



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

The Information Below Comes from  
James Cook Coulson  
Who Was Cured of Ulcerative Colitis and Crohns Disease  
by  
Qenda

Part 1 - James' Story

Pooh Alert! If you are squeamish, please be warned that it is impossible to talk about these conditions without mentioning trips to the loo and what goes on there!

James suffered with both Ulcerative Colitis and Crohn's disease (Ref: 1). It is rare to have both auto-immune conditions. In the medical profession, these diseases are treated with drugs and/or surgery and considered lifelong conditions ie incurable although you can have periods of relief. But James managed to cure both conditions without drugs or surgery. This is his story.

It all started at the age of 18 with diarrhoea. Despite many visits to the doctor, James was only given anti-biotics which made no difference. So, James gave up on the doctor and the diarrhoea continued until, at the age of 20, James saw blood in the loo. He knew this couldn't be right but as his symptoms had progressed slowly, he just thought he had IBS. By this time, he had a long list of foods that he knew he had to avoid and the list just kept getting longer.

That Christmas, following a big night out, James had a hangover that lasted for 2 weeks. He felt so ill that he gave up drinking. But despite no alcohol, a healthy diet and that he had started taking Aloe Vera which is soothing and healing to the gut, his condition continued to get worse. In desperation, he returned to the doctor and asked him if he thought he had cancer. The doctor ran some tests and told him he had ulcerative colitis. He sent him to a specialist.

The specialist told James that ulcerative colitis was incurable and that he would be on steroids and immuno-suppressants for the rest of his life but that, even so, he would still have a 30% chance of contracting cancer. The specialist also told James that diet had nothing to do with it but agreed it was ok to try Aloe Vera. James' heart sank. It felt like a great weight



had descended on his shoulders and a cloud of depression settled over him on his journey home.

The following year, he was 21 and by early December he was in a bad way. He was in agony with cramping and had to dash to the loo 25-30 times a day which always involved pain, blood and mucus. It all came to a head one day shortly before Christmas when he was in so much pain, he had to be taken to hospital.

The hospital told him that as well as ulcerative colitis, he also had Crohns disease and put him on strong medication. But James had horrible reactions to the drugs - the steroids gave him a burning stomach and although he was exhausted, he also felt wired and could not sleep; he was bouncing off the walls. It was awful. After 2 weeks, he couldn't stand it anymore and stopped taking all of his medications.

James fell into a depression; he couldn't bear the drugs but he was in agony without them and rushing to the bathroom all day where pain and blood awaited. His Mother decided to sit him down and have a talk. 'Look James,' she said, 'you weren't born with this, surely it can be reversed.?'

Back at the hospital, the specialist was adamant. He warned James in the most serious tone that if he did not take the medications, then he would have to have an operation or he would have a 50% chance of dying. When James mentioned exploring natural medicine, the specialist told him that if he tried to cure himself naturally, he would also have a 50% chance of dying.

James knew that he could not take those drugs again so, mentally, he took a deep breath and decided to go the natural route. He started on an Elemental Diet (a diet of easily digestible formulas that come in liquid or powder form that provide all the nutrients your body needs) plus flax, probiotics and protein powder. He was taking in about 5,000 calories a day to help him heal. He did this for 18 months and finally it allowed him to function fairly normally although he still had diarrhoea.

After a while, he decided to try and introduce food again but, to his dismay, he found that he was intolerant to everything. So, for the next 2 ½ years he lived on a restrictive liquid diet of pasta imported from Italy that was made from an ancient form of wheat, and kefir that he whizzed up in the blender along with probiotics and supplements. He never went out and spent his time researching on the computer for something that might help him.

At the age of 25, James managed to get to Australia to visit his sister. One day, he went to a farmer's market and saw a naturopath who had a stall there. James had recently read that CBD oil might help his condition and so approached the naturopath to enquire about it. But on hearing about James' problems, the naturopath told him that what he really needed was a product called Qenda. 'Take Qenda', the Naturopath said, 'and I promise that you will be fine.' James had never heard of Qenda and was immediately sceptical. But the naturopath told him to call the company and find out about it.



