Failed SCD Diet to Perfect Colonoscopy: Megan's UC Story Transcript

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<Untitled Chapter 1>

I did a lot of yo-yoing. I would get I did a lot of yo-yoing. I would get success, kind of normalize my symptoms, success, kind of normalize my symptoms, and then at the drop of a hat, and then at the drop of a hat, everything would kind of revert back.

everything would kind of revert back. Started having, you know, increased Started having, you know, increased frequency bowel movements, increased frequency bowel movements, increased diarrhea. He told me that had he not diarrhea. He told me that had he not done my previous colonoscopy in 2020, done my previous colonoscopy in 2020, which was obviously the year I got which was obviously the year I got diagnosed, that he would not have known diagnosed, that he would not have known that I had UC. I had zero inflammation, that I had UC. I had zero inflammation, no pancolitis, no pancolitis, >> [music] >> [music] >> [music] >> uh no no inflammation, endoscopic >> uh no no inflammation, endoscopic remission, words that I truly didn't remission, words that I truly didn't know if I would hear. I knew I was know if I would hear. I knew I was feeling good.

feeling good. >> [music] >> [music] >> [music] >> I knew that what I was doing was working >> I knew that what I was doing was working because my body was loving it.

because my body was loving it.

Meganu2019s Ulcerative Colitis Journey | Living with IBD

>> Hey everyone, welcome to an amazing >> Hey everyone, welcome to an amazing story with Megan here today. I'm so story with Megan here today. I'm so excited to share with you. If you're excited to share with you. If you're someone who's been on restrictive eating someone who's been on restrictive eating habits for years on end and never felt habits for years on end and never felt like you could get there. If you're like you could get there. If you're someone who is never sure if you can someone who is never sure if you can normalize your colonoscopy or someone normalize your colonoscopy or someone who just feels like there is no answer who just feels like there is no answer for you, this is the story for you to for you, this is the story for you to hear today. I'm so excited for you to hear today. I'm so excited for you to hear it from Megan. Thanks so much for hear it from Megan. Thanks so much for being here, Megan. So blessed, so being here, Megan. So blessed, so grateful, and just congratulations on grateful, and just congratulations on your journey with IBD.

your journey with IBD. >> Thank you so much for having me. I truly >> Thank you so much for having me. I truly feel feel feel like the grateful one sitting in this like the grateful one sitting in this seat right now and being able to tell seat right now and being able to tell the story.

the story. >> Awesome. I love it. So, you know, first >> Awesome. I love it. So, you know, first off, can you tell us what were you off, can you tell us what were you diagnosed with? What was it like for you diagnosed with? What was it like for you and how long ago?

and how long ago? >> Yeah, I was diagnosed in 2020. I was >> Yeah, I was diagnosed in 2020. I was diagnosed with ulcerative colitis with diagnosed with ulcerative colitis with pancolitis with rectal sparing. So, pancolitis with rectal sparing. So, basically had inflammation of the entire basically had inflammation of the entire colon, kind of labeled mild to moderate colon, kind of labeled mild to moderate at that time, and basically kind of from at that time, and basically kind of from there dove into a bunch of my own there dove into a bunch of my own research and kind of started hitting research and kind of started hitting roadblocks from there.

roadblocks from there. >> So, 21 years old and you're how old now? >> So, 21 years old and you're how old now? >> I'm 27. >> I'm 27.

How Megan Found Symptom Relief from Ulcerative Colitis

>> So, you've been dealing with this most >> So, you've been dealing with this most of your 20s, trying things, and you did of your 20s, trying things, and you did a lot of hard work. I mean, you went and a lot of hard work. I mean, you went and did restrictive eating, you talked with did restrictive eating, you talked with your doctor, worked with different your doctor, worked with different natural medicine practitioners to figure natural medicine practitioners to figure this out. And I mean, you got success. I this out. And I mean, you got success. I know you did the specific carbohydrate know you did the specific carbohydrate diet, which was very helpful for a long diet, which was very helpful for a long period of time. And what was that period of time. And what was that experience like for you to do experience like for you to do restrictive eating really hardcore for a restrictive eating really hardcore for a long period?

