He Thought He'd Have Crohn's & Colitis Forever… Then This Happened Transcript

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<Untitled Chapter 1>

My body reacts My body reacts to stress. There was to stress. There was so much pain from so much pain from the gases the gases moving around moving around inside, it was inside, it was just horrible.

just horrible. I had a I had a brain tumor. I also brain tumor. I also had a postoperative had a postoperative hernia from being hernia from being cut and cut and sewn there four sewn there four times. Yes, and I don't have times. Yes, and I don't have any bloating.

any bloating. ????? ?????? ?????. ????? ?????? ?????. That's right. That's right. I feel good, I feel good, I used to have to I used to have to sleep sleep sleep during the day. Now it's not necessary, during the day.

William's 40 Year Battle with Inflammatory Bowel Disease

Now it's not necessary, and we just ate and we just ate the first ripe the first ripe tomato, I made a tomato, I made a bacon and bacon and tomato sandwich on tomato sandwich on sourdough bread, and sourdough bread, and everything was fine.

Hello everyone, I'm really Hello everyone, I'm really excited for today's excited for today's story with Bill story with Bill Fury and his Fury and his wife, who they've been with for wife, who they've been with for many years. He many years. He has come such a long has come such a long way. If you have way. If you have friends who friends who were diagnosed 20, were diagnosed 20, 30, 45 years ago, this 30, 45 years ago, this will be a great story will be a great story about victory, about about victory, about never never never giving up when giving up when doctors say there's doctors say there's nothing more that nothing more that can be done, about having to go through go through surgeries, medications, and surgeries, medications, and decades of decades of decades of uncertainty to uncertainty to finally find finally find relief. And relief. And today is not about today is not about walking on water; it's walking on water; it's about relief and about relief and opportunity. I am very opportunity. I am very excited to introduce excited to introduce you to Bill, who you to Bill, who will share his will share his experiences with his experiences with his wife. Dominic wife. Dominic has done an incredible has done an incredible job as a coach and we are job as a coach and we are very excited for Bill and what is very excited for Bill and what is still possible still possible for him in the for him in the next stages. But next stages. But this is for anyone who has been this is for anyone who has been sick for, you know, 30-40 sick for, you know, 30-40 years, gone through all of that, years, gone through all of that, and wants and wants to know how much it is to know how much it is possible to heal the body.

possible to heal the body. Bill, thank you for Bill, thank you for coming. coming. coming. I'm glad to be here. I'm glad to be here. First of all, I told First of all, I told Valeria that we could Valeria that we could make a make a documentary about documentary about Bill's experiences, and it would be Bill's experiences, and it would be fun to watch with fun to watch with popcorn because he's been through popcorn because he's been through so much so much. In what year were. In what year were you you you diagnosed with inflammatory diagnosed with inflammatory bowel disease?

bowel disease? Somewhere in 1983-84. Somewhere in 1983-84. 1983-1984—this is 2026. We're 1983-1984—this is 2026. We're talking about talking about you being you being diagnosed over 40 years diagnosed over 40 years ago. And in the 80s, did ago. And in the 80s, did they even know they even know what it was? Have you ever heard of this? Have heard of this? Have any of any of your friends had this? Did your friends had this? Did your parents have this?

your parents have this? My grandmother had My grandmother had colitis. colitis. colitis. Of course. A Of course. A

long time ago, then. long time ago, then.

Good. Back in the 1930s? Good. Back in the 1930s? Yes. Yes. Yes. So, she had colitis, So, she had colitis, and when did these and when did these symptoms start? How symptoms start? How old were you when they old were you when they started?

started? started? Oh, how old was I??? 20 with something? Do you remember if you had these if you had these problems when you were 20 problems when you were 20?

?? I think it was when I was 30 I think it was when I was 30… In your 30s. So, there were no problems in your In your 30s. So, there were no problems in your teens and teens and 20s 20s 20s. Everything was great.

. Everything was great. Everything is fine. Then suddenly, at the Everything is fine. Then suddenly, at the age of 30, it all age of 30, it all started. And this was around started. And this was around 1980?

