcerative colitis. As I have been looking for relief and healing for a long time, I now finally found my way, additionally to conventional medicine, and I would like to share this with you. I hope so much, that my experience report can also bring you relief.

Glossary

¹ Nutrition

My diet was completely insignificant to me for the first 40 years of my life. I did roughly stick to the recommended food pyramid, which tells you to consume around 50% of carbohydrates. Today I am sure, that for me this is not true, but everyone has to make up their own mind.

² Basics. Pitch Power Performance

Those three words “Pitch Power Performance” are actually the most important ones in aviation. Since it is basic knowledge you have to practice it a lot. I would briefly like to explain the three terms.

Pitch:

Pitch indicates the position of the aircraft. That means what is its angle in relation to the air. Or simply, whether the aircraft’s nose is pointing in to the sky or into the ground.

Power:

Means how much power the pilot adjusts by throttle control. Usually power is described in Percent and depends on many factors. But most of all from the position of the plane.

Performance:

Performance are reactions of the aircraft in various flight situations.

³ Gastroenterologist

Gastroenterology is the branch of medicine focused on the digestive system and its disorders.

Diseases affecting the gastrointestinal tract, which include the organs from mouth into anus, along the alimentary canal, are the focus of this specialty. Physicians practicing in this field are called gastroenterologists. They have usually completed about eight years of pre-medical and medical education, a year-long internship (if this is not a part of the residency), three years of an internal medicine residency, and three years in the gastroenterology fellowship. Gastroenterologists perform a number of diagnostic and therapeutic procedures

including colonoscopy, esophagogastroduodenoscopy (EGD), endoscopic retrograde cholangiopancreatography (ERCP), endoscopic ultrasound (EUS), and liver biopsy.[2] Some gastroenterology trainees will complete a "fourth-year" (although this is often their seventh year of graduate medical education) in transplant hepatology, advanced interventional endoscopy, inflammatory bowel disease, motility, or other topics.

⁴ Fentanyl

Fentanyl is a synthetic opioid that is used as a pain reliever in anesthesia as well as for the therapy of acute and chronic pain, which only with opioid analgesics can be adequately treated. Fentanyl acts as an agonist at the μ -opioid receptor. Fentanyl is under the German and SWISS Narcotics Law as well as the Austrian.

⁵ Salofalk

Mesalazine (INN) as 5-Aminosalicylic acid (5-ASA) are an amine derivative of salicylic acid and is used as an anti-inflammatory drug in treatment of chronic inflammatory bowel diseases (Crohn's disease, ulcerative colitis).

Effect:

5-Aminosalicylic acid appears to inhibit the production of the pro-inflammatory arachidonic acid metabolites as prostaglandins and leukotrienes. 5-Aminosalicylic acid differs only in one amino group from salicylic. Salicylic acid is an active substance that acts as an inhibitor of cyclooxygenase-1 and cyclooxygenase-2. A similar effect of 5-Aminosalicylic acid on cyclooxygenase and therefore on the arachidonic metabolism seems likely.

⁶ Ulcerative colitis

Ulcerative colitis belongs to the group of chronic inflammatory bowel diseases. It is characterized by an inflammatory attack on the large intestine or colon. In contrast to Crohn's disease, only the large intestine is continuously affected by inflammation. The intestinal lining (mucosa) and the underlying connective tissue layer (submucosa) are therefore limited.

⁷ Salofalk granules

Composition

Active ingredient: Mesalazine, INN (= 5-Aminosalicylic acid).

Auxiliary materials: Salofalk 1000 mg granules, 1.5 g granules, 3 g granules

Flavor: aspartame, vanillin as well as other auxiliary materials

⁸ SWISS Medical Center

This medical center is located in Kloten. A medical check is compulsory for every pilot once a year. It is a head to toe examination. This is a necessity in order to receive the so-called "Medical". The "Medical" is a medical license to fly a passenger aircraft.

⁹ Coach Cecil

Coach Cecil is a former basketball professional from Hamburg. He later became a personal trainer and now offers two information products on the internet.

¹⁰ Low Back Pain (LBP)

Low back pain (LBP) or lumbago is a common disorder involving the muscles, nerves, and bones of the back. Pain can vary from a dull constant ache to a sudden sharp feeling. Low back pain may be classified by duration as acute (pain lasting less than 6 weeks), sub-chronic (6 to 12 weeks), or chronic (more than 12 weeks). The condition may be further classified by the underlying cause as either mechanical, non-mechanical, or referred pain. The symptoms of low back pain usually improve within a few weeks from the time they start, with 40–90% of people recovered by six weeks.

¹¹ **Maximum principle**
See above ⁸ Coach Cecil

¹² **Low Carb**

The term carbohydrate minimization or low carb refers to various forms of nutrition or diets which reduces the proportion of the carbohydrates in the daily nutrition. The motivation is often a desired weight reduction, therapy for a metabolic disease or a general form of nutrition change for positive prophylactic health effects.

The daily meals consist mainly of vegetables, dairy product, fish and meat. The fats and proteins replace the carbohydrates. The recommended energy supply by carbohydrates in a typical western diet is around approximately 50%. Depending on the type of the low carb diet the proportion of carbohydrates varies. There are forms of diets like the ketogenic diet, where the proportion of carbohydrates can be theoretically reduced to zero and other which only recommend small reductions

¹³ **Dumm as bread**

Book by David Perlmutter

How wheat slowly destroys your brain

ISBN 978-3-442-39257-5

¹⁴ **Micronutrients**

Micronutrients are in contrast to the macronutrients, like fat, carbohydrates and protein, substances that the plant-, animal- and human-organism must absorb, without them supplying energy. The micronutrients primarily include vitamins, minerals, trace elements, proteinogenic amino acids and omega fatty acids. Micronutrients are essential for catabolic and anabolic reactions in the organism.

¹⁴ **Cancer cells do not like the sun**

Book by Prof. Dr. med. Jörg Spitz and William B. Grant, Ph. D

Vitamin D . the protection shield against cancer, diabetes and heart disease

ISBN 978-3-863-74395-6