

# The Proctitis Pages

## Information & Answers 2003

### Written by Ivan Ratoyevsky

#### Introduction

Proctitis is a digestive (gastro intestinal) condition and is specifically defined as an inflammation of the wall of bowel this includes areas of the bowel wall that ulcerate (called legions) & bleed.

#### Typical symptoms of Proctitis / Ulcerative Colitis

- A Feeling of constant tiredness or feeling low or flat energy.
- Bleeding (bright red blood) with or at the end of the motion when going to the toilet.
- Mucus in or accompanied with the motion when going to the toilet.
- Both blood & mucus in or with the motion when going to the toilet.
- Daily increased need to go to the toilet.
- Flatulence: an increased amount of.
- Loss of appetite or large swings of appetite.
- Weight gain.
- Feelings of depression or highly negative feelings.
- Feeling like I've lost control over things or feeling stuck or over whelmed.

#### Why people get proctitis

Proctitis is a condition that can affect almost anyone from early teens through to late old age, it is a condition that cuts across class, race, gender, and it can affect the wealthy & affluent and those who are poor & poverty stricken.

When you get proctitis one of the first questions anyone asks is why I got this horrible condition in the first place. The closet answer to this question is that proctitis does not have any one root cause but from all my own research over the last two years. My conclusion is that proctitis is caused by a combination of factors & these factors are hard to pin point but I would broadly group them into the following.

#### Factors contributing to the causes of proctitis

**The stress factor.** Our lives are faster paced than ever before in the whole history of the human race & as a result time always seems to be in short supply & so we are more stressed than ever before (doing more in less time available). The stress we experience can take many different forms (which could be work related, or perhaps financially related or any number of different types of stress).

Although a certain level of stress is OK, & is normal & we are able to tolerate this (is acceptable for health) much of the stress we experience is unfortunately beyond a healthy level, it exceeds the level that is good for us good for our health & well being. And so the result of this increased stress & lack of time in our lives is that more & more people end up getting sick, some smoke more (get cancer or lung diseases), some people drink more (and damage their livers) & some people eat more junk foods (and get colitis or proctitis). There is a cause & effect reaction going on here, in other words we all pay a price for the stress & life styles we live if these lifestyles are out of balance, which they often are. That's why so many people & organisations have started talking about the work life balance as an important issue (but that's another story).

**The consequences of stress** are many and varied too but one of the commonest reactions to being stressed is to eat badly or too eat for comfort. Eating on the go or eating on the hoof as it where, we no longer allow ourselves to eat a proper mid-day meal nor do we give this meal the time it truly deserves. It is not uncommon to find employee's eating a quickly grabbed sandwich or slice of pizza at their desk or in front of their computer screen or whilst still on the phone.

**\*\*This isn't eating this is just refuelling the body!!**

All this stress & bad eating weakens our digestive system & our immune system & so the result is that this imbalance comes out as proctitis or colitis for many people other people get other diseases. But for you & me its proctitis.

### **The emotional factors**

Feelings & emotions also have a powerful part to play in becoming poorly with colitis & proctitis, stressed & unhappy people (with bad eating habits) also have a tendency to bottle up or not to feel able to express their true feelings. Indeed people who get proctitis may be trying to digest their real feelings whilst not even being aware that this is what they are really doing.

The result is that old un-expressed feelings such as frustration, anger, or grief, through to just plain old disappointment and so forth get swallowed down into the guts. (Gut feelings). This all contributes to the causes of colitis & proctitis.

**Note:- Bad eating habits & eating all the wrong kinds of foods are at the centre of this condition & so changing you diet is also the key to healing this condition.**

### Some myths & mistaken ideas

- Proctitis is NOT caused by an infection.
- Nor can you catch proctitis or colitis from another person.
- You cannot catch Proctitis through having anal sex.
- Proctitis & Colitis cannot be cured longer term by the use of Steroidal drugs (despite what doctors will tell you).
- Steroids & Anti-inflammatory drugs can only reduce symptoms in the short term & steroids have their own side effects. Such drugs will only mask the condition & wont deal directly with the fundamental causes.
- Don't expect your GP or family doctor or the hospital consultant to have ALL the answers to your condition they wont. All doctors will have their pet theories about why you've got proctitis or colitis but the real truth is that they don't know.
- Doctors & consultants have no idea how to work with this condition because they get no training at medical school on diet and how diet affects such a condition as proctitis.
- Steroidal enemas are a total waste of time & money but doctors like to give these to patients as it makes the doctor feel good as he/she has some treatment to offer a distressed patient. However because these never work & many patients go back to the doctor feeling let down or angry because the symptoms have not improved or gone away. The doctor can also end up feeling at a loss & may also feel they have let the patient down, doctors can only offer you yet more drugs which wont help or cure you.