long period? >> Yeah, I was in nursing school when I was >> Yeah, I was in nursing school when I was diagnosed and I immediately kind of went diagnosed and I immediately kind of went the holistic and conventional medicine the holistic and conventional medicine route. I got started on mesalamine and route. I got started on mesalamine and conjunctively started SCD.

conjunctively started SCD. I followed SCD diet for 4 years, I followed SCD diet for 4 years, basically until I joined the Shield basically until I joined the Shield program. And through that, I did a lot program. And through that, I did a lot of yo-yoing. I would get success, kind of yo-yoing. I would get success, kind of normalize my symptoms, and then at of normalize my symptoms, and then at the drop of the hat, everything would the drop of the hat, everything would kind of revert back. Started having, you kind of revert back. Started having, you know, increased frequency bowel know, increased frequency bowel movements, increased diarrhea. And so, movements, increased diarrhea. And so, it kind of just was this cat and mouse it kind of just was this cat and mouse game that just perpetuated over time.

game that just perpetuated over time. And that resulted in a lot of food fear, And that resulted in a lot of food fear, lack of food freedom, obviously, and lack of food freedom, obviously, and just me kind of searching for results just me kind of searching for results when the mesalamine and the SCD when the mesalamine and the SCD ultimately didn't, you know, give me ultimately didn't, you know, give me lasting results.

lasting results. >> Wow. So, I mean, you're on restrictive >> Wow. So, I mean, you're on restrictive eating, you're doing the specific eating, you're doing the specific carbohydrate diet. It was helping until carbohydrate diet.

Food Freedom with IBD | Diet Tips for IBD Flare Ups

It was helping until it didn't, but I think one thing we had it didn't, but I think one thing we had talked about is you didn't have anything talked about is you didn't have anything else to do besides restrict the food.

else to do besides restrict the food. So, when there was a reaction, it was So, when there was a reaction, it was like, "Eat less. Just give it time, you like, "Eat less. Just give it time, you know, just stay away from even more know, just stay away from even more food." How did you deal with that food." How did you deal with that without feeling like like this is it?

without feeling like like this is it? >> That's exactly how I felt. I mean, there >> That's exactly how I felt. I mean, there was no tools besides Imodium, truly.

was no tools besides Imodium, truly. That was the only thing. And that's not That was the only thing. And that's not a tool, right? We all know that that a tool, right? We all know that that just slows the rate at which things, you just slows the rate at which things, you know, are processed. And so, I really know, are processed. And so, I really felt pretty hopeless. I would kind of felt pretty hopeless. I would kind of have a setback and, like you said, "Eat have a setback and, like you said, "Eat less. Meat an avocado and maybe a less. Meat an avocado and maybe a banana." And I was living off of a banana." And I was living off of a handful, probably less than 10 foods handful, probably less than 10 foods during flares that I mean, I was in a during flares that I mean, I was in a pretty severe flare for up to about 10 pretty severe flare for up to about 10 months. Diarrhea every single day, months. Diarrhea every single

day, popping an Imodium or two every other popping an Imodium or two every other day just to get through life. I was, you day just to get through life. I was, you know, a nurse at this point and working know, a nurse at this point and working in the intensive care unit. And I really in the intensive care unit. And I really didn't have time to slow down and stop didn't have time to slow down and stop working and be in the bathroom all day.

working and be in the bathroom all day. And so, I kind of just did what it took And so, I kind of just did what it took to survive, but to survive, but had absolutely zero tools as to how to had absolutely zero tools as to how to move forward, progress, heal. It was move forward, progress, heal. It was pretty much just eat these foods. If it pretty much just eat these foods. If it doesn't agree, you'll learn. And if you doesn't agree, you'll learn. And if you don't learn, you'll just stay on what don't learn, you'll just stay on what you're on and that that is your path to you're on and that that is your path to healing.

healing. healing. >> Yeah, and and don't get me wrong. I >> Yeah, and and don't get me wrong. I think the specific carbohydrate was very think the specific carbohydrate was very beneficial for you. It helped reduce beneficial for you. It helped reduce inflammation, helped reset that inflammation, helped reset that microbiome. Restrictive eating can be so microbiome. Restrictive eating can be so so good, but you found a hole that there so good, but you found a hole that there was nothing else you could do when you was nothing else you could do when you had a flare, when there was an had a flare, when there was an underlying reaction, or looking at underlying reaction, or looking at different lab work, or different root different lab work, or different root cause pathogens, or how to rebuild the cause pathogens, or how to rebuild the drainage pathways, or how your body drainage pathways, or how your body responded to it. There was nothing. And responded to it. There was nothing. And then it caused the problem where it was then it caused the problem where it was very hard to go out and eat, right? It very hard to go out and eat, right? It was very hard to go to birthdays or was very hard to go to birthdays or celebrations and things like that. And celebrations and things like that.

