

The Bob White Story

In early November 2000, I returned home from a business trip with what felt like the flu. I had no idea my life was about to change. My family doctor gave me two separate courses of antibiotic to treat my “flu” and I never really felt any better.

By Thanksgiving I was not eating much and by Christmas I was in the bathroom with diarrhea every two hours even through the night. By New Year’s Eve I was as sick as I had ever been. On January 2, 2001, I was back at my family doctor’s office with a temperature of 104. I was admitted to the hospital for the next 7 days and officially diagnosed with Ulcerative Colitis.

The doctors put me on several medications and sent me home. Their advice about diet was, “if it bothers you, don’t eat it”. The only problem was that everything was bothering me. When I came home from the hospital I continued to get worse. I lost 70 pounds within three weeks’ time. Just getting up for work was a major struggle. I continued to get worse despite all the medications--more antibiotics, steroids, immune suppressants, and anti-inflammatory. Some side effects I had were the shakes and extreme joint pain.

My next call was to my chiropractor. He is a holistic kind of guy and I thought maybe her would be able to help. He suggested I focus on my diet. He recommended the *Specific Carbohydrate Diet*. I immediately showed signs of improvement. This began my search for a solution to my problem that did not include what the medical doctors said was the only cure—to surgically remove my colon and live with a Colostomy Bag. I continued to work with my diet, tried to exercise and sought the advise of many books, magazines and a Kinesiologist/Chiropractor. My symptoms were sometimes under control but I continued to have bad times.

In 2003, my Gastroenterologist and I decided to start a procedure called Remicade. Remicade is a relatively new drug that is administered through a two hour IV infusion every eight weeks. I showed immediate signs of improvement but as with all the other treatments, I reached a point where the improvements stopped and the symptoms returned. My body also started to reject the Remicade with an allergic reaction.

I was at a very low point. I did not think I would be able to control the disease without the Remicade and that the surgery was going to be my final solution. It was then that a friend of the family recommended a Naturopath she had been seeing. Over the next year and a half with his help, I was able to control the symptoms and stop all prescription medications. I still needed the steroids from time to time to pull me out of a flare up.

Although I was off the prescriptions and doing fairly well, my progress again seemed to stall. My goal was to return to good health. So I began my search once more. That is when I found The Center. I learned that they had an ND on staff and I was interested in meeting with her for a new perspective. They also offered other alternative methods that I thought might be able to help me.

I started with Mary Ann for a balancing in July of 2006. I showed immediate improvements. I felt more centered, more in control of my symptoms. The pain and soreness in my stomach went away. Then I went to see Amanda, the ND. She started me on a regimen of fish oil, vitamins and supplements as well as monitoring my diet. Within 30 days I was feeling like my old self pre-illness. After almost six months I feel better than I have in the last ten years. I am still under their care dealing with some minor symptoms that continue to get better. I would highly recommend anyone with a diagnosis such as mine to seek out The Center immediately. I am confident that if I had found The Center at the beginning of my illness, I would not have had to endure such difficulties and I would have been able to control the symptoms much earlier on.