Microscopic Colitis CONTROLLED Naturally? Roxana Went From 10+ BMs to NORMAL! Transcript

(Transcripts are generated by AI and may contain errors)

<Untitled Chapter 1>

I think I was diagnosed with microscopic I think I was diagnosed with microscopic colitis. I was diagnosed with IBD. I was colitis. I was diagnosed with IBD. I was having multiple bowel movements. I was having multiple bowel movements. I was laying on the floor in the bathroom.

laying on the floor in the bathroom. Everything I tried didn't work. [music] Everything I tried didn't work. [music] I can't live like this anymore. This is I can't live like this anymore. This is insanity. Like this is just crazy.

insanity. Like this is just crazy. I think you have nothing to lose. I think you have nothing to lose. [music] If you've been doing this for [music] If you've been doing this for such a long time, I think you're at such such a long time, I think you're at such a point in your life where you're just a point in your life where you're just maybe at the bottom and just feel so maybe at the bottom and just feel so miserable. I'd give it a try cuz it miserable. I'd give it a try cuz it works. I really firmly believe that. And works. I really firmly believe that. And you have nothing to lose. I mean, if it you have nothing to lose. I mean, if it doesn't work, then you're [music] back doesn't work, then you're [music] back to the same spot. But I feel really to the same spot. But I feel really strongly that it works cuz it's not strongly that it works cuz it's not cookie-cutter. [music] cookie-cutter.

Roxana's Microscopic Colitis journey

[music] >> Hey team, I've got a great story for you >> Hey team, I've got a great story for you today with our lovely friend and partner today with our lovely friend and partner in the community Roxanna, who joined the in the community Roxanna, who joined the Shield program 6 months ago and she was Shield program 6 months ago and she was suffering with IBS back in the 1990s.

suffering with IBS back in the 1990s. Doctors weren't sure what to make of Doctors weren't sure what to make of what's going on and symptoms just got what's going on and symptoms just got worse and worse over the time and the worse and worse over the time and the diagnosis started changing. Symptoms diagnosis started changing. Symptoms kept changing, progressing, and just kept changing, progressing, and just felt miserable and upset and overwhelmed felt miserable and upset and overwhelmed with this whole experience and wasn't with this whole experience and wasn't sure about us and the Shield program.

sure about us and the Shield program. And finally made a commitment and she And finally made a commitment and she worked with coach Lindsey and just had worked with coach Lindsey and just had such tremendous results over these last such tremendous results over these last She joined uh I think Roxanna was it She joined uh I think Roxanna was it January? Joined at the beginning of the January? Joined at the beginning of the year. New Year's resolution stuff.

year. New Year's resolution stuff. Midsummer in July. So it's been 7 months Midsummer in July. So it's been 7 months and we are going to talk about your and we are going to talk about your experience. So Roxanna, can you tell us experience. So Roxanna, can you tell us a little bit about your background with a little bit about your background with IBS, IBD, and what kind of led you here?

IBS, IBD, and what kind of led you here? >> Yeah, so I mean, I think I was diagnosed >> Yeah, so I mean, I think I was diagnosed in 2019 with microscopic colitis. I have in 2019 with microscopic colitis. I have always had issues. Even after that, I always had issues. Even after that, I was diagnosed with IBD. Everything I was diagnosed with IBD. Everything I tried didn't work. I tried probiotics. I tried didn't work. I tried probiotics. I tried antibiotics. I tried everything.

tried antibiotics. I tried everything. November of last year was like my like November of last year was like my like the worst I've ever been. I was having the worst I've ever been. I was having multiple bowel movements. I was laying multiple bowel movements. I was laying on the floor in the bathroom. I lost on the floor in the bathroom. I lost probably 20 something pounds.

probably 20 something pounds. >> Wow. >> Wow. >> Wow. >> I went to my GI doctor and no one could >> I went to my GI doctor and no one could help me and I was so desperate. I used help me and I was so desperate.