With nothing to lose, James called the manufacturers of Qenda. On hearing about his condition, they told him that he needed nutritious foods to heal the gut and his body and that the gut relates to all other issues in the body. Clearly his gut was in a mess and along with inflammation and ulceration, they suspected leaky gut, overgrowth of bad bacteria, toxic load, heavy metals, possibly parasites etc. They told him that Qenda could deal with all these issues and that taking Qenda would allow him to eat a broad, healthy, normal diet so he could get all the nutrients his body needed to cleanse, heal and recover.

Really? James thought it sounded like magic. Or a con. How could one product do all this? But he was desperate, he'd been desperate for years, so how could he not try something that promised so much. Even if it helped a little, it might be worth it. So, feeling he had nothing to lose apart from the cost of a pot of Qenda, he bought some and decided to try it. This is what happened.....

### Recovery

On day 1 of taking Qenda, James decided to put Qenda to the test. The manufacturers had said that he would be able to eat a proper meal so that is what he did. With a certain amount of trepidation, he sat down to a meal of sea bass, sweet potato, broccoli and even black pepper which can be very irritating to a damaged gut. It was a meal that he had dreamed about for the past few years but could not possibly eat.

The house where he was staying was opposite the beach but he dared not go as he was sure that he would be dashing to the loo within 10-15 minutes of eating. But...he waited and waited and waited and waited. He finally went to the bathroom 6 hours later, something that had not happened in years. It was incredible.

James continued to eat 3 healthy meals a day for the next 3 months and continues to do so to this day with no ill effects.

His healing journey over the 3 month programme was interesting. His bowel movements quickly reduced from about 30 times a day to 6 times a day and by the end of the 3 months, he had normal bowel movements of 3 to 4 movements a day, which is what everyone should have.

On day 10, he noticed that when he went to the loo, he started to see parasites being passed as well as mould and fungal overgrowth in his stool, such as candida etc. When you have leaky gut, parasites and bacteria get into your bloodstream and can travel around the body getting into organs, even your heart and brain. Qenda can clear these out. Usually, this happens around 6 weeks to 2 months but it happened earlier for James.

Then at 5 weeks, James suddenly realised that his mental health had improved; he was no longer having self-defeating thoughts. For years, James had been depressed and anxious most of the time. There was a line of thought in the medical profession that IBS, ulcerative colitis etc was more in the mind and caused by anxiety, so he thought that the root of his problems may be in his head. He was using EFT/Tapping, mirror work, affirmations, meditation to try



and create a positive mind set and although these helped a bit, he still had dark thoughts and believed that people were saying bad things about him behind his back.

Suddenly, he no longer had these thoughts and he noticed that he felt happy and optimistic. He now knows that 90% of serotonin, our happy hormone, is made in the gut along with other mood enhancing hormones and that there is a direct connection between the gut and the brain.

Whilst there are many causes for anxiety/depression/poor mental health, it's very hard to have good mental health if you have a damaged gut. Further, stress can damage the gut – think of the stressed-out businessman who develops a stomach ulcer and scientific studies reveal a connection between stress and poor gut health eg IBD, IBS, functional gastrointestinal disorders (FGD), Peptic Ulcer Disease (PUD) and gastro-oesophageal reflux disease (GORD). (Reference 2).

James' progress through the programme was also stop and start. He said he would be really good for a couple of days and then bad again for a day or two. At first, he thought he was going backwards but then he came to understand that there was an enormous amount of work his body had to do to clean, clear and heal. The body can only eliminate so much at one time and then it needs to rest and recuperate before it can work on healing and elimination again.

At the end of the 3 months programme, James felt wonderful. His bowel movements were normal, he was eating 3 healthy meals per day, was full of energy, sleeping well and felt he could look to the future with optimism. His life had truly been transformed.