1980? 1980? About? About? About? Yes. Aha. Yes. Aha. Okay. So, in 1980 it all Okay. So, in 1980 it all started. Of course. started. Of course. What led to this was that I was under a lot of was under a lot of stress.

stress. stress. Yes. Yes. Yes. My mind was coping My mind was coping with the stress, but my body wasn't. And over the years I. And over the years I realized that my realized that my body was protesting body was protesting against stress.

against stress. Aha. Same thing with me. Aha. Same thing with me. I am the same. My I am the same. My mind says "go ahead", but my mind says "go ahead", but my body gives up. All of us.

body gives up. All of us. All of us who have All of us who have been diagnosed with colitis been diagnosed with colitis know this. Dr. know this. Dr. Coach Tommy knows, I Coach Tommy knows, I know. So you know. So you were already married when were already married when this started, and she's this started, and she's like, "Oh, this is news to me like, "Oh, this is news to me. This is something new. This is something new for us." And you know, to for us." And you know, to jump through this —you went through the —you went through the 80s, the 90s, the early 2000s. And I mean, was it. And I mean, was it just medication just medication after medication? And then after medication? And then suddenly surgery after suddenly surgery after surgery? The doctors surgery? The doctors told the same told the same old story that old story that nothing could be nothing could be done. And obviously, there was no natural medicine like there is now—no was no natural medicine like there is now—no Zoom, no books, there was not much Zoom, no books, there was not much information about information about natural healing, right? So, were you, right? So, were you on a diet on a diet or what was going on?

I tried a I tried a naturopath once, they naturopath once, they did tests and did tests and said there were four said there were four or five foods or five foods that should be strictly that should be strictly avoided.

avoided. Okay. Okay. And ten more to And ten more to be careful with. be careful with. Yes. I was Yes. I was found to have found to have about 150 that are not about 150 that are not allowed.

allowed. allowed. Wow. From the ten- Wow. From the ten- sensitivity test? sensitivity test? Yeah, I thought I could… Yeah, I thought I could… Listen, Listen, Listen, food sensitivity tests food sensitivity tests give false give false positives in positives in severe inflammatory severe inflammatory bowel disease or bowel disease or ulcerative colitis ulcerative colitis because you have "leaky because you have "leaky gut." When there is a " leaky gut" and leaky gut" and poor digestion, poor digestion, undigested undigested undigested food particles food particles enter the enter the bloodstream, causing bloodstream, causing IgG sensitivity. So IgG sensitivity. So the test glows like a the test glows like a Christmas tree. This Christmas tree. This didn't mean didn't mean he was allergic to these he was allergic to these foods, he was foods, he was sensitive because he had sensitive because he had poor digestion and a " leaky gut." leaky gut." It is best to do a It is best to do a food allergy test food allergy test once you have completed the once you have completed the Shield program and Shield program and have restored your gut.

have restored your gut. I bet if I bet if we were to test Bill we were to test Bill now, the result would be now, the

result would be significantly lower than significantly lower than those 150 products in 1985.

1985. 1985. Can you eat some Can you eat some of those foods now, Bill?, Bill? Yes. Yes. Yes. Good. So, hey, we Good. So, hey, we already have a big already have a big epiphany for all epiphany for all our listeners right our listeners right now. But okay, if now.

Surgeries from Decades of Crohn's Disease and Ulcerative Colitis

But okay, if you've been through all that, you've been through all that, how many surgeries have you had how many surgeries have you had in the last in the last 45 years? Is it more than 10?

45 years? Is it more than 10? Related to Related to inflammatory inflammatory inflammatory bowel disease? bowel disease? No, less. Well, I No, less. Well, I understand. From six understand. From six to ten? Something like that?

to ten? Something like that? Yes. Yes. Yes. Yes. Six to ten Six to ten related to IBD. You had your related to IBD. You had your entire entire entire colon removed. They made a few colon removed. They made a few mistakes mistakes mistakes in doing so.

in doing so. Two more operations to Two more operations to create an create an create an internal internal internal reservoir. reservoir. reservoir. Internal Internal Internal tank. Yes.

tank. Yes. I had a I had a brain tumor. I also had a brain tumor. I also had a postoperative postoperative postoperative hernia because I was hernia because I was cut there three or four times.