Discovering the S.H.I.E.L.D. Program for holistic support

I used to live in Dallas. I called my doctor in to live in Dallas. I called my doctor in Dallas to see if he could help me. He Dallas to see if he could help me. He wouldn't see me because I didn't live wouldn't see me because I didn't live there, but he had a podcast and you were there, but he had a podcast and you were on it.

on it. >> Oh, wait, what was his name? >> Oh, wait, what was his name? >> Kenneth Brown. >> Kenneth Brown. >> Oh, I just talked to Kenneth last week. >> Oh, I just talked to Kenneth last week.

Dr. Brown, I love Dr. Brown. Dr. Brown, I love Dr. Brown. >> So do I. >> So do I. >> I'm going you I'm going to tell I'm >> I'm going you I'm going to tell I'm going to email I'm actually trying to going to email I'm actually trying to get one of my other clients to be his get one of my other clients to be his patient right now. So this is a side patient right now. So this is a side note. You guys don't know Dr. Kenneth note. You guys don't know Dr. Kenneth Brown, he's amazing. He's a Brown, he's amazing. He's a gastroenterologist in Texas and he also gastroenterologist in Texas and he also does functional medicine. So if you need does functional medicine. So if you need a functional GI doctor, I don't think he a functional GI doctor, I don't think he wanted me to mention him. I don't think wanted me to mention him. I don't think he wanted a thousand patients coming to he wanted a thousand patients coming to him, but he's really really cool if him, but he's really really cool if you're in that area.

you're in that area. >> really good and offline I have my good >> really good and offline I have my good story so he will remember me. So I will story so he will remember me. So I will tell you something.

tell you something. >> Okay, great. >> Okay, great. >> But so >> But so >> Dr. Dr. Dr. Brown's podcast. >> Dr. Dr. Dr. Brown's podcast. >> Yeah, I just think that things universe >> Yeah, I just think that things universe gone whatever worked cuz I went to his gone whatever worked cuz I went to his podcast and the first thing I thought podcast and the first thing I thought was your podcast and I was like, I have was your podcast and I was like, I have to do this. I can't live like this to do this. I can't live like this anymore.

anymore. anymore. Insanity like this is just crazy. So I Insanity like this is just crazy. So I had been put on steroids. I had my had been put on steroids. I had my initial appointment. I had Lindsey. I initial appointment. I had Lindsey. I was trying not to cry the whole time cuz was trying not to cry the whole time cuz I was so desperate and tired and sick I was so desperate and tired and sick and just really feeling like nothing's and just really feeling like nothing's going to work and going to work and >> You had obviously tried diet >> You had obviously tried diet restrictions. You had done supplements, restrictions. You had done supplements, probiotics, antibiotics. You've been probiotics, antibiotics. You've been working with doctors for years. I mean working with doctors for years. I mean guys remember she'd been dealing with guys remember she'd been dealing with some IBS back in the 90s and then some IBS back in the 90s and then microscopic colitis then to straight microscopic colitis then to straight inflammatory bowel disease. It just kept inflammatory bowel disease.

Her microscopic colitis symptoms before S.H.I.E.L.D.

It just kept getting worse and just when you saying getting worse and just when you saying like you were having seven, eight bowel like you were having seven, eight bowel movements during the day, you were movements during the day, you were getting lots of diarrhea, lots of getting lots of diarrhea, lots of urgency.

urgency. urgency. >> Yeah, lots of reflux, which I never had >> Yeah, lots of reflux, which I never had reflux, burping, and so much pain. Like reflux, burping, and so much pain. Like so much pain. It was just like I felt so much

pain. It was just like I felt >> So easy pain. Wow, so >> So easy pain. Wow, so a lot of pain, a lot of bloating, a lot a lot of pain, a lot of bloating, a lot of nausea, a lot of gas, a lot of bowel of nausea, a lot of gas, a lot of bowel movements at night.

movements at night. >> Yes. Oh my gosh, yes. It was awful. >> Yes. Oh my gosh, yes. It was awful. >> And and you were in a lot of pain and >> And and you were in a lot of pain and you were just like you were in a lot of you were just like you were in a lot of pain and you were just like you were in pain and you were just like you were in a lot of pain and you were just like you a lot of pain and you were just like you were in a were in a >> you feel like you >> you feel like you >> Yeah.