What the S.H.I.E.L.D. Program Means for Crohnu2019s & Colitis Healing

And so, when you came to the Shield Program, so, when you came to the Shield Program, we talked earlier that, you know, you're we talked earlier that, you know, you're online, you're going, "What is this?" online, you're going, "What is this?" like a lot of us online. Can this thing like a lot of us online. Can this thing actually help? Is it just cookie actually help? Is it just cookie cutter?" What were your feelings when cutter?" What were your feelings when you started looking at the Shield you started looking at the Shield Program? I know you talked with one of Program? I know you talked with one of our members for an hour, Jay. Shout out our members for an hour, Jay. Shout out to Jay. What's up, Jay, if he sees this.

to Jay. What's up, Jay, if he sees this. But, what kind of led you to feel like But, what kind of led you to feel like the Shield Program was going to be a fit the Shield Program was going to be a fit in a place you wanted to to really find in a place you wanted to to really find a home with IBD after all that?

a home with IBD after all that? >> Amazingly, will come up in the comments >> Amazingly, will come up in the comments of certain Facebook posts. There's of certain Facebook posts. There's Facebook groups obviously all over for Facebook groups obviously all over for IBD and UC and natural healing. And And IBD and UC and natural healing. And And CCL absolutely belongs in some of those CCL absolutely belongs in some of those recommendations. And so, the first thing recommendations. And so, the first thing I did was actually look for testimonials I did was actually look for testimonials like this. And I watched dozens, if not like this. And I watched dozens, if not close to maybe a hundred testimonials of close to maybe a hundred testimonials of people just like me. I contacted Jay people just like me. I contacted Jay privately and asked him if he could privately and asked him if he could have, you know, a phone call outside have, you know, a phone call outside just to, you know, really ensure that just to, you know, really ensure that these testimonials are are true people these testimonials are are true people with real results and seeing all these with real results and seeing all these people who were able to change their people who were able to change their life not just for a season like I was life not just for a season like I was able to do with SCD but real lasting able to do with SCD but real lasting results is what really drove me to results is what really drove me to happily join this program.

happily join this program. >> So, you talked with Jay and what was >> So, you talked with Jay and what was

interesting is Jay had been in remission interesting is Jay had been in remission with two normal colonoscopies through with two normal colonoscopies through the program as the chief of the fire the program as the chief of the fire department which was amazing. So, you're department which was amazing.

Ulcerative Colitis Symptoms Before Starting the S.H.I.E.L.D. Program

So, you're talking with one of the most successful talking with one of the most successful IBD warriors in the world really and IBD warriors in the world really and you're coming in and saying, "Okay, I you're coming in and saying, "Okay, I want to do it." You give it a shot and want to do it." You give it a shot and you joined what about 2 years ago?

you joined what about 2 years ago? >> August of '24. >> August of '24. >> August of '24 and now we're mid-2026 >> August of '24 and now we're mid-2026 and you would already done restrictive and you would already done restrictive eating, you'd already been on eating, you'd already been on mesalamine, you had already been mesalamine, you had already been studying natural medicine for a while studying natural medicine for a while and you came in and what were your and you came in and what were your symptoms like when you were coming in?

symptoms like when you were coming in? >> Yeah, I was having probably anywhere >> Yeah, I was having probably anywhere from 7 to 10 loose stools a day, really from 7 to 10 loose stools a day, really terrible gas, very increased smell of terrible gas, very increased smell of gas, kind of like rancid, something's gas, kind of like rancid, something's rotting in your stomach type of smell rotting in your stomach type of smell and then rumbling, lots of basically and then rumbling, lots of basically almost just feeling as though almost just feeling as though the food {slash} diarrhea is just the food {slash} diarrhea is just running through like you I felt it running through like you I felt it rumbling through. I feel really grateful rumbling through. I feel really grateful that I never dealt with really high pain that I never dealt with really high pain but the amount that I was in the but the amount that I was in the bathroom was enough to make me that I bathroom was enough to make me that I needed to get this under control.