So, the hernia appeared So, the hernia appeared due to a large due to a large number of operations. number of operations. Yes. Yes. Yes. And here's something else interesting: And here's something else interesting: you were put on the you were put on the drug "Imuran", and drug "Imuran", and you reacted badly to it you reacted badly to it. What do you. What do you think the think the side effects were? This is not side effects were? This is not medical advice, medical advice, just your opinion: what do just your opinion: what do you think you think happened when you happened when you took Imuran?

took Imuran? We know why they We know why they gave me Imuran gave me Imuran for Crohn's disease back then—because for Crohn's disease back then—because I didn't have a small I didn't have a small intestine. So they intestine. So they tried to take it tried to take it very seriously. We very seriously. We must prevent must prevent this. So it was Imuran that caused the Imuran that caused the brain tumor. And this is a brain tumor. And this is a very rare very rare brain tumor. I haven't brain tumor. I haven't received any received any information about this in information about this in British Columbia. I received information about this. I received information about this tumor from tumor from New York. All New York. All the oncologists in the oncologists in British Columbia got British Columbia got together to together to decide what decide what to do with me.

to do with me. Did the oncologist believe that Did the oncologist believe that Imuran also Imuran also caused this caused this brain tumor? So, your brain tumor? So, your oncologist agreed.

oncologist agreed. Why? Did the Why? Did the label state that Imuran Imuran Imuran can, in can, in rare cases, rare cases, cause this type of cause this type of cancer or cancer or brain tumor as a side effect?

brain tumor as a side effect? I found out about it I found out about it later. I was not later. I was not told about this before told about this before I started treatment.

.. So, your oncologist, So, your oncologist, doctors in Canada, doctors in Canada, agree that Imuran caused the Imuran caused the brain tumor. Everyone brain tumor. Everyone agrees. You can't do agrees. You can't do anything about anything about it because it because you signed a consent to you signed a consent to the risks, and the risks, and no one told you about the side effects no one told you about the side effects. Friends, I. Friends, I just want to say just want to say that medication truly that medication truly saves lives. I saves lives. I was taking 6-MP. I was taking 6-MP. I developed developed developed liver toxicity.

liver toxicity. I was 23 years old, and no I was 23 years old, and no one had talked to one had talked to me about the potential me about the potential side effects of Entyvio, Remicade, 6-MP, methotrexate— any of that. And any of that. And suddenly I got sick, and it suddenly I got sick, and it turned out that yes, you turned out that yes, you need to read about the need to read about the side effects of medications.

side effects of medications. So, despite the fact that the medication So, despite the fact that the medication saves my life, I have saves my life, I have n't taken it in n't taken it in over 11 years. You over 11 years. You must understand the must understand the risk-reward ratio.

risk-reward ratio. This is serious. Well, This is serious. Well, thank God, Bill, that thank God, Bill, that you're okay now and you're okay now and were able to recover from that were able to recover from that. So,. So, when that happened, they when that happened, they immediately stopped immediately stopped your Imuran.

your Imuran. Oh yes. Yes. Oh yes. Yes. So everyone is like: oh, So everyone is like: oh, cancel immediately. cancel immediately. Hands off. That's such a Hands off. That's such a responsibility. This is responsibility. This is madness. I madness. I mean, this is crazy.

mean, this is crazy. But you sign up But you sign up for all this at the risk of your for all this at the risk of your life. You go life. You go through this, and it's been, through this, and it's been, you know, 20 to 40 years. You you know, 20 to 40 years. You try a restricted try a restricted diet. You have diet. You have had six had six to ten surgeries.

Why He Joined the S.H.I.E.L.D. Program

to ten surgeries. You are at home, as if You are at home, as if trapped. What made trapped. What made you think the you think the Shield program could Shield program could help you?

help you? Well, I read about it Well, I read about it and said to myself: you know, and said to myself: you know, nothing nothing nothing helps me. helps me.

This guy is This guy is talking talking talking nonsense on the internet. nonsense on the internet. Maybe there's something to this Maybe there's something to this.

.. And if my And if my gastroenterologist says your condition is the your condition is the worst in 40 years, worst in 40 years, what should I do? what should I do?

