

## **What you're looking at:**

You're looking at my personal medical records- all of my blood tests from the time I got sick to the most recent ones. Identifying information has been redacted or changed. Here's what you're looking at:

Pages 1 and 2: July 11, 2007: CBC and other tests show I have low hemoglobin (12.3, norms 12.5 to 17.0); low mean cell volume (69, norms 80 to 98); low MCH (mean corpuscular hemoglobin) (22.6, norms 27.0-34.0); high RDW (a measurement of the variation in size in red cells, 19.2, norms 11.7-15.0); high eosinophils (0.7, norms 0.0 to 0.4); and low total serum protein (5.9, norms 6.0 to 8.5).

At this point in time, I had been feeling tired, but the massive D is what sent me to the doctor's office. The RDW was due to megaloblastic anemia- not enough folate (folic acid), and the low serum protein was the leading edge of protein-losing enteropathy (PLE), but we didn't know either at the time. Both were due to the damage done to the gut from Crohn's, which wasn't suspected at first. So- next step was a pathogen and parasite screen- the next page.

Page 3: July 15, 2007: Tests were performed to see why I had massive diarrhea. Tests for salmonella, shigella, campylobacter, E. coli toxins, Clostridium difficile, and parasites were all negative.

So, if there's no bugs or worms, but a family history of celiac sprue, maybe the next step is to check for that. Next page!

Page 4: August 8, 2007: When that didn't pan out, I was given tests for gluten sensitivity, a.k.a. celiac sprue. Although I produce plenty of IgA, the test was negative for IgA to tTG which correlates strongly with celiac disease.

So, negative celiac disease test. By this point in time, I had already cut out all wheat from my diet, finding marked relief.

Between pages 4 and 5 is a whole lot of thinking I had celiac sprue despite the blood tests. Eventually I went to a specialist, who said I probably didn't have sprue, but wanted me to get upper and lower endoscopies, so I did. That was December 3rd, 2007, and the doctor concluded I had Crohn's disease and put me on a few meds which I didn't stick to very well. By the 19<sup>th</sup> of December, the biopsy results came back and my doctor wanted me on big, nasty drugs which is when I said no- no injectable drugs, and I found the Gottschall book. I started the diet the same day.

I stopped my meds entirely by the first or second week of January. By February, the bleeding had stopped. I met again with my doctor in March, by which point in time I had gone from 139 pounds to low 150's, which (for a 5'11" male) is pretty good as I'd been losing a pound a week up until the 19<sup>th</sup> of December.

Pages 5 and 6: March came around, and I had another blood test. Mean cell volume low (72, norms 80-98). MCH was low (23.5, norms 27.0 to 34.0, worse than from July, at 22.6). RDW was high (18.2, norms 11.7 to 15.0, but down from 19.2 in July). Serum glucose was a touch high (102, norms 65-99, but that just means I ate too soon before the test probably). Note that the total serum protein was normal (6.8, norms 6.0 to 8.5), which was a good sign.

And my doctor read me the riot act, warning me of high treason against my body. I have to give him credit; he really does have my best interests at heart, and he was very convincing. But I couldn't quite

get the fear in me, as the diet had already done so well for me just in 3 months.

Pages 7 and 8: I had another blood panel run in late June. Note the hemoglobin and hematocrit are normal. By this point in time, I was feeling much better, and felt I had the diet down pat. The MCV was normal, unlike before (80, norms of 80 to 98, versus 72 in March). MCH was just a hair lower than normal at 26.8 (norms of 27.0 to 34, up from 23.5 in March). RDW was high, at 17.4- again, down from 19.2 in July, and 18.2 in March, norms being 11.7 to 15.0. Glucose is normal, eosinophils normal, total iron binding capacity NORMAL (first time I had this tested, and I was smack in the middle of the range, check it out there at the bottom of page 7).

And then at the top of page 8: UIBC (unsaturated iron binding capacity): normal. But! Iron serum was low (30, range of 40-155), and iron saturation was low enough to give a warning: 8 (norms of 15 to 55). Fortunately, the ol' C-reactive protein- a measure of (among many other things) inflammation and bleeding of the intestines- was normal.

And I get a call from the nurse who tells me I need way more iron, and I said no thanks- the iron pills stink, I'm going to eat my iron in meat, and had a hamburger that day for lunch. I'm fairly sure I'm the reason doctors and nurses are driven to drink. I have a lot of sympathy for people that do their best-years of school, decades of experience- to help people live better lives, and then they go off and pickle their liver or smoke cigarettes and develop larger equatorial regions from body fat.

But I stick to the diet. In July, I went on a fantastic caving trip- a trip that, just a year and a half prior (right before I became overtly sick with what I would eventually discover was Crohn's) had kicked my butt. I packed all my food on dry ice. I came back 2-1/2 days later, had a fantastic time and did a lot of hard work- stuff I never would have been able to do with the lousy hematocrit and blood values I had before.

By this point in time, I was convinced the diet was working. Although the regular bleeding had stopped in February, there were still smaller bleeding "events," that were disconcerting and made me re-think my choice. But I forged ahead as my symptoms were slowly going away, and I felt a little better each day. I started exercising again. I felt so much better. And I knew the iron was a ruse- both bacteria I suspected of causing this disease **feed** on iron, so supplying it as supplements was not a good idea- it would either feed the bugs, or the body would hoard it away to suppress the growth of bacteria so it really didn't matter. I wasn't going to take them. Plus, I found I did so much better on meat- chicken, pork, beef, whatever. And turkey. Man, I love that turkey.

Pages 9-10: By this point in time, I was pretty worked up. Ignore the "Date Collected:" of 6/30. That's just when the standing order for a repeat in 3 months was issued. The "Date Entered:" of 10/17 is what's important. By this point in time, I had been on the SCD for almost 10 months, and had eliminated wheat about 15 months prior.

Now, the RDW is still high- but just **barely** at 15.1 (norms 11.7 to 15.0). Going from "really high" to "just a hair above normal" on nothing but diet? That's supposed to be impossible. Hemoglobin normal, hematocrit normal, MCV normal, normal, normal, normal- glucose a tad **low** because I'm on carbohydrate restriction, so that's normal (and healthy), normal, normal, normal. Total iron binding capacity: NORMAL. UIBC: NORMAL. Serum iron: NORMAL. Iron saturation: NORMAL. C-reactive protein: NORMAL.

At this point in time, I introduced my doctor to the writings of Dr. Alan Ebringer, as well as Dr.

Wolfgang Lutz, and a few other papers on assorted aspects of this disease. He was much more open to my interpretation of this disease, and how I was managing it by starving the little boogers, depriving them of their candy. I felt better, I was doing better- I was going caving again and working out!- and my blood values were normalizing. I mean, really- the labs are the proof as if it's a placebo effect, the blood values shouldn't have improved. It's tough to lie about your condition when the proof is in the blood, I suppose.

And that's where I stand today. With luck, I'll have more blood values in another month or so, and I'll scan those in and post them, too.

The Specific Carbohydrate Diet has been working for me.