### Ways to help yourself & heal your insides

- Central to my theory & experience is diet & what you eat affects your body & it's not difficult to see that it affects the proctitis & colitis. Don't believe me try it yourself & see.
- Proctitis & Colitis ARE directly affected by what you eat & your whole diet.
- Proctitis & Colitis are due to your body's intolerance to certain substances & foods. The most common intolerance is too the **substance gluten** which is found in wheat & to a lesser degree other related grains. Such as Barley, Rye, Oats, Spelt, Quinoa Grain, to name some of the more well known grains. Also to white refined sugars (found in most processed foods).
- If you stop eating wheat products (or products that contain wheat flour & thus gluten) then your body will start slowly to get better & start to heal. Symptoms will reduce.

- If your very poorly with Colitis & Proctitis (the so called “acute on chronic state”) then I would highly recommend **a period of fasting** as this helps detoxify the body & greatly improves & speeds up the healing process.

Ways to help yourself & heal your insides cont.

- Juice fasting use: - Juiced Apples, Juiced Carrots, Juiced Celery (3 parts juice to 1 part spring water) drink three times daily (or as often as you feel comfortable with) 4-5 days or more upto 10/14 days. Brake the juice fasting with care such as with a soupy stews and moving onto more solid foods after a couple of days.
- Aleo Vera juice can be used either for drinking when you have acute pain in the gut or can also be successfully used as an enema (but would require an enema kit) and is reported to be many times more beneficial than any of the steroidal drugs. For Aleo Vera juice as enema requires that you lay flat on your back with the pelvic area raised up so that the fluid can remain inside the bowel. Duration of enema is 60minutes for best results & repeated several times a week if possible.

**\*\*Colitis, Ulcerative Colitis & Proctitis are all conditions that can flare up or symptoms return if your not careful.**

**The Following Food List is intended as a guide to help you find the positive foods that you will be able to eat & which will be gluten free. And bye eating a gluten free/sugar free diet start to heal your symptoms.**

<b>Food Guide 2003</b>			
<b>Positive Foods &amp; Substances</b>	<b>Status</b>	<b>Negative Foods &amp; Substances</b>	<b>Status</b>
<b>**Milk products may be fine!!</b>			
<b>All Soya Products</b>	Dairy Substitutes	Bread in any form	<b>Avoid, Symptom causing</b>
Soya Milk	All fine & safe	Including so called Gluten free	<b>Avoid, Symptom causing</b>
Soya Yogurts	All fine & safe	Pitta Bread	<b>Avoid, Symptom causing</b>
Soya Cream	All fine & safe	White Breads	<b>Avoid, Symptom causing</b>
Soya Sauce-Tamari	All fine & safe	Wholemeal Breads	<b>Avoid, Symptom causing</b>
Soya Bean Curd, Tofu	All fine & safe	Bagels,etc	<b>Avoid, Symptom causing</b>
		Rye Bread	<b>Avoid, Symptom causing</b>
		Soda Bread	<b>Avoid, Symptom causing</b>
		Unleaven Breads	<b>Avoid, Symptom causing</b>
		Flat Breads without yeast	<b>Avoid, Symptom causing</b>
		Unyeasted Breads of any kind	<b>Avoid, Symptom causing</b>
<b>All Beans, Pulses</b>	Good for soups,Bakes	Chick Peas	<b>Acute, Symptom causing</b>
Red Lentils	All fine & safe		<b>To Be Avoided at all cost!!</b>
Yellow split pea Lentils	All fine & safe	Soya Sauce-Shoyu	<b>Contains Wheat</b>
Green Lentils	All fine & safe		
Pue Lentils	All fine & safe		
Brown Lentils	All fine & safe		
Aduki Beans	All fine & safe		
	All fine & safe		
<b>All Vegetables &amp; Greens</b>	Organic Veg recommended	Mushrooms	<b>Avoid, Symptom causing</b>
Carrotts	All fine & safe	Tommartoes	<b>Avoid, Symptom causing</b>
Onions	All fine & safe	Egg Plant, Auberguines	<b>Avoid, Symptom causing</b>
Courgettes	All fine & safe		
Potatoes	All fine & safe		
Sweet Potatoes	All fine & safe		