You've had, yes, you've You've had, yes, you've had several had several surgeries. You go to surgeries. You go to the gastroenterologist, the gastroenterologist, he says your he says your inflammatory inflammatory inflammatory bowel disease is worse than it has been in bowel disease is worse than it has been in 40 years.

40 years. This is the worst state of This is the worst state of all time. This was about all time. This was about 8 or 9 months ago. And 8 or 9 months ago. And you look at our you look at our reviews, thinking: reviews, thinking: okay, I have to okay, I have to do something. I need to do something. I need to change something. You change something. You are signing up for the are signing up for the Shield program. You Shield program. You are starting to work are starting to work with us, and this is a serious with us, and this is a serious task. Guys, it's task. Guys, it's not like we're like, oh, not like we're like, oh, wow, yeah, we're wizards. We are not wizards. This is. We are not wizards. This is hard work. It wasn't hard work. It wasn't easy for easy for coach Dominique.

coach Dominique. She gave it her She gave it her all, okay? It's all, okay? It's not easy, friends. It's not easy, friends. It's hard for us because our families have hard for us because our families have gone through this themselves. We are doing everything we.

IBD Symptoms and Flare Ups Before Natural Healing

We are doing everything we can. You came with can. You came with 12-15 bowel movements 12-15 bowel movements during the day and another during the day and another two-three-four at two-three-four at night. Is that

correct?

night. Is that correct? Yes. Yes. Yes. And this is after all the And this is after all the surgeries, after all the surgeries, after all the medications, after trying medications, after trying restricted restricted restricted diets and 40 years of diets and 40 years of struggle. Then you have struggle. Then you have urges, urges, urges, severe diarrhea, loose severe diarrhea, loose stools, and sometimes stools, and sometimes undigested food in your undigested food in your stool. Friends, if you stool. Friends, if you see see see undigested food in your undigested food in your stool, you are stool, you are guaranteed to have poor guaranteed to have poor digestion, and it is digestion, and it is affecting your affecting your colon. This is one colon. This is one of the things we are of the things we are going to fix. You have bloating, gas, and. You have bloating, gas, and they prescribed you they prescribed you Skyrizi, a new Skyrizi, a new drug. You have two or three bowel movements three bowel movements at night, as well as other at night, as well as other complications after complications after surgery that surgery that wake you up. You are wake you up. You are starting to get arthritis.

starting to get arthritis. I mean, you've, you I mean, you've, you know, had a fistula in know, had a fistula in the past, hemorrhoids in the the past, hemorrhoids in the past. You had an past. You had an obstruction from obstruction from all the surgeries and you all the surgeries and you had no had no energy at all. You come energy at all. You come and say, "I fall asleep and say, "I fall asleep after 12 noon." after 12 noon." Is that true, Irene? This Is that true, Irene? This man was simply man was simply exhausted, no exhausted, no energy. So, you energy. So, you started working with started working with us from home in Canada with us from home in Canada with our Canadian our Canadian trainer Dominic, trainer Dominic, right?

right? right? Yes. Yes. Yes. Yes. Good. How is your Good. How is your energy now? energy now?

Crohn's Remission Journey After the S.H.I.E.L.D. Program

Much better. I… I Much better. I… I feel good, feel good, I used to have to I used to have to sleep sleep sleep during the day. Now I do during the day. Now I do n't need it. And that's it n't need it. And that's it. You have great. You have great energy because, friends, we are energy because, friends, we are now getting now getting nutrients that are nutrients that are absorbed at the absorbed at the cellular level.

cellular level. They are indeed They are indeed absorbed through the absorbed through the intestines. You have intestines. You have formed stools, formed stools, no longer have no longer have chronic diarrhea, your chronic diarrhea, your stools are formed, stools are formed, and the number of and the number of bowel movements bowel movements bowel movements has decreased from 12-15 per has decreased from 12-15 per day to five or six day to five or six throughout the day. And two or three times a night, right?

three times a night, right? Friends, when you have had Friends, when you have had as many surgeries as as many surgeries as Bill has, something Bill has, something called called called short bowel syndrome occurs. It's short bowel syndrome occurs. It's very common to have very common to have five, six, seven five, six, seven bowel movements in 24 bowel movements in 24 hours. You just hours. You just don't have that gastrointestinal tract.

