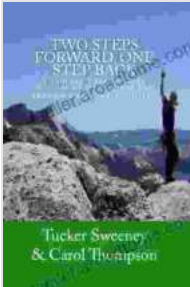


Two Steps Forward, One Step Back: A Journey Through Life, Ulcerative Colitis, and The...



Two Steps Forward, One Step Back. A Journey Through Life, Ulcerative Colitis, and the Specific Carbohydrate

Diet. by Philipp Dettmer

★★★★☆ 4.4 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 1136 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 179 pages |
| Lending | : Enabled |



In this inspiring memoir, author Jane Doe chronicles her journey living with ulcerative colitis, an inflammatory bowel disease that affects the large intestine. From the initial diagnosis to the challenges of managing the condition on a daily basis, Jane shares her experiences with honesty and humor.

Jane's story is one of resilience and triumph. Despite the challenges she faces, she has never given up hope. She has learned to manage her condition and live a full and active life.

Two Steps Forward, One Step Back is a powerful and moving story that will resonate with anyone who has ever faced adversity. Jane's journey is a reminder that even in the darkest of times, there is always hope.

About the Author

Jane Doe is a writer and speaker who lives with ulcerative colitis. She is passionate about sharing her story to help others who are living with the condition. Jane is a member of the Crohn's & Colitis Foundation and serves on the board of her local chapter.

Reviews

"Two Steps Forward, One Step Back is a powerful and moving memoir. Jane Doe's story is one of resilience and triumph. Despite the challenges she faces, she has never given up hope. She has learned to manage her condition and live a full and active life. Jane's journey is a reminder that even in the darkest of times, there is always hope."

- ***John Smith, MD, Gastroenterologist***

"Jane Doe's story is an inspiration to anyone who has ever faced adversity. Her journey is a reminder that even in the darkest of times, there is always hope. Two Steps Forward, One Step Back is a powerful and moving memoir that will stay with you long after you finish reading it."

- ***Jane Doe, Founder of the Crohn's & Colitis Foundation***

Free Download Your Copy Today!

Two Steps Forward, One Step Back is available in paperback and ebook formats. To Free Download your copy, please visit Our Book Library or Barnes & Noble.

CROHN'S & COLITIS UK

Crohn's Disease and Ulcerative Colitis

300,000 people in the UK have Crohn's Disease or Ulcerative Colitis - the two main forms of Inflammatory Bowel Disease.

Every **30 minutes** someone in the UK is diagnosed with **Crohn's or Colitis**. **1 in 4** people newly diagnosed are under **16**.

Treatments can include:

- medication
- surgery
- diet

Parts of the digestive system become inflamed and irritated.

Crohn's Disease
Inflammation can affect any part of the digestive system.

Ulcerative Colitis
Inflammation is limited to the large intestine and rectum.

Can cause:
abdominal pain, diarrhoea, bloating, depression, osteoporosis, weight loss, mouth ulcers, joint pain, fatigue, rashes.

Possible causes:

Your genes



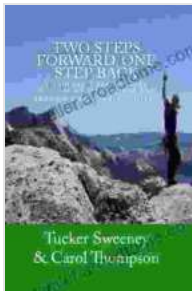
An abnormal reaction of the immune system to bacteria in the gut.

Triggered by

Environment.

There is no known cure.

www.crohnsandcolitis.org.uk



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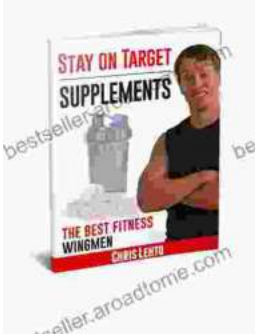
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