

How Cynthia TOOK CONTROL of Her Life and Drastically Changed Her Trajectory with Ulcerative Colitis... Significantly Reducing Her Active Inflammation

Real-Life Success of a Client That Was (And Is!) 100% Committed!

When Cynthia first reached out to me in early October 2022, she 100% knew she needed a nutrition practitioner to enter her picture.

Spring of 2022 had brought about a diagnosis of Ulcerative Colitis, and for the handful of months since, her daily life had been impacted by:

- On-and-off Ulcerative Colitis flares
- Brain fog
- Fatigue
- Daily abdominal cramping
- Loss of appetite and loss of weight
- Bouts of mushy diarrhea (as many as 10-15x daily)
- Some urgency, accompanied by pain
- Gas and bloat that had reduced, but were still in the picture
- Insomnia
- Anemia – contributing to the need for iron infusions

Cynthia was on a daily anti-inflammatory medication, and in the midst of a short-term round of steroid medication (Prednisone) as well, to help calm down the active flare.

I could tell from the start of our complimentary *Digestion Breakthrough Call* that commitment to being coached was HIGH, and that some pretty important factors were driving her need to improve and succeed.

In her words, "I'm not feeling well and my symptoms are getting worse." She had been waiting for a particular time in the not-too-distant future to start becoming healthier with her habits, but quickly realized that the past several months showed that the time was NOW.

She was particularly driven by:

- Medications not increasing in severity, and wanting to avoid particular types of medications entering the picture
- Expanding her diet, given it was quite narrow at the time (understandably so!) – she was excited to learn how to make healthier choices
- Working to get her life back in order since her diagnosis

- Wanting to be healthy enough to support her family as a mom of 3, and desiring to be an inspiration for her children
- Ultimately getting the U.C. in remission by really bringing down active inflammation, alongside regaining strength and energy

In Cynthia's words:

“I know my mental health and emotions have caused me issues with symptoms in the past. I want to create healthy habits for my children.”

She had (and continues to have) crystal clear goals and intentions, and when such defined intentions are driving how you show up for yourself, in combination with unlimited support for a period of time, *anything* is possible.

Cynthia had already tried some lifestyle practices and already had some supplementation supports in the picture. Where she was unclear and needed direction, included support with:

- What sorts of testing to pursue
- Navigating the path to introducing new foods to have a wider, more diverse diet
- Cleaning up her supplement use - ensuring what was being taken was suitable for the circumstances
- Really shifting her lifestyle and stress management skills

She found it difficult to put her self-care first and find balance between different pillars of life, including how to navigate moving her body regularly while also resting, given her low energy levels.

Cynthia wasn't sure what she needed to do, her stress levels were high, and she was feeling pretty confused as to what was best for her, given what U.C. medically changes in the body.

She wasn't in much contact with her Gastroenterologist (often the case), and DID have an Naturopathic Doctor in the picture to support prior functional testing that had been done (a GI-MAP) – including particular therapeutic natural supplementation supports in response to those results. I then complemented that support in the picture, to close other gaps.

Here's what Cynthia and I focused on over 4 months of uninterrupted, unlimited coaching support:

- Assessing her current scope of food/ingredient sourcing

- Gradually expanding her food reintroductions in the most logical way possible
- Empowerment with ingredient label/ingredient list-reading and making ANTI-inflammatory swaps
- Recipes to support meals and snacks that are BALANCED in macros (carbohydrate fiber, protein and fat)
- Assessing her supplements and why they were in the picture, also ensuring no contraindications
- Providing enhanced brand recommendations where needed, to avoid junky fillers/ingredients that took away from the overall impact of the product
- Ensuring digestion supplementation supports were in the picture and suitable with her circumstances and medications (ensuring stomach acid and pancreatic enzyme sufficiency)
- Supporting Dysbiosis – weeding out poor bacteria and feeding good bacteria, to support a Leaky Gut too
- Sufficient, quality hydration and therapeutic hot beverages for autoimmunity
- Mindful eating habits
- Balancing blood sugar throughout the day to really improve energy levels and help support weight gain, particularly since hypo-glycemic (low blood sugar)
- Amplifying daily protein intake
- Exposure to new brands/ingredients not yet known about, to experience the abundance available
- Support navigating the holiday season and special occasions, including restaurant menu analysis in advance

All of this support was gradual and layered – not all attempted at once!

Sustainability is key.

In terms of symptom reporting, at initial intake in early October 2022, Cynthia reported 30 different symptoms at the high end of the symptom-reporting scale in terms of frequency and severity.

By our mid-point check-in around Week 8, those 30 symptoms had already reduced to 7.

And, by the end of our 16 weeks of concentrated partnership together, just a few symptoms remained.