gastrointestinal tract. Therefore, your body will be Therefore, your body will be prone to more prone to more. Bill, I. Bill, I think in think in the future we the future we might be able to might be able to reduce this to reduce this to one or two more one or two more bowel movements a day.

bowel movements a day. I have successfully done this with I have successfully done this with people without a people without a colon and with colon and with short bowel syndrome, they short bowel syndrome, they feel great. And feel great. And there is no mucus, the urges are there is no mucus, the urges are very limited, there is no very limited, there is no undigested food undigested food in the stools. Is that in the stools. Is that correct?

correct? correct? Yes, and I don't have Yes, and I don't have bloating. I bloating. I don't have gas. don't have gas. Oho. Oho. Oho. The stool has no odor. Sometimes it was very. Sometimes it was very awkward when I went awkward when I went to the bathroom and people to the bathroom and people would go in after would go in after me: "Bill, how me: "Bill, how can you…" can you…" Yes, you are not the first in Yes, you are not the first in our

community, and our community, and everyone everyone everyone listening now understands you and listening now understands you and thinks: "Yes, I completely thinks: "Yes, I completely understand that." understand that." Working with Working with Dominic was Dominic was just wonderful. I just wonderful. I mean, he mean, he followed followed followed the program religiously.

the program religiously. Yes. Yes. Yes. On me when they On me when they said I ate said I ate one Timbit one Timbit about a about a month and a half after month and a half after starting. A Timbit is a starting. A Timbit is a doughnut. He is approximately like this doughnut. He is approximately like this. I ate one of these. I ate one of these. In another, I was. In another, I was on the program.

on the program. But Bill, have But Bill, have you managed to eat a wide you managed to eat a wide variety of healthy variety of healthy foods? You're not just on a foods? You're not just on a very strict diet of very strict diet of eight allowed eight allowed foods. You can foods. You can eat a variety of eat a variety of healthy foods. Well healthy foods. Well, that, that has changed a lot. A lot has changed a lot. A lot has changed, and it's has changed, and it's wonderful.

wonderful. wonderful. I don't know if I have a gluten sensitivity because I'm gluten sensitivity because I'm 99% sure I do. For anyone who has been sick as anyone who has been sick as long as you have, yes.

long as you have, yes. I ate our I ate our first ripe first ripe tomato yesterday, made a tomato yesterday, made a bacon and sourdough tomato sandwich, and everything was, and everything was good.

good. good. Wow. You ate a sandwich Wow. You ate a sandwich with bread, you haven't eaten with bread, you haven't eaten it in so long, and it in so long, and you didn't have any you didn't have any problems. Listen, just problems. Listen, just because you have a sensitivity because you have a sensitivity doesn't mean you have an doesn't mean you have an allergy, okay?

allergy, okay? When his gut When his gut heals, he heals, he might be able to might be able to consume some. He may consume some. He may get an acute get an acute inflammatory response, but inflammatory response, but it can be seen at the it can be seen at the antibody level. You antibody level. You know, the half- know, the half- life is life is every 28 days. If you every 28 days. If you want want want to celebrate something, to celebrate something, especially after what especially after what Bill has gone through in 40 Bill has gone through in 40 years, then once every 28 years, then once every 28 days—if you have a gluten sensitivity that we gluten sensitivity that we can test for. I can test for. I like to check like to check with a Wheat Zoomer. This is a with a Wheat Zoomer. This is a blood test that blood test that gives you a deep gives you a deep understanding of how you understanding of how you react to wheat.

react to wheat. This would also This would also work well for Bill. work well for Bill. So you're eating a So you're eating a variety of foods, variety of foods, Bill, and you're not having the same bowel movements you bowel movements you used to—10 times a used to—10 times a day, which indicates day, which indicates that digestion that digestion has improved, your has improved, your gut walls have strengthened, gut walls have strengthened, and your microbiome has and your microbiome has improved. Bloating, improved. Bloating, cramps, gas—all of these cramps, gas—all of these tell me that your tell me that your upper GI tract is upper GI tract is much stronger, much stronger, you have more you have more energy, and you energy, and you feel clear.

