

# Your Health

The latest medical information and the health stories that matter to you

By Janet Boyle

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**SINCE she was a teenager, Kimberley Mack suffered from a problem which made her life unbearable.**

Agonising gut cramps meant social events were often ruined and cut short because of the pains.

Eating out was torturous and she felt permanently tired as her energy levels were low.

Doctors diagnosed Crohn's disease and her digestive tract reacted badly to almost everything she ate.

It's an auto-immune condition with no cure.

As Kimberley, 52, of Whitley Bay, explains: "The pain was awful and the condition was so bad I had to receive hospital treatment, including surgery."

At 17, she had part of her colon removed but the disease continued unabated.

After her first operation, Kimberley would feel okay for a few weeks and then suffer an attack.

She then had to rely on steroids to get better.

By her late twenties she was driven to do her own research and discovered she needed something to reduce the inflammation in her bowel.

"Drug treatment wasn't working and I got little advice on how to manage my diet.

"Attacks would happen approximately once a year and would leave me in hospital for a week.

"Often I had to be fed intravenously because I was unable to accept food."

In her twenties she had another section of her bowel

## A natural diet gave Kimberley control of her life again

removed and feared losing it altogether.

By then she had decided to seek alternative treatment.

"I realised I couldn't live on steroids for the rest of my life," she says.

"I visited a nutritionist, who showed me how I was causing a lot of my discomfort with my diet.

"This had never been questioned before.

"Coffee, cheese, wheat and fast food seemed to be triggers."

Within six months she felt in control of the disease.

With food changes and specialised nutrition, life changed completely.

This gave Kimberley the confidence to live normally for the first time in ten years.

"It was at this point that I went travelling and discovered aloe vera," she adds.

"It's a natural anti-inflammatory,

and contains many essential nutrients and amino acids."

She believes it keeps her body in balance and says previously her system was starved of the correct nutrients it needed.

More investigation uncovered treatments for the emotional side of the condition.

But after a serious car accident in the States she returned to the UK in 1991 to recover.

"At this point, I had managed three years without any form of orthodox medication.

"By then I was working in the natural health industry and began studying Macrobiotics and the benefits of food in health."

It sparked off her founding the Aloe Vera Centre in Whitley Bay

She toured the UK exhibiting at many natural health shows around the country.

Today, she's no longer a

victim of Crohn's although she still has the disease.

She continued to wonder: "What am I doing that's making me feel unwell?"

Now transformed and healthy again she firmly believes her nutritionist transformed her life.

"My nutritionist gave me control back over my own body."

Clients at her alternative health clinic come for treatment for many ailments.

"The orthodox system may have been treating them for days, weeks and even months but never considering the root cause," she adds.

She believes aloe vera also offers hope for irritable bowel disease sufferers.

Kimberley's Aloe Vera Centre is in Duchess Street, Whitley Bay.

More information is available at [LookAndHealth.co.uk](http://LookAndHealth.co.uk)