These days he follows a very healthy diet and only uses Qenda when he needs it. For example, he picked up giardia when travelling in the UK and used Qenda to clear it. And he takes it when he knows he will be eating a celebration meal, when meeting family or friends at a pub or restaurant.

So what is Qenda and What Does It Do? - Read on below...

## Part 2

### What is Qenda and What Does It Do?

Qenda contains 28-30 nutrients comprising fibre, vitamins, minerals and herbs.

It is Non-Gmo, Vegan and Gluten Free.

It is 100% Certified Organic and Wild Crafted ingredients.

It is a food and not a supplement.

And this is what it does:-



# Zest for Life

Cleansing and Detoxification

Kills and Clears Parasites

Deals with Fungus and Mould overgrowth (eg Candida)

Heals Leaky Gut

Reduces Food Allergies

Clears Heavy Metals

People who say they can't eat fibre – can eat fibre again.

Before Qenda, James had taken anti-parasitic treatment before but clearly it had not been effective. The anti-parasitics in Qenda are very potent and, normally, they would be too strong to take on their own but there are a lot of balancing and calming herbs, anti-inflammatory and digestive aids that balances everything out.

Qenda reduces sugar cravings as it is the parasites that crave the sugar and so make you crave sugary, carby and processed food.

Qenda balances your microbiome

It lessens joint pain.

It's good for the skin. James has a client who is a fashion model who takes Qenda and she loves it – it cured her acne along with her gut. What you see on the outside of the body reflects what is going on inside the body. It can also help with skin issues like eczema and psoriasis.

Because Qenda is food, it can reach the whole surface of the intestines and gets into every nook and cranny. It's nutrients are then absorbed into the blood and gets to the liver, kidneys and all over the body to get rid of toxicity and puts a lot of nutrition into the body.

James says that he has clients with both underactive and overactive thyroid who have been able to come off their medication. People with thyroid issues are often toxic which knocks the body out of balance.

Qenda gets elimination pathways working and regulates digestion and the passage of food through the intestines and colon.

## How often do you have a Bowel Movement?

You should have a bowel movement 2-4 times a day – one for each meal. It is healthy to have a bowel movement first thing in the morning and half an hour after each meal. Qenda will help regulate your bowel movements.

Too many bowel movements and you will have a lack of nutrition as food is moving too fast through your gut to be properly digested and absorbed. This will result in brain fog, lack of energy etc.



Not enough bowel movements eg 1 or less, will result in achy joints, achy muscles, brain fog and tiredness as toxins build up in the body.

Toilet posture matters - Use a toilet stool or a Squatty Potty. The loo is not a natural position. When you stand up the sphincter muscle is held shut but when you raise the knees ie in the natural squatting position, the muscle is released so you have a smooth straight run through. Good diaphragmatic movement also helps ie deep belly breaths.

### The Programme

The basic healing and detoxifying programme is three months. For the treatment phase, after a gentle lead in, you need to take Qenda Ultimate Fibre twice a day for 3-6 weeks and once a day for the next 2 months.

It is advised not take probiotics in the first month as you are dealing with bad bacteria overgrowth and you don't want to add even more bacteria, even good bacteria, to the mix. Take probiotics in month 2 and 3. A list of probiotics can be found on the page Healing The Gut. There is also a link to this page on the page Staying Healthy and Resisting Infection.

After that, it is up to you how to continue or if to continue. Should you wish to continue, Qenda Everyday Fibre can be used as maintenance. However, it is a good idea to do the 3 months programme once year to clear parasites, toxins, heavy metals etc which are all too present in our diet and environment . A study of the blood from the umbilical cords of 10 new-born babies in the US in 2014 by the Environmental Working Group revealed over 287 harmful chemicals (Ref: 3).