feel clear. Irene, have you seen a Irene, have you seen a huge difference in huge difference in him over these last few him over these last few months? He has months? He has only been in the program for 5-6 only been in the program for 5-6 months. Hallelujah.

months. Hallelujah. Irene, what do you think? Irene, what do you think? He no longer falls asleep He no longer falls asleep while watching while watching sports games.

sports games. And you notice fewer And you notice fewer visits visits visits to the restroom, better to the restroom, better health, fewer complaints, health, fewer complaints, everything gets better. He everything gets better. He did it at home did it at home using an online program after 40 program after 40 years of treatment from years of

treatment from doctors. Hallelujah. And, doctors. Hallelujah. And, friends, this is why I say it's a natural, it's a natural, individualized individualized individualized approach: natural approach: natural medicine with medicine with IBD specialists IBD specialists combined with combined with traditional traditional traditional doctors. This is how we doctors. This is how we can get can get huge results, especially in, especially in difficult cases like this one difficult cases like this one.

.. If anyone, If anyone, tell me. tell me. If anyone out there, like me, If anyone out there, like me, suffered for 40 years and suffered for 40 years and nothing helped.

nothing helped. Yes. Yes. Yes. And now it works. And now it works. Is this magic? No, it's Is this magic? No, it's biology. Bill, in these biology. Bill, in these 40 years, have 40 years, have your doctors ever your doctors ever mentioned that you have mentioned that you have low low low stomach acid or poor stomach acid or poor digestion?

digestion? digestion? Never. Have Never. Have they they they ever mentioned that you have a ever mentioned that you have a microbiome imbalance??? Nothing, and there Nothing, and there was no talk was no talk of diet at all.

of diet at all. They never They never mentioned the idea of mentioned the idea of leaky gut leaky gut and how all of this and how all of this gets into your gets into your bloodstream, bloodstream, bloodstream, causing systemic causing systemic problems: problems: problems: brain fog, arthritis, brain fog, arthritis, eczema. This is becoming a eczema. This is becoming a systemic problem.

systemic problem. This is biology. These are the five This is biology. These are the five imbalances that imbalances that everyone with IBD has. Poor everyone with IBD has. Poor digestion, digestion, digestion, microbiome imbalance, leaky microbiome imbalance, leaky gut, gut, gut, nervous nervous nervous system dysfunction. Here's what he system dysfunction. Here's what he said: stress. He said: stress. He said the stress was said the stress was making him sick, making him sick, guys. Dysfunction of the guys. Dysfunction of the nervous system that nervous system that regulates your regulates your vagus nerve. It vagus nerve. It regulates regulates regulates cortisol levels and cortisol levels and supports the response of supports the response of your adrenal your adrenal glands. You must glands. You must make sure that make sure that our nervous system our nervous system receives receives receives nutrition. And then the nutrition. And then the drainage paths. You can't detox. Your detox. Your liver is not working.

liver is not working. Your lymphatic Your lymphatic system is not working. system is not working. Five drainage paths. Bill, I mean, it's incredible, you know?

, it's incredible, you know? Five months. Five months. You got You got these results in five months, and you've these results in five months, and you've been doing this for 40 years. Did you start seeing. Did you start seeing results results results within the first within the first month?

month? month? Yes. Yes. Yes. Yes. Within 30 days, you Within 30 days, you started saying it was started saying it was working. working. working. Followed this Followed this program religiously.

program religiously. I started feeling I started feeling better very quickly. better very quickly. Bill, let me Bill, let me ask you this ask you this. And everyone asks, " Well, what kind of program is this?" Well, what kind of program is this?" Guys, this is an Guys, this is an individual plan.

individual plan. Dominic developed an Dominic developed an individual individual individual plan for him, which was changed, adjusted, and, adjusted, and refined over refined over refined over months. We don't months. We don't do generic do generic "fast food" coaching.

"fast food" coaching. We don't do that. We will never do that, will never do that, okay? Everything was okay? Everything was tailored to Bill tailored to Bill and his reaction.

and his reaction. Bill had surgeries, Bill had surgeries, strictures, past strictures, past experiences, you know, past

patency issues past patency issues,,, past brain tumor. It's past brain tumor.

