

## Crohn's Disease

Crohn's disease is a chronic inflammation of the small or large intestine, or both. It can cause great pain and make the intestines empty frequently, resulting in diarrhea. While a specific cause is not known, the most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestine.

### Signs & Symptoms

Individuals experiencing Crohn's disease may exhibit some or all of the following symptoms:

- Diarrhea
- Abdominal pain, swelling
- Fatigue
- Weight loss, malnutrition
- Fever

### Therapeutic Approach

In addition to conventional measures - which may include medication and surgery - modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

Indeed, CranioSacral Therapy has been very helpful for some patients. Its emphasis on opening and relaxing the pelvic and respiratory diaphragms, as well as opening the dural tube, has shown to improve pain, bloating and diarrhea. Looking into the emotional component of a patient through techniques such as NLP and EFT can also have a very real impact on the physical body. (In Chinese medicine, the small intestines and the heart are linked through the fire element.)