

Here I have listed the things I tried and then rated each one with effectiveness for me, 5 being most effective ,1 being the 1 least. This list is my no means all tings I tried. Please list the things you have tried and there effectiveness for you.

<p>Medication Steroids 5 Mezalazine 5 Sulphaselazine 1</p>	<p>Therapies Thermie Therapy 3 Shiatsu 2 Naturopath 3 Chinese herbs 1 Western Herbs 3 Acupuncture 1 Reflexology 3 Naturalist 3 Access 5</p>	<p>Diet Gerson Diet 3 Liver Diet 1 Natural diet 2 Pure organics 2 SDC Diet 2 Access diet 5 Low fibre diet 3</p>	<p>Other Meditation 3 Hypnotherapy 1 NLP 2 Theta healing 2 Vitamin E enemas 1 Not eating 1 Positive thinking 1</p>	<p>Name: _____ Ph: _____ Email: _____ Notes</p>
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What would you like to get out of this group _____
 Are you willing to do what ever it takes to change this disease? _____
 Do you want to manage this disease or cure it? _____
 What are the 3 worse things about this disease? _____
 What are 3 thing you get from having this disease? _____
 What are your "fears" _____
 Do you find it difficult to make decisions? _____
 How do you make decisions? _____
 Do you blame your body? _____
 What is your personal belief about how you got the disease? _____

The thing I have found in common is that there is no one fix it for all, that what you think creates a lot of the suffering, that most people would rather be right than change.

Congratulations you have chosen the cleverest of disease because it always knows exactly how far away you are from a toilet!