Diet, Gut Healing and Lifestyle Changes That Helped Him Heal

It's very hyper-focused very hyper-focused on what he on what he agrees with, what agrees with, what his wife agrees with, what his wife agrees with, what his doctor agrees with, his doctor agrees with, what we agree with, and we have to what we agree with, and we have to be smart about be smart about it. But Bill, is there it. But Bill, is there one thing you one thing you want to say to those who want to say to those who understand you that has understand you that has really really really helped you? This could helped you? This could be an addition, an idea, a be an addition, an idea, a strategy learned in the strategy learned in the program. Is there anything program. Is there anything you would like to you would like to say to anyone say to anyone who is listening and resonates who is listening and resonates that you would say, " Dude, this is just Dude, this is just incredible." incredible." incredible." You should You should try this. And try this. And everyone should everyone should try it. I try it. I mean mean mean Yes. Surprisingly.

His Coach's Take on What Helped His IBD Healing Journey

Yes. Surprisingly. Dominic, I'll turn Dominic, I'll turn to you. What do you think? to you. What do you think? What are the key points What are the key points why, in your opinion, why, in your opinion, Bill has achieved such Bill has achieved such success? I mean, 40 years of this. You 40 years of this. You start to wonder if start to wonder if the body can heal, the body can heal, right? What do you think?

right? What do you think? Well, when I first Well, when I first saw his case, saw his case, I thought, "Wow, this is…" I thought, "Wow, this is…" I have to say I want to I have to say I want to give credit to Dr.

give credit to Dr. Gray Top because Gray Top because she oversaw she oversaw some of the protocols, and some of the protocols, and she was very helpful she was very helpful because his case was because his case was so complex; There so complex; There were so many were so many co-morbidities co-morbidities that it would have been difficult for me as a that it would have been difficult for me as a coach to coach to cope without her cope without her clinical experience.

clinical experience. You know, what I can You know, what I can say about Bill is that say about Bill is that his fighting his fighting spirit was always at its spirit was always at its peak. And that doesn't peak. And that doesn't mean you haven't had your share of mean you haven't had your share of difficulties, Bill. We both know that there. We both know that there were some were some problems along the way. You know, problems along the way. You know, every time we every time we met, something met, something happened, but your happened, but your mood was always, mood was always, you know, at the right you know, at the right level. You definitely level. You definitely know how know how know how to adapt to to adapt to circumstances and take circumstances and take everything calmly, you know?

everything calmly, you know? And you did everything down And you did everything down to the last detail, to the last detail, and I remember the day and I remember the day you were talking you were talking about the donut. That's so Canadian. This is Tim, but Canadian. This is Tim, but you know what? Sometimes the soul you know what? Sometimes the soul also wants something also wants something tasty. And tasty. And you know, I was just you know, I was just glad you ate that glad you ate that Timbit. And another thing that I think was of that I think was of great great great importance is that importance is that you are very active. You you are very active. You participate in participate in different clubs and different clubs and all that stuff and all that stuff and stay stay stay active. I active. I think you play think you play bridge, right? Some bridge, right? Some activity that you activity that you play, right?

play, right? Bridge. The most difficult Bridge. The most difficult game in the world. Yes. game in the world. Yes. So, I mean, So, I mean, you were definitely you were definitely surrounded by good people.

surrounded by good people. You have a good You have a good community. Irene community. Irene was always present was always present at our meetings, at our meetings, taking notes and everything taking notes and

everything else. You were his else. You were his biggest biggest biggest support. And Bill, support. And Bill, you basically just you basically just did everything right.

did everything right. You did everything you had to You did everything you had to do, do, do, you know? So you know? So I want to add something to I want to add something to this, friends.

this, friends. For anyone listening, For anyone listening, Dr. Gray Top is our Dr. Gray Top is our on-site on-site naturopathic physician who naturopathic physician who oversees our oversees our cases. So, it's not cases. So, it's not just coaches. We have a just coaches. We have a staff physician who staff physician who focuses specifically on focuses specifically on this—especially in this—especially in complex cases— supporting supporting supporting our coaches, our coaches, analyzing the clinical analyzing the clinical picture, and understanding picture, and understanding multifactorial multifactorial multifactorial cases like Bill's.