>> Yeah. >> Yeah. >> Roxanne, I've been there. Anyone >> Roxanne, I've been there. Anyone listening this is probably can relate listening this is probably can relate with where where we are. We're all one with where where we are. We're all one big family with these IBD warriors big family with these IBD warriors trying to get through this. And so you trying to get through this. And so you were just going through this HE double were just going through this HE double hockey stick here and you're feel lost.

hockey stick here and you're feel lost. You hear me on a podcast. I'm sure you You hear me on a podcast. I'm sure you just resonated in saying I can relate just resonated in saying I can relate with this man. He's I've going through with this man. He's I've going through what he's going through. I think he can what he's going through. I think he can help me because he's actually gone help me because he's actually gone through it. That was kind of how you got through it. That was kind of how you got to us. It's like the relatability.

to us. It's like the relatability. Because you've seen so many doctors. Because you've seen so many doctors. You've been reading and studying and You've been reading and studying and trying and doing for trying and doing for >> a long time.

>> a long time. >> a long long time. >> a long long time. >> And I have celiac, too. So like my diet >> And I have celiac, too. So like my diet is really clean. I'm not is really clean. I'm not >> You know, I've done autoimmune. I've >> You know, I've done autoimmune. I've done paleo. I've done done paleo. I've done >> I mean, those are all very very strict.

>> I mean, those are all very very strict. Anyone who doesn't know that, it's very Anyone who doesn't know that, it's very strict. You're very sick on any strict. You're very sick on any polysaccharides. There is no fast food, polysaccharides. There is no fast food, fried food. There is absolutely no fried food. There is absolutely no gluten. You can't be at restaurants gluten. You can't be at restaurants where gluten contaminates even a where gluten contaminates even a problem. So you are very specific about problem. So you are very specific about what you eat already. And as from a what you eat already. And as from a coaching perspective, just to let you coaching perspective, just to let you know, if someone's come in and they're know, if someone's come in and they're already really strict on eating, and if already really strict on eating, and if you're not working with an expert IBD you're not working with an expert IBD team, they can get a little scared of team, they can get a little scared of what they can even do. Because most what they can even do. Because most times when you look at functional times when you look at functional medicine, the big thing is to look for medicine, the big thing is to look for foods. And you're like, well, I'm foods. And you're like, well, I'm already super clean. I've been that way already super clean. I've been that way for 10-15 years. What else do you have?

for 10-15 years. What else do you have? You really need an advanced team to You really need an advanced team to understand what else to do because a lot understand what else to do because a lot of people do get stuck and they put too of people do get stuck and they put too much weight on food.

much weight on food. >> Yeah. >> Yeah. >> Yeah. >> Cuz food doesn't actually heal you. >> Cuz food doesn't actually heal you. >> with food. Like you get scared >> with food. Like you get scared >> Yes.

>> Yes. >> Yes. >> of what you can eat. >> of what you can eat. >> Okay, so that's going to be a we're >> Okay, so that's going to be a we're going to bring that back up here in going to bring that back up here in about a minute. Okay, so symptoms. We about a minute. Okay, so symptoms. We went over your symptoms, tons of went over

your symptoms, tons of symptoms. You see it, you say I'm going symptoms.

Remission journey: her symptoms after S.H.I.E.L.D.

You see it, you say I'm going to I'm going I'm going a I'm going to to I'm going I'm going a I'm going to take a bet and I'm going to go with the take a bet and I'm going to go with the Shield program. You're placed with Coach Shield program. You're placed with Coach Lindsey, who's amazing, and you start Lindsey, who's amazing, and you start working. What are your symptoms now, working. What are your symptoms now, Roxane?