needed to get this under control. >> Yeah, and I'm reading here when it back >> Yeah, and I'm reading here when it back in 2024 you said your pain was about a in 2024 you said your pain was about a five out of 10 so you were getting some five out of 10 so you were getting some >> Yeah, no, [clears throat] definitely.

>> Yeah, no, [clears throat] definitely. >> mucus, undigested food in the stool, >> mucus, undigested food in the stool, multiple bowel movements, bloating, multiple bowel movements, bloating, cramping, energy was okay, you had just cramping, energy was okay, you had just got off prednisone in August and you got off prednisone in August and you were on it for 3 months and this is were on it for 3 months and this is after you'd been doing restrictive after you'd been doing restrictive eating for eating for years?

years? years? >> Ever. I mean, years. Right. So, I >> Ever. I mean, years. Right. So, I basically what led me to CCL was a flare basically what led me to CCL was a flare that I couldn't get out of. It was that I couldn't get out of. It was basically I think there's time and a basically I think there's time and a place for medicine always, but it was place for medicine always, but it was either start a biologic medication or either start a biologic medication or what today's quote was go all in. And what today's quote was go all in. And that's what he said. He said you can you that's what he said. He said you can you can go all in with CCL and if you do can go all in with CCL and if you do that you won't have regrets. You'll tell that you won't have regrets. You'll tell yourself that you you've done everything yourself that you you've done everything possible before going on medications, possible before going on medications, which was my personal goal and I'm so which was my personal goal and I'm so happy that I did.

happy that I did.

Colitis Symptom Management & Life After Joining the Program

>> Okay, so Megan, it's been 2 years. What >> Okay, so Megan, it's been 2 years. What are your symptoms now? are your symptoms now? >> I don't think about UC. I have, you >> I don't think about UC. I have, you know, one to two bowel movements a day.

know, one to two bowel movements a day. I don't have any bloating really. I I don't have any bloating really. I don't have gas, don't have bad smelling don't have gas, don't have bad smelling gas. I don't have urgency the frequency gas. I don't have urgency the frequency that I had. I don't have food fear, that I had. I don't have food fear, which has been probably one of the most, which has been probably one of the most, you know, redemptive parts of this you know, redemptive parts of this program. I'm eating things that I wasn't program. I'm eating things that I wasn't eating eating eating >> [clears throat] >> [clears throat] >> [clears throat] >> even when I was super restrictive on >> even when I was super restrictive on SCD. I'm eating salads and things that SCD. I'm eating salads and things that my body can tolerate that it never never my body can tolerate that it never never tolerated when I was on SCD. I kind of tolerated when I was on SCD. I kind of forget that this is something that I forget that this is something that I still walk with, but it's again to quote still walk with, but it's again to quote some a lot of the things that I've some a lot of the things that I've learned in this program. I feel like I learned in this program. I feel like I made UC the best thing that's ever made UC the best thing that's ever happened to me.

happened to me. >> Wow. >> Wow. >> Wow. Megan, there was so much that what you Megan, there was so much that what you just said. You've got rid of your just said. You've got rid of your symptoms and you got rid of symptoms symptoms and you got rid of symptoms quite quickly in the program, which we quite quickly in the program, which we can't guarantee for everyone. It's a can't guarantee for everyone. It's a incurable disease, but you got results incurable disease, but you got results real quickly. I think one of the reasons real quickly. I think one of the reasons you did really well so quick is because you did really well so quick is because you were so strict beforehand with you were so strict beforehand with getting rid of alcohol and getting rid getting rid of alcohol and getting rid of junk food and bad snacking. Then when of junk food and bad snacking. Then when we added in some of that root cause we added in some of that root cause analysis, we started going after that analysis, we started going after that microbiome, the digestion, the nervous microbiome, the digestion, the nervous system, the drainage. We started soaking system, the drainage. We started soaking up some of those toxins your body could up some of those toxins your body could not get rid of so you could properly not get rid of so you could properly evacuate. Man, your body calmed down evacuate. Man, your body calmed down quick.