### How to Take Qenda

Qenda is taken as drink before breakfast and, during the first month only, a 2<sup>nd</sup> dose is taken later in the day on an empty stomach.

Mix 2 scoops in 340-400 mls of water and drink immediately before the mixture thickens. Then add another 300ml of plain water to the shaker bottle and drink immediately.

### Qenda Corrects Issues Quickly

Qenda cleanses and heals the gut, which takes 3 months. Why 3 months? Well, one reason, James says, is that parasites lay eggs, some up to 25,000 per day which can lay dormant for up to 6-7 weeks! A 7 day cleanse is simply not enough. You need 3 months.

Further, you replenish your blood in 3 months and clearly a clean, healthy body is going to optimise that process.



And, lastly and perhaps most importantly, 3 months is enough time to heal and seal leaky gut. Many people see results immediately, like James did and my friend, who lost control of her bowel following a major operation, who also saw results on the very first day.

### Who can Benefit From Qenda?

Qenda can help anyone with digestive and bowel issues, IBS, IBD, Crohns disease, coeliac disease and auto-immune conditions. James says that all auto-immune diseases will involve a leaky and damaged gut eg fibromyalgia, rheumatoid arthritis etc. Many other conditions are linked to poor gut health and improved when the gut is healed and balanced and proper digestions and absorption of nutrients resumed.

The gut is key to our health. It is responsible for 80% of our immune system and it is through good digestion and absorption that our body receives all the nutrients it needs to perform the thousands of processes involved in the maintenance and balance of a healthy body.

The lining of the intestine is only one cell thick to accommodate the exchange of water and nutrients. When you have leaky gut, this means that there are gaps between the cells of the intestinal lining where there should be tight junctions. These gaps allow undigested or partially digested food into the body along with bad bacteria, the chemicals they produce and parasites.

The body then recognises something that should not be there, sees it as an invader and sets up an inflammatory response. Once it has recognised an invader, it will recognise it again which means that as soon as a food that has caused an inflammatory response even touches your lips, the body will set up an inflammatory response again.

A damaged gut also means poor digestion of food and absorption of nutrients which your body needs to function properly and for repair and maintenance. There will most likely be overgrowth of candida, fungus, bad bacteria, possibly parasites etc. These all produce harmful chemicals that affect the body and brain.

All this damage causes digestive issues and inflammation in the body along with compromised health. It would be useful to read my article on gut health 'Why You Should Have the Guts to Heal Your Guts' on the page Staying Healthy and Resisting Infection.

A dear friend of mine who has had life limiting bowel issues following a serious operation followed by chemotherapy has just started taking Qenda. This is what she told me about her experience so far:-

*“Already after the first drink, the improvement was unbelievable, so to me it is worth every penny. My Quality of life has already improved no end!  
And, of course, the added bonus is that it also removes toxins. So, with any luck, the toxins from the chemo last year, will also be flushed out.  
As I said to my oncologist, not being in control of my bowels, affected me more than the fact that the cancer is back.”*



A lady on a recent course I did on Hormones and Gut Health also took Qenda. This is what she said:-

*Thought I would post my experience on Qenda following James Cook-Coulson Session. I am now on my third pot. It has been truly amazing, I have cleared mucus, parasites, and lots of intestinal plaque build up, even though I've been on a plant based diet for 5 years with regular colonics.*

*I started on twice a day for the first pot and then reduced to once a day since. My bowels are now regular and often. However, the most exciting benefits which I am thrilled about is how clear headed, less emotional, less PMS symptoms and bloated overall. I was not expecting that! My stomach actually feels and looks flat, empty and calm, always! Also I noticed that I could not eat white potatoes or GF pasta before as they bloated me immediately, however, I tried some over Christmas and nothing reacts. I'm totally thrilled and thank you Ileana Nguyen and James Cook-Coulson for bringing this product to me.*