Roxane? Roxane? >> Don't have symptoms. I like I had a >> Don't have symptoms. I like I had a little medical thing that happened, so little medical thing that happened, so like I had some bloating, but it's back like I had some bloating, but it's back to not bloating. I feel great. I'm to not bloating. I feel great. I'm having normal bowel movements.

having normal bowel movements. >> Let me read this off. Hold on. >> Let me read this off. Hold on. One to just so everyone understands, one One to just so everyone understands, one to two bowel movements during the day, to two bowel movements during the day, and bowel movements at night, correct?

and bowel movements at night, correct? >> No. God, no. Thank God, no. Okay. >> No. God, no. Thank God, no. Okay. >> No diarrhea, chronic diarrhea, urgency, >> No diarrhea, chronic diarrhea, urgency, undigested food in the stool, no bowel undigested food in the stool, no bowel movements at night, no severe migraines, movements at night, no severe migraines, energy great, gained back 15 lb or so.

energy great, gained back 15 lb or so. >> Yeah. Yes. >> Yeah. Yes. >> Naturally. >> Naturally. >> Naturally. >> Gained all my weight back naturally, >> Gained all my weight back naturally, yes.

yes. yes. >> And you haven't had to use antibiotics >> And you haven't had to use antibiotics or any of these medications for IBD. or any of these medications for IBD.

>> No, and I've not had to go back on a >> No, and I've not had to go back on a steroid, no. I have not. steroid, no. I have not. >> And you did this from home in >> And you did this from home in California.

California. California. >> Yes. >> Yes. >> Yes. >> With the Shield program. And let me ask >> With the Shield program.

Overcoming food fear with an IBD diet and gut healing plan

And let me ask you this, have you noticed that the you this, have you noticed that the amount of food you can handle has amount of food you can handle has increased without reacting?

increased without reacting? >> Yes. >> Yes. >> Yes. >> Okay, so this is what I want to get to. >> Okay, so this is what I want to get to. So, are you eating more Are you eating So, are you eating more Are you eating more food variety now with no symptoms more food variety now with no symptoms than when you were chronically sick than when you were chronically sick trying to heal yourself through trying to heal yourself through restrictive eating?

restrictive eating? >> Oh, yes. Yeah, for sure. >> Oh, yes. Yeah, for sure. >> I want that to be a lesson cuz I think a >> I want that to be a lesson cuz I think a really big pain point for a lot of really big pain point for a lot of people listening is, I'm already only people listening is, I'm already only eating five, 10 foods, and I feel I have eating five, 10 foods, and I feel I have so much pain, so much belt, so much so much pain, so much belt, so much bloat, so much cramp, constipation, bloat, so much cramp, constipation, diarrhea, blood in the stool, all of diarrhea, blood in the stool, all of that. How will I ever be able to eat that. How will I ever be able to eat variety food? You're telling me you got variety food? You're telling me you got rid of all your symptoms, and you rid of all your symptoms, and you probably doubled the amount of food probably doubled the amount of food variety you can eat out and about?

variety you can eat out and about? >> Yeah, and I think what's also really >> Yeah, and I think what's also really

important to note is that I think you important to note is that I think you become so paranoid about what you're become so paranoid about what you're going to eat that it consumes you. And going to eat that it consumes you. And you're constantly thinking, oh, I I you're constantly thinking, oh, I I can't have that, or I'm I'm afraid to can't have that, or I'm I'm afraid to have that. I don't know if I even have that. I don't know if I even thought that until you just brought that thought that until you just brought that up. I don't think I've thought about up. I don't think I've thought about that in a few months. Like I haven't had that in a few months. Like I haven't had that thought like, "Oh wait, I I that thought like, "Oh wait, I I probably shouldn't eat that." Or maybe probably shouldn't eat that." Or maybe that's not going to make me feel You that's not going to make me feel You know what I mean? Like know what I mean? Like >> You want to know what I'm saying? It's >> You want to know what I'm saying? It's like a constant like a constant thought.

