

# How does Dr. Hoffman treat Crohn's and ulcerative colitis?

Crohn's disease and ulcerative colitis are severe digestive afflictions affecting hundreds of thousands of Americans. Symptoms include cramps, abdominal pain and diarrhea, fever, loss of appetite and weight loss. Often these conditions necessitate long-term dependence on powerful drugs and can result in debilitating surgery and even death. Both diseases are classified under the medical rubric of inflammatory bowel disease (IBD).

Dr. Hoffman believes that, while judicious use of drugs sometimes is needed to control symptoms, in many cases nutrition, diet change, supplementation and, where appropriate, use of bioidentical hormones are essential to full resolution of these health problems.

What results can you expect from treatment? Depending on the severity of your condition, our program can enable your conventional medications to work better, be partially tapered or, in the best case scenario, be discontinued altogether.

Depending on your condition, some or all of the tests, supplements or therapies described here will be employed in treating you, or others may be ordered. Care at the Hoffman Center is highly individualized, and no two patients are alike.

Request Information from the Hoffman Center to have a member of our staff contact you.

An example of our treatment program is described below:

## **TESTING:**

IgG RAST food panel, candida antibodies, anti-gliadin antibodies, vitamin D, B12, folic acid, homocysteine, zinc, iron, ferritin, testosterone (healing in men) and DHEA (healing in both sexes)

## **DIET:**

Specific Carbohydrate Diet (tailored to reflect results of IgG RAST)

## **SUPPLEMENTS:**

SCD-compliant probiotics, vitamin D, enteric-coated fish oil, EGCG, curcumin, zinc, L-Glutamine, Methylcobalamin, methylfolate, DHEA

## **OTHER THERAPIES:**

Low-dose naltrexone, Crohn's/colitis intravenous "drips," anti-fungal medication (nystatin, Diflucan, etc.), bioidentical testosterone

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[Inflammatory bowel disease update](#)

[What are EPA/DHA?](#)

Crohn's disease and ulcerative colitis

Omega-3 fatty acids from fish oils

Candida

One patient's UC success story