#### What Else Can You Do to Improve Gut Health and Overall Health?

1. Improve your diet – eat all the colours of the rainbow and eat seasonally. The Mediterranean Diet is a good diet to follow (See my article on Eating for Health and Vitality). Add bitter herbs like blanched dandelion and nettles. Google Buddha Bowls! Eat all the colours and you will get all your nutrients. Remember, once you have a healthy gut, you are what you eat!
2. Eat fermented foods – full of both probiotics and prebiotics and nutrients are more bio available. Fermented foods include Saur Kraut, kimchi, kefir, kombucha etc. (Recipes in the recipes section)
3. Take probiotics - When you have small intestine bacterial overgrowth, don't take probiotics ie don't put more bacteria in your gut, whatever the probiotic companies say. Bacteria on top of bacteria can create a lot of problems – get rid of fungus and bacteria first and then take probiotics – then you will really see the difference. This means that for the first month of taking Qenda, do not take probiotics. Add them in for the 2<sup>nd</sup> and 3<sup>rd</sup> month.
4. Eat prebiotic foods – apples, asparagus, artichokes, bananas, garlic, flax, berries, cocoa, green vegetables etc.
5. Enzymes - Digestive enzymes are also helpful as well as black pepper which improves the absorption of nutrients. There are bitter herbs in Qenda but any bitters (eg Swedish Bitters) before a meal are v good – they help break down food.
6. Increase water intake – 1.5 litres to 2 litres depending on climate. More in the heat.
7. Good quality water is important. Tap water contains over 300 chemicals, heavy metals, pesticides, drugs etc).(Ref: 4) Use reverse osmosis with re-mineralisation or at the very least, bottled water (preferably glass). Take water with lemon and drink 10 mins before a meal to get digestive juices going.

Read on for where to buy Qenda...





### Where to Buy Qenda

If you are in the UK and interested in taking Qenda, please use the link below which will take you to the UK site where it is sold. Use the discount code at the checkout you will receive a 5% discount.

#### UNITED KINGDOM

Link: <https://theguthealthhub.com/?ref=2oclvaaw39j6>

Discount Code: JRGUTHEAL66

#### USA

To find stockists in the USA, click the link below:-

<https://www.qenda.com.au/united-states>

#### EUROPE

Qenda is also available in Denmark, Germany, Sweden and Finland. To find stockists in these countries click the link below:-

<https://www.qenda.com.au/europe>

#### AUSTRALIA

Qenda is made and was developed in Australia.

<https://www.qenda.com.au/>

### Reference 1

**Ulcerative colitis is a chronic disease** of the large intestine, in which the lining of the colon becomes inflamed and develops tiny open sores, or ulcers. This condition is the result of your immune system's overactive response. Hence, it is an auto-immune disease.

**Crohn's disease** is a type of **inflammatory bowel disease (IBD)**. It causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss



# Zest for Life

and malnutrition. Inflammation caused by **Crohn's disease** can involve different areas of the digestive tract in different people. It is also an auto-immune disease.

- Ulcerative colitis is limited to the colon while Crohn's disease can occur anywhere between the mouth and the anus
- In Crohn's disease, there are healthy parts of the intestine mixed in between inflamed areas. Ulcerative colitis, on the other hand, is continuous inflammation of the colon
- Ulcerative colitis only affects the inner most lining of the colon while Crohn's disease can occur in all the layers of the bowel walls

## Reference 2

<https://gut.bmj.com/content/47/6/861>

<https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7213601/#:~:text=Stress%20and%20depression%20can%20increase,19%E2%80%A2%E2%80%A2%2C20%5D.>

<https://www.medicalnewstoday.com/articles/322636>

## Reference 3

<https://www.ewg.org/research/body-burden-pollution-newborns>

## Reference 4

<https://www.theguardian.com/environment/2021/mar/25/uk-flying-blind-on-levels-of-toxic-chemicals-in-tap-water>

<https://www.theguardian.com/us-news/2021/mar/31/americas-tap-water-samples-forever-chemicals>



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