thought. thought. >> Yeah, running in my head. >> Yeah, running in my head. >> But Roxana, it's not just fear because >> But Roxana, it's not just fear because when your gut feels bad, you're so hyper when your gut feels bad, you're so hyper aware of what you put in your mouth.

aware of what you put in your mouth. When your gut feels strong, you start When your gut feels strong, you start forgetting it. It's like a It's like a forgetting it. It's like a It's like a nightmare. You kind of just forget it.

nightmare. You kind of just forget it. And all of a sudden you're eating this, And all of a sudden you're eating this, you're like, "Did I really eat that?" you're like, "Did I really eat that?" And so you just said I was even eating And so you just said I was even eating that because your gut's feeling so good.

that because your gut's feeling so good. Same thing happens to me. All of us tend Same thing happens to me. All of us tend to get a little bit more open with our to get a little bit more open with our food when we're feeling great. And then food when we're feeling great. And then we're not feeling good, we got a bug, we we're not feeling good, we got a bug, we tend to eat less.

tend to eat less. When you're feeling really bad for When you're feeling really bad for months or years on end with really months or years on end with really extreme symptoms that Roxana had, you're extreme symptoms that Roxana had, you're eating this much and still getting the eating this much and still getting the pain.

pain. pain. >> Oh yeah, you're eating this much. I >> Oh yeah, you're eating this much. I think I was eating five things. Yes, for think I was eating five things. Yes, for sure.

sure. sure. >> Guys, she said she was eating five >> Guys, she said she was eating five things on all the medications, having things on all the medications, having bowel movements through the night, bowel movements through the night, having multiple bowel movements through having multiple bowel movements through the day with a 10 out of 10 pain, with the day with a 10 out of 10 pain, with the bloat, cramp, the diarrhea, all of the bloat, cramp, the diarrhea, all of that. Now she's eating way more variety that. Now she's eating way more variety food but none of that because when you food but none of that because when you start fixing the mechanics of the start fixing the mechanics of the microbiome, of the digestion, of the gut microbiome, of the digestion, of the gut lining, your body can truly heal, right?

lining, your body can truly heal, right? You can release all those toxins that You can release all those toxins that are stuck in your body. are stuck in your body.

>> Yeah. Oh yeah, and I was like as Lindsey >> Yeah. Oh yeah, and I was like as Lindsey said, my toxin level was like said, my toxin level was like >> massive. And so the crazy thing is if >> massive. And so the crazy thing is if you're overburdened with toxins, it you're overburdened with toxins, it doesn't matter how clean you eat. You doesn't matter how clean you eat. You could be the cleanest person where could be the cleanest person where you're not going to feel better. The you're not going to feel better. The inflammatory response will be chronic.

inflammatory response will be chronic.

Why coaching matters for natural healing

And so that's really exciting about what And so that's really exciting about what we were able to do. How important was we were able to do. How important was it? I mean, this process, right? It all it? I mean, this process, right? It all sounds good on paper, but how important sounds good on paper, but how important was it to have coach Lindsey doing was it to have coach Lindsey doing private sessions, DM support, private sessions, DM support, one-on-ones, and not And I know it's so one-on-ones, and not And I know it's so great to have the community and have the great to have the community and have the trainings, have the lives, and trainings, have the lives, and everything that comes in the Shield everything that comes in the Shield program, but how vital was it to have program, but how vital was it to have your private coach Lindsey?

your private coach Lindsey? >> There's I wouldn't be here if it wasn't >> There's I wouldn't be here if it wasn't for her. I mean, I I firmly believe that for her. I mean, I I firmly believe that because I've tried everything myself, because I've tried everything myself, you know what you know what I've looked at stuff. I've done I've looked at stuff. I've done probiotics. I've never tolerated them. I probiotics. I've never tolerated them. I probably had 15 in my fridge at one probably had 15 in my fridge at one point and I'd be like, "Oh, okay, well, point and I'd be like, "Oh, okay, well, that one makes me sick. Maybe this one." that one makes me sick. Maybe this one." And just her explaining everything to And just her explaining everything to me, who started off so low. I think it me, who started off so low. I think it was like 1/8 of a teaspoon. I mean, it was like 1/8 of a teaspoon. I mean, it was tiny.