quick. quick. But it's been 2 years. But it's been 2 years. >> Mhm. >> Mhm. >> Mhm. >> It's been 2 years. So this isn't like, >> It's been 2 years. So this isn't like, hey, you came in and got results." 2 hey, you came in and got results." 2 years, right guys? Now, none of us walk years, right guys? Now, none of us walk on water, okay? We're going to have ups on water, okay? We're going to have ups and downs as we go, but we call it and downs as we go, but we call it Shield so we can defend against that and Shield so we can defend against that and live our best life. You've been able to live our best life. You've been able to eat a variety of food. Have you had eat a variety of food. Have you had celebration food where you've just eaten celebration food where you've just eaten crap food and been okay?

crap food and been okay? >> Yeah. Yes. I mean, what I would consider >> Yeah. Yes. I mean, what I would consider crap food. Yes. crap food. Yes. >> Yeah, some gluten, processed dairy, >> Yeah, some gluten, processed dairy, little restaurant food, alcohol.

little restaurant food, alcohol. >> Processed dairy for sure, restaurant >> Processed dairy for sure, restaurant food with seed oils and things, alcohol.

food with seed oils and things, alcohol. Definitely been able to celebrate at Definitely been able to celebrate at weddings and enjoy weddings and enjoy >> weddings. Oh my and you've been okay >> weddings. Oh my and you've been okay with that. All that. Now, here's the with that. All that. Now, here's the icing on the cake. You went to the icing on the cake. You went to the doctor, which is one of the reasons we doctor, which is one of the reasons we had today's story, and you did your had today's story, and you did your colonoscopy cuz the doctor wanted to do colonoscopy cuz the doctor wanted to do one and you said fine. So, what happened one and you said fine. So, what happened there?

there? there? >> He told me that had he not done my >> He told me that had he not done my previous colonoscopy in 2020, which was previous colonoscopy in 2020, which was obviously the year I got diagnosed, that obviously the year I got diagnosed, that he would not have known that I had UC. I he would not have known that I had UC. I had zero inflammation, no pancolitis, had zero inflammation, no pancolitis, uh no no inflammation,

endoscopic uh no no inflammation, endoscopic remission, words [clears throat] I truly remission, words [clears throat] I truly didn't know if I would hear. I knew I didn't know if I would hear. I knew I was feeling good. I knew that what I was was feeling good. I knew that what I was doing was working because my body was doing was working because my body was loving it. Endoscopic and histological loving it. Endoscopic and histological remission are just the icing on the remission are just the icing on the cake. I mean, I feel so grateful.

cake. I mean, I feel so grateful. >> Wow. >> Wow. >> Wow. Megan, you went to the doctor. He said, Megan, you went to the doctor. He said, "If I hadn't known your past experience "If I hadn't known your past experience with IBD, I wouldn't even known you've with IBD, I wouldn't even known you've ever had it." Endoscopic remission after ever had it." Endoscopic remission after 2 years and what medications are you on?

2 years and what medications are you on? >> None. >> None. >> None. >> What did your doctor say? Was your >> What did your doctor say? Was your doctor just like doctor just like >> He looked at me and my husband, you >> He looked at me and my husband, you know, you're coming off a colonoscopy so know, you're coming off a colonoscopy so you're a little, you know, out of it. He you're a little, you know, out of it. He just looked at me and he said, "I don't just looked at me and he said, "I don't know what you're doing, but just keep know what you're doing, but just keep doing it." doing it." >> Wow. That's funny. That's what my doctor >> Wow. That's funny. That's what my doctor told me. Whatever you're doing, keep told me. Whatever you're doing, keep doing it. That's their favorite phrase.

doing it. That's their favorite phrase. >> It's their favorite phrase. >> It's their favorite phrase. >> My gosh, Megan, how was that possible? >> My gosh, Megan, how was that possible?