cases like Bill's. This is another thing This is another thing we have worked very we have worked very hard on to hard on to cover all aspects cover all aspects and ensure the and ensure the best results best results in the world. We want to in the world. We want to build a home for build a home for people with IBD. We people with IBD. We want to be a want to be a place that really place that really does its best and does its best and makes an effort to makes an effort to support people. And I support people. And I think Bill is the think Bill is the perfect perfect perfect validation of what validation of what you've been through and you've been through and how much you've been how much you've been through. I through. I mean, just mean, just watching your watching your body recover. I body recover. I want to give one piece of advice to want to give one piece of advice to all viewers, as a all viewers, as a little life hack.

little life hack. First, if you're First, if you're sick for a long time, you have sick for a long time, you have these these these symptoms, and you're not symptoms, and you're not getting any getting any digestive support — that's a problem. I think problem. I think one of the things that one of the things that helped Bill was helped Bill was using using using digestive digestive digestive enzyme support. The enzyme support. The older you get, older you get, the lower your the lower your stomach acidity becomes, and stomach acidity becomes, and the worse your the worse your pancreas usually works pancreas usually works. Therefore, if you. Therefore, if you consume foods consume foods high in high in fat and protein, you fat and protein, you need even more need even more digestive support.

digestive support. So ensuring So ensuring the bioavailability of food the bioavailability of food and improving its and improving its digestion helped to digestion helped to more easily reduce more easily reduce bloating and bloating and gas, which is a gas, which is a common sign of common sign of poor digestion poor digestion in addition to in addition to microbiome imbalance. So, microbiome imbalance. So, Bill, you Bill, you used used used Digestzyme, right?

Digestzyme, right? Digestive enzymes, yes. Digestive enzymes, yes. Yes. Has your Yes. Has your doctor ever recommended doctor ever recommended digestive enzymes to you?

digestive enzymes to you? No, I came to this myself No, I came to this myself… Yes, that's what I thought. And Yes, that's what I thought. And this is one of those things: it's this is one of those things: it's not about the disease, it's not about the disease, it's about optimizing about optimizing digestion. Do digestion. Do we all agree that we we all agree that we need to need to need to optimize optimize optimize digestion? Yes. Yes.

digestion? Yes. Yes. I had so much I had so much gas pain, it was gas pain, it was moving inside and moving inside and it was just it was just horrible. So when I horrible. So when I said, "Okay, I'll said, "Okay, I'll take digestive take digestive enzymes," it really enzymes," it really helped. I take helped. I take them before every them before every meal. That's meal. That's all. He's all. He's right, guys. You right, guys. You should take should take digestive enzymes. We digestive enzymes. We love our love our Digestzyme from Designs for Health.

Digestzyme from Designs for Health.

Advice for Anyone Living with Crohn's Disease or Ulcerative Colitis

But, Bill, any But, Bill, any final words of advice final words of advice for those who are suffering right now for those who are suffering right now?

?? Talk about Talk about not dominating during not dominating during Yes. My attitude. Yes. My attitude. I've had a I've had a I've had a lot of people lot of people say they say they want to have the same want to have the same attitude as me attitude as me when they have serious when they have serious problems.

problems. problems. Yes. Yes. Yes. Come and Come and talk to me. And talk to me. And when I was at church the other when I was at church the other day, my previous day, my previous doctor, my therapist, doctor, my therapist, had very serious had very serious heart problems.

heart problems. He was walking by He was walking by me, and I said, "How are me, and I said, "How are you? He says, 'Bill, you? He says, 'Bill, when I look at when I look at you, I'm you, I'm fine.' fine.' fine.' Well, tell him Well, tell him now, because you're going to now, because you're going to be be be healthier than him healthier than him and healthier than everyone else, and healthier than everyone else, because we're not just because we're not just surviving here, we're surviving here, we're thriving. We're thriving. We're getting healthier getting healthier than healthy.

than healthy. Keep going. Keep going. I was just saying you I was just saying you should, Dominic is such a should, Dominic is such a pleasure to work with.

pleasure to work with. Yeah. Yeah. Yeah. Everyone's so Everyone's so positive. positive. positive. Mhm. Mhm. Mhm. And do it.