was tiny. >> Yep. Of one strain. >> Yep. Of one strain. >> Yes, of one strain. And just >> Yes, of one strain. And just understanding that and then just, you understanding that and then just, you know, slowly adding things and the know, slowly adding things and the reason why we were adding things to have reason why we were adding things to have that person who's been there before just that person who's been there before just explain things to me and I'm not trying explain things to me and I'm not trying to go on 5 million sites trying to to go on 5 million sites trying to figure out myself cuz clearly I've been figure out myself cuz clearly I've been doing that for like 15 years. It hasn't doing that for like 15 years. It hasn't worked.

worked. worked. >> When you say somebody's been through it, >> When you say somebody's been through it, guys, what she says is Coach Lindsey was guys, what she says is Coach Lindsey was diagnosed with extreme ulcerative diagnosed with extreme ulcerative colitis, Lyme disease, and asthma colitis, Lyme disease, and asthma herself at the age of 13, 14 years old.

herself at the age of 13, 14 years old. She's in her 30s and she's been in She's in her 30s and she's been in clinical remission herself for years. clinical remission herself for years.

She's been on our team for a very long She's been on our team for a very long time. If you feel connected to what time. If you feel connected to what Roxana is even saying right now and you Roxana is even saying right now and you want to work with Lindsey, I'm just want to work with Lindsey, I'm just going to put it a little side note, you going to put it a little side note, you can click below. There's a link to book can click below. There's a link to book a free 1-hour session and you can say, a free 1-hour session and you can say, "Hey, if I want to work with someone, I "Hey, if I want to work with someone, I really like what Roxana said about Coach really like what Roxana said about Coach Lindsey." And you can request Coach Lindsey." And you can request Coach Lindsey. And I think Roxana, you did the Lindsey. And I think Roxana, you did the free session, too.

free session, too. >> Yeah, >> Yeah, >> Yeah, I did the free. Yeah. Cuz I wanted to I did the free. Yeah. Cuz I wanted to see what it was about, you know, you see what it was about, you know, you wanted to just make sure that you fit, wanted to just make sure that you fit, right? So.

right? So. >> And then the two things you want, guys, >> And then the two things you want, guys, if you do decide even give us a shot or if you do decide even give us a shot or we work together, we need trust and we work together, we need trust and integrity. That's why we hold that hour.

integrity. That's why we hold that hour. Like we don't want any random person Like we don't want any random person coming. We want to know we can actually coming. We want to know we can actually work with you and build a relationship.

work with you and build a relationship. So, we can do testimonials with you like So, we can do testimonials with you like we're doing with Roxana right now. So, we're doing with Roxana right now. So, that's why we do that. Link below if you that's why we do that.

Integrity, trust, and holistic support

Link below if you want to do that and you can always want to do that and you can always request Coach Lindsey. But so vital to request Coach Lindsey. But so vital to it and I think what you said it's it and I think what you said it's because I need a customized plan. I've because I need a customized plan. I've already tried probiotics. I've tried already tried probiotics. I've tried diets. I've bought everything online.

diets. I've bought everything online. I've read the books. I've gone to the I've read the books. I've gone to the podcast. I need hyper customization. And podcast. I need hyper customization. And how help is trust cuz I even feeling how help is trust cuz I even feeling your energy, Roxana, right now it's like your energy, Roxana, right now it's like if someone tells you to do something if someone tells you to do something you've heard that a hundred times. We you've heard that a hundred times. We got to build trust with you, right?

got to build trust with you, right? We've got to show you something that We've got to show you something that makes sense or you're going to know makes sense or you're going to know you're going to have intuition that this you're going to have intuition that this is going to be too much, it's too quick, is going to be too much, it's too quick, it's too heavy, it's too many variables.