Parsnips	All fine & safe		
Peppers, all colours	All fine & safe		
Chinese Bean sprouts	All fine & safe		
<b>Positive Foods &amp; Substances</b>	<b>Status</b>	<b>Negative Foods &amp; Substances</b>	<b>Status</b>
Yams	All fine & safe		
Baby corn on the cobb	All fine & safe	All forms of Citrous Fruits	Avoid, Symptom causing
<b>Fruit</b>	<b>Consume sparingly</b>	Oranges	Avoid, Symptom causing
Apples	All fine & safe	Grapefruits	Uncertain as to effects
Pears	All fine & safe	Bananas	<b>Acute, Symptom causing</b>
Melons	All fine & safe	Banana products	<b>Avoided at all cost!!</b>
Kiwi Fruit	All fine & safe		
Clementins & Peaches	All fine & safe	Soft Fruits, Blackberries	Can upset system, due to being quite acid
Nectarines	All fine & safe	Strewberries	Can upset system, due to being quite acid
Figs (fresh)	All fine & safe	Rasberries	Can upset system, due to being quite acid
Cherrys (fresh)	All fine & safe		
<b>Flour/s</b>		<b>Flour/s to avoid</b>	
Rice Flour	Not good used on its own	Wheat Flour in any form	<b>Avoid, Symptom causing</b>
Buckwheat Flour	Fine & safe	Rye	Avoid, Symptom causing
Soya Flour	Safe but not nice alone	Barley	Avoid, Symptom causing
Potatoe Flour	Safe but not nice alone	Oats	Avoid, Symptom causing
Millet Flour	Rather difficult to cook with		
Maize Flour or Corn Flour	Good & very flexible food	Chestnut	Avoid, Symptom causing
Polenta	Fine & safe	Linseed	Avoid, Symptom causing
		Rusk	Avoid, Symptom causing
<b>Sweeteners</b>		<b>Sweeteners in ALL forms</b>	<b>Avoid, Symptom causing</b>
Rice Syrup	Only in tiny amounts!!	Sugar	<b>Avoid, Symptom causing</b>
The natural juices from fruit	Fine & safe	Honey	<b>Avoid, Symptom causing</b>
Apple Juice	Fine & safe	Aspartame	<b>Avoid, Symptom causing</b>
Pear Juice	Fine & safe	Sweetex	<b>Avoid, Symptom causing</b>
<b>Beverages</b>		<b>Beverages</b>	
Spring Water	All fine & safe	Strong Indian Teas	Safe but does contain caffeine
Herbal Tea	Including Fruit Teas	Coffee in all forms	Safe but does contain caffeine
Carrot Juice	Home Made juices	Yanoha, grain coffee	Contains wheat avoid
Mixed Veg Juices	Home Made juices	Barley Cup, coffee substitute	Partial symptom causing
Apple Juice	Home Made juices	Chinese Teas (green teas)	Safe but does contain caffeine
Pear Juice	Home Made juices	Brancha Tea (twigg tea)	Safe and low caffeine
Soya Milk Shakes	Soya Milk Plus Juices	Fruit Teas	Safe and low caffeine
Dandelion Coffee	All fine & safe	Herbal Teas	Safe and low caffeine
<b>Note:</b>		<b>Other Foods</b>	
Meat & Poultry are difficult for the gut to digest & so are Probably best avoided		Fish,especially white fish	Probably reasonably safe
Until after substantial healing		Poultry, chicken, duck, etc	<b>Not Recommended</b>
		Meat	<b>Not Recommended</b>
		Quorn (alternative to meat)	Safe but difficult to digest
			Probably best avoided.

Copyright of the Author:  
Ivan Ratoyevsky & The Proctitis Pages 2003.