Would you have believed this watching Would you have believed this watching this 2 years ago? You said watch this 2 years ago? You said watch hundreds of testimonies, which is how hundreds of testimonies, which is how many times I've been recording these many times I've been recording these over the years.

over the years. >> I mean, I honestly feel like >> I mean, I honestly feel like as silly as it is to say, I watched as silly as it is to say, I watched those videos and I thought that could be those videos and I thought that could be me. It really could. And I me. It really could. And I I said to myself like and again to echo I said to myself like and again to echo what Jay said like go all in. I feel what Jay said like go all in. I feel like I truly did that. I mean there's like I truly did that. I mean there's things that they start you off things that they start you off encouraging you to do when you start encouraging you to do when you start Shield of grounding and prayer and you Shield of grounding and prayer and you know speaking life over yourself and know speaking life over yourself and journaling and getting outside and I journaling and getting outside and I feel like I did all of that amongst the feel like I did all of that amongst the changes that we made with you know changes that we made with you know elemental diet and elemental diet and you know food philosophy. Like there's a you know food philosophy. Like there's a lot of things that I I still changed lot of things that I I still changed tangibly but overall I mean I think tangibly but overall I mean I think I this is this is as good as I could I this is this is as good as I could have ever imagined truly when I when I have ever imagined truly when I when I was watching these testimonies.

was watching these testimonies. >> I mean it really is for you. I mean you >> I mean it really is for you. I mean you joined the Shield program two years ago.

joined the Shield program two years ago. Here you are two years later with a Here you are two years later with a perfect colonoscopy, no medications, and perfect colonoscopy, no medications, and don't think about ulcerative colitis.

don't think about ulcerative colitis. You have a broad diet. You're not stuck You have a broad diet. You're not stuck on the SCD diet anymore. With that on the SCD diet anymore. With that normal colonoscopy it's crazy. And guys normal colonoscopy it's crazy.

What Really Helped Megan Heal | IBD Nutrition & Lifestyle Changes

And guys this is not easy. It's hard. This is so this is not easy. It's hard. This is so amazing to see what's possible.

I'm so amazing to see what's possible. I'm so excited. And Megan's just put the hard excited. And Megan's just put the hard work in. We're all different but we can work in. We're all different but we can heal and I hope that's a testament to heal and I hope that's a testament to it. Few of the questions is you know I'd it. Few of the questions is you know I'd love to ask what's one thing that really love to ask what's one thing that really helped. It could be a supplement herb.

helped. It could be a supplement herb. You talked about a supplement. I'd say You talked about a supplement. I'd say let's chat about that real quick because let's chat about that real quick because you feel like it has been the biggest you feel like it has been the biggest game changer for you ever and I know a game changer for you ever and I know a lot of people out there are wondering lot of people out there are wondering how do you do it. And guys the how do you do it. And guys the customized plan it's tweaked over time customized plan it's tweaked over time years but this is one thing that really years but this is one thing that really helped out Megan along you know helped out Megan along you know beforehand. What was it Megan?

beforehand. What was it Megan? >> Yeah and IBDU when people are you know >> Yeah and IBDU when people are you know asking for you know advice or looking asking for you know advice or looking for you know someone to walk with them for you know someone to walk with them my biggest recommendation that I feel my biggest recommendation that I feel like I have seen in myself is the like I have seen in myself is the IGG-Shield IGG-Shield IGG-Shield binder. That has been to me like a holy binder. That has been to me like a holy grail product. Not only is great binder grail product. Not only is great binder but I specifically people who are but I specifically people who are dealing with loose stools when I have a dealing with loose stools when I have a even a mild setback like you said like even a mild setback like you said like we're not I'm not perfect. I'm not I we're not I'm not perfect. I'm not I have had setbacks in the last two years.

have had setbacks in the last two years. It is the quickest thing that I have to It is the quickest thing that I have to have on shelves that gives me back and have on shelves that gives me back and it's just like you said, tools that I it's just like you said, tools that I just didn't have. You know, back when I just didn't have. You know, back when I was doing SCD, all I had was be was doing SCD, all I had was be disciplined and I knew that I could ask disciplined and I knew that I could ask that of myself. I always said, I'm never that of myself. I always said, I'm never going to ask of medicine.