it's too heavy, it's too many variables. How do you feel? How do you feel? >> I think for her like what resonated with >> I think for her like what resonated with me me me when Lindsey would talk to me is she when Lindsey would talk to me is she explained the why, right? Why we're explained the why, right? Why we're starting with this, why where we're starting with this, why where we're trying to go, what we're going to do and trying to go, what we're going to do and it it sensed me and I felt like the it it sensed me and I felt like the connection with her and I did trust her.

connection with her and I did trust her. I was like okay, I'm at a point where I was like okay, I'm at a point where I'm at such a low like I I don't know I'm at such a low like I I don't know what to do with myself and I'm going to what to do with myself and I'm going to like she can really help me and that like she can really help me and that this isn't like some cookie cutter plan.

this isn't like some cookie cutter plan. This is like to me like to my symptoms This is like to me like to my symptoms to what I'm experiencing. to what I'm experiencing.

>> That's why we don't do group coaching. >> That's why we don't do group coaching. >> Yeah and I felt like every step of the >> Yeah and I felt like every step of the way was based on how I was doing, how I way was based on how I was doing, how I was progressing and it wasn't you start was progressing and it wasn't you start with this isn't it you with this isn't it you it it to to me. Is that it it to to me.

Highlight of her IBD remission

Is that >> I love it makes perfect sense and that's >> I love it makes perfect sense and that's why customize plan to you, very why customize plan to you, very specific. What's one thing in your specific. What's one thing in your program I just anyone listening to your program I just anyone listening to your case and in your story, what's one thing case and in your story, what's one thing in your program you think really helped?

in your program you think really helped? It could be an idea, it could be a It could be an idea, it could be a supplement, it could be a diet thing you supplement, it could be a diet thing you learned. What's one thing that you think learned. What's one thing that you think really helped you get these wonderful really helped you get these wonderful results? I mean cuz you got amazing results? I mean cuz you got amazing results and pretty and they quite results and pretty and they quite quickly.

quickly. quickly. >> Yeah I you know I don't know if it's >> Yeah I you know I don't know if it's really one thing. I feel like really one thing. I feel like >> It's never one thing guys, it's never >> It's never one thing guys, it's never one thing. But is there something anyone one thing. But is there something anyone listening it's like man I have so many listening it's like man I have so many of Roxana's symptoms, same thing with of Roxana's symptoms, same thing with me. Anyone who's feeling like that, what me. Anyone who's feeling like that, what would you say?

would you say? >> Just that the bloating being a female >> Just that the bloating being a female whatever you don't like to do and it whatever you don't like to do and it just has always bugged me. Like it's just has always bugged me. Like it's just like it didn't matter what I ate, just like it didn't matter what I ate, it didn't matter what I did. I always it didn't matter what I did. I always would be like oh my god like I'm would be like oh my god like I'm bloated. The butyrate. I'm forgetting bloated. The butyrate. I'm forgetting the butyrate.

the butyrate. >> Butyrate, yeah body bio butyrate. >> Butyrate, yeah body bio butyrate. >> But the butyrate is like >> But the butyrate is like >> 10.

>> 10. >> 10. >> And butyrate guys butyrate is a short >> And butyrate guys butyrate is a short chain fatty acid that's protective of chain fatty acid that's protective of the colon. She went from 10-12 bowel the colon. She went from 10-12 bowel movements at night to one to two with movements at night to one to two with none at night. That can be very none at night. That can be very effective. And the bifido you want is effective. And the bifido you want is butyrate-producing. So, that's really, butyrate-producing. So, that's really, really good. I'm even looking at your really good. I'm even looking at your plan right now.

plan right now. >> My Zoom? Are you looking at my Zoom? Cuz >> My Zoom? Are you looking at my Zoom? Cuz my Zoom was I think showed that I was my Zoom was I think showed that I was really low on that, too, as well or really low on that, too, as well or something.

something. something. >> Your gut Zoomer. Yeah. >> Your gut Zoomer. Yeah. >> My gut Zoomer, sorry. >> My gut Zoomer, sorry. >> Yeah. And a lot of toxins, guys. We >> Yeah. And a lot of toxins, guys. We found a lot of toxins as well. So, being found a lot of toxins as well. So, being able to bind those up. And I think maybe able to bind those up. And I think maybe some of that slippery elm and some of that slippery elm and marshmallow root really could help.

marshmallow root really could help. >> Yes. Yeah. >> Yes. Yeah. >> Cuz this was so inflamed for her. >> Cuz this was so inflamed for her. >> Oh, so bad.