The proof is in the reporting and the data collected! And this is just the beginning, as gut health and health attention is an ongoing, lifelong process as we progress through different ages and stages of life.

- Several symptoms were no longer reported at any level.
- Several had reduced significantly in severity.
- Some of what remained by the end were health history items that could not be changed.

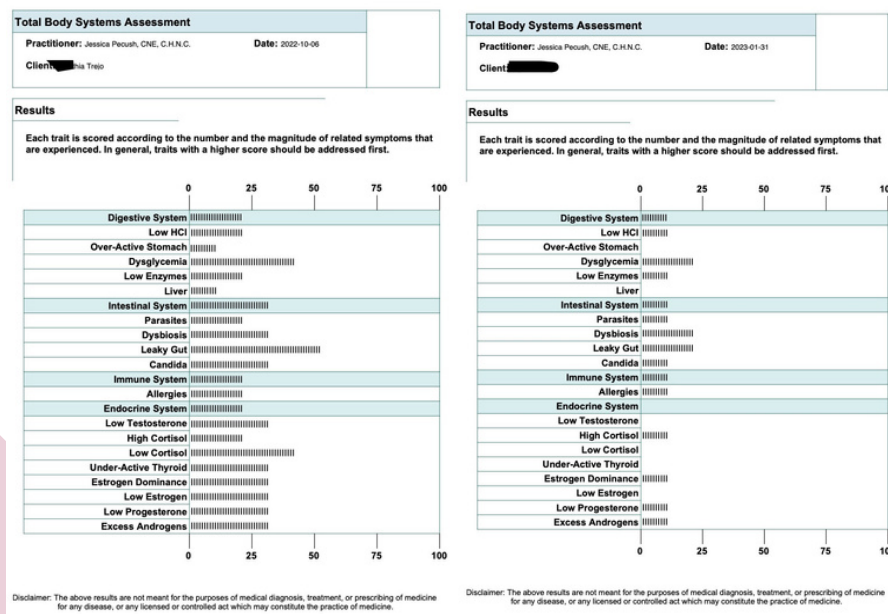
Perhaps the most significant physical symptom shift was going from 10-15 bouts of mushy diarrhea daily, to 1-2 ideal/formed BMs daily with no pain or straining!

Other really noticeable shifts?

- No more abdominal pain
- Easily-disrupted sleeps had significantly improved
- Energy levels had gradually risen
- Mood swings had dropped off
- Light-moderate functional movement/exercise re-entered the picture
- Her menstrual cycle returned, and
- There was no longer a sense of feeling a decline in her self-confidence!

Here are screenshots of 2 of the screening tools (a *Total Body Systems Assessment* – symptom-driven) that play one part in guiding the personalized recommendations and coaching guidance provided.

The form on the left is at initial intake (Oct. 6/22), and the form on the right is at the completion of *The DI-JESS-TION Method* (Jan. 31/23). These tools show a summary of all of the symptoms reported, including their severity, so I can learn what specific types of imbalances (as related to main systems of the body), are in existence. You can see the drastic reduction in symptom and severity reporting on the right, as compared to the left!



Some of Cynthia's favourite benefits:

“Getting really easy, whole food-based recipes, food swaps that were easy to implement, and the guidance to start seeing things (emotionally and physically), in different ways. I now choose healthier whole foods, use the *Pantry Alternatives* guide, and enjoy broader food options! The *Implementation Weeks* of the program were helpful to have some time to think about what was working, and what needed continued work.”

In reflecting back on our 4 months of time together in *The DI-JESS-TION Method*,

“I am proud of myself for making changes to my health and inspiring my children to make changes. I am proud of myself for not giving up on myself and seeing myself as important to take amazing care of.”

This program is definitely amazing. It has something for everyone, someone beginning or someone who has been trying to make healthy changes. The recipes are amazing too! Some are my new favourites!

Even better is the 1-on-1 time with Jessica – she gives personal assistance and recommendations along with trainings and Q & A sessions. She works with you where you are and provides insight without making you feel guilty about where you are on your health journey.”

Upon wrapping up our time together, Cynthia was provided a *Next Steps* guide to independently support her continued momentum independently, knowing I'm a text or email away!

This was a mutually-rewarding partnership, and the proof of what is possible when your commitment to yourself is truly a 10 – willing to show up and make the efforts, even on days it may feel hard, while tuning out all the noise out there, that can easily cloud action (or inaction).

What a rockstar!

Which part of Cynthia's initial struggles resonate with you the most?

If this *Client Case Study* strongly resonates with you and you'd like to learn more about HOW my process works and HOW I can support you as a client, should we be the right fit for partnership, apply for your complimentary 45-minute *Digestion Breakthrough Call* [HERE](#).

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