going to ask of medicine. >> Yeah, very valuable still. Yeah. >> Yeah, very valuable still. Yeah. >> And so I was disciplined, I can meet you >> And so I was disciplined, I can meet you anywhere, but having tools that help you anywhere, but having tools that help you and and propel to get things back under and and propel to get things back under control or to just, you know, propel control or to just, you know, propel healing has been an absolute game healing has been an absolute game changer.

changer. changer. >> Wow. Wow, guys, the active ingredient in >> Wow. Wow, guys, the active ingredient in that product is called Immunolin. It's a that product is called Immunolin. It's a binder that even doctors will use and binder that even doctors will use and it's so good at soaking up toxins and it's so good at soaking up toxins and helping you eliminate them, which is one helping you eliminate them, which is one of the core problems Megan had even with of the core problems Megan had even with all that strict eating. So, you know, all that strict eating. So, you know, make sure you can check that out if you make sure you can check that out if you want, but remember it's all customized want, but remember it's all customized to you. It's all built over time. It's to you. It's all built over time. It's not a magic pill. It's not a magic not a magic pill. It's not a magic little protocol. We put something little protocol. We put something together, we hope for great results. As together, we hope for great results. As you get it, we start looking at, okay, you get it, we start looking at, okay, if you you land at 80%, 100%, 40%, we if you you land at 80%, 100%, 40%, we tweak and move and we tweak and move.

tweak and move and we tweak and move. And that's how you get it done. The And that's how you get it done. The discipline, the hard work is how you get discipline, the hard work is how you get to this result. Megan, I mean, to this result. Megan, I mean, congratulations. It's unbelievable. What congratulations. It's unbelievable. What advice would you give to someone who's advice would you give to someone who's coming off I mean, you were a coming off I mean, you were a competitive volleyball player, young, competitive volleyball player, young, everyone's drinking, everyone's everyone's drinking, everyone's partying, everyone's eating crap food. I partying, everyone's

eating crap food.

Meganu2019s Advice for Anyone Living with IBD, Crohnu2019s Disease & Ulcerative Colitis

I mean, you're you're married now, you're mean, you're you're married now, you're you're looking at the next big steps in you're looking at the next big steps in life. What would be your advice to life. What would be your advice to anyone out there who's just want feels anyone out there who's just want feels like IBD's the end, there's nothing I like IBD's the end, there's nothing I can do, looking at the restrictive can do, looking at the restrictive eating, looking at the programs, looking eating, looking at the programs, looking at natural medicine versus convention at natural medicine versus convention medicine. What would be your two cents?

medicine. What would be your two cents? >> Number one, it would definitely be that >> Number one, it would definitely be that nothing tastes as good as feeling good nothing tastes as good as feeling good feels. I think that that has been feels. I think that that has been something so liberating for me. At the something so liberating for me. At the beginning, yes, I was always a beginning, yes, I was always a competitive athlete, I was always competitive athlete, I was always healthy, but there were sacrifices, but healthy, but there were sacrifices, but I wouldn't go back. I I would not go I wouldn't go back. I I would not go back to that life. I would not go back back to that life. I would not go back to what I was eating because where I am to what I was eating because where I am now and how I feel is now and how I feel is so amazing. And then for the person so amazing. And then for the person who's watching this and hoping to get who's watching this and hoping to get this result one day, there's another this result one day, there's another way. And I think that that is something way. And I think that that is something that I wish that I could tell everybody, that I wish that I could tell everybody, you know, sitting in the doctor's office you know, sitting in the doctor's office when they're telling you that there's when they're telling you that there's nothing else you can do. Diet has nothing else you can do. Diet has nothing to do with it and here's these nothing to do with it and here's these drugs. That's something that you feel drugs. That's something that you feel internally convicted that that's not the internally convicted that that's not the route you want to go, there's another route you want to go, there's another way. And this is the way. This is a way. And this is the way. This is a community of people and community of community of people and community of coaches that actually care and a coaches that actually care and a community of people that are striving to community of people that are striving to heal together. And IBD you is a heal together. And IBD you is a phenomenal place. It's not just a phenomenal place. It's not just a Facebook group of people spurting out Facebook group of people spurting out things. It is a true community of people things. It is a true community of people that are all healing together and that are all healing together and supporting each other and finding supporting each other and finding true healing.

true healing. >> [music]