>> Oh, so bad. >> So, that's going to be a big one that we >> So, that's going to be a big one that we can just slowly titrate up nice and can just slowly titrate up nice and easy.

easy. easy. >> Yeah. >> Yeah. >> Yeah. >> I mean, that's that's You're here. Does >> I mean, that's that's You're here. Does it feel like it's too good to be true?

it feel like it's too good to be true? You're having one to two normal bowel You're having one to two normal bowel movements a day with no symptoms eating movements a day with no symptoms eating 10 times the food.

10 times the food. >> Yeah. >> Yeah. >> Yeah. >> Colonist from San Francisco traveling >> Colonist from San Francisco traveling around the world eating a variety of around the world eating a variety of food. Uh could Did you imagine you'd be food. Uh could Did you imagine you'd be here 6 months ago? What does your family here 6 months ago? What does your family think about this? What does your partner think about this? What does your partner think about this? I mean, think about this? I mean, >> It's great. He felt so sorry for me.

>> It's great. He felt so sorry for me. [laughter] [laughter] [laughter] >> I mean, does it sound like I mean, cuz >> I mean, does it sound like I mean, cuz you're like, "Oh, you're online. You you're like, "Oh, you're online. You listen to my podcast." And then you join listen to my podcast." And then you join and you're like, "Ah, maybe it'll work and you're like, "Ah, maybe it'll work 30%. Hopefully, it works 40%. I get some 30%. Hopefully, it works 40%. I get some symptom relief." I mean, you're You're symptom relief." I mean, you're You're budging. Did you see your doctor

yet?

budging. Did you see your doctor yet? Have you talked to doctor about these Have you talked to doctor about these results? results? results? >> I have not seen my doctor yet cuz I >> I have not seen my doctor yet cuz I think I'm going to get a new one.

think I'm going to get a new one. >> Oh, okay. >> Oh, okay. >> Yeah. >> Yeah. >> Yeah. >> I love it. >> I love it. >> I think my GI doctor is being fired.

>> I think my GI doctor is being fired. >> Hey, they work for us, guys. They work >> Hey, they work for us, guys. They work for us. There's a lot of GI doctors in for us. There's a lot of GI doctors in the world. Get the right one.

the world. Get the right one. >> Yes. >> Yes. >> Yes.

Her advice for managing microscopic colitis naturally

>> Any words of advice? Anyone out there is >> Any words of advice? Anyone out there is resigning. They've been through decades resigning. They've been through decades of this [clears throat] stuff. Nothing's of this [clears throat] stuff. Nothing's worked. What would you say?

worked. What would you say? >> I think you nothing to lose. If you've >> I think you nothing to lose. If you've been doing this for such a long time, I been doing this for such a long time, I think you're at such a point in your think you're at such a point in your life where you're just maybe at the life where you're just maybe at the bottom and just feel so miserable. I I bottom and just feel so miserable. I I give it a try cuz it works. I really give it a try cuz it works. I really firmly believe that. And you have firmly believe that. And you have nothing to lose. I mean, if it doesn't nothing to lose. I mean, if it doesn't work, then you're back to the same spot.

work, then you're back to the same spot. But I feel really strongly that it works But I feel really strongly that it works cuz it's not cookie-cutter. It's really cuz it's not cookie-cutter. It's really individualized. I've been there. You individualized. I've been there. You just feel like nothing's going to work just feel like nothing's going to work for you. And some great stuff has for you. And some great stuff has happened, so it's great. I mean, I happened, so it's great. I mean, I highly, highly want you to try it.

highly, highly want you to try it. [music]