


# Jini's NATURAL HEALING GUIDE



## Intestinal Strictures

Jini Patel Thompson



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# WHO IS JINI PATEL THOMPSON?



.....  
*“You’ll never be able to have kids, or hold down a job,  
you’ll be in and out of the hospital for the rest of your life,  
but you’ll qualify for disability insurance.”*  
.....

That was the pronouncement my doctor gave me back in 1986 after diagnosing me with a supposedly incurable disease (widespread Crohn’s disease).

I was thin, weak and wracked with pain - unable to eat almost anything without suffering intestinal bleeding and cramping. I was taking 13 pills a day and my doctors told me that, even with surgery, I would never be able to have children, work, or live a normal life. The medical profession had nothing more to offer me than the drugs I had already tried.

After three years, I decided I could no longer live like that. When you’re that ill your life has no enjoyment; it has no pleasure. You’re in pain, on and off continuously. You can’t eat. You can’t do any sports or activities. You can’t go to a movie - unless you’re willing to get up repeatedly to go have a bowel movement and possibly sit there in pain for two hours. You spend a lot of time lying in bed or on the couch, feeling your pain and feeling your misery. And the threat of a flare-up is always with you, hanging over you 24/7. Well, isn’t that a form of torture?

I’m thankful the GI was so blunt and honest with me about my chances for recovery within the med/pharma system, because it really gave me the motivation to do whatever it took to heal myself – or I was ready to die trying. I wasn’t afraid of death and I was no longer willing to feel like I was living in a jail cell, being tortured every day.

I began researching and experimenting with alternative healing therapies. I come from a family of medical professionals who taught me to look at things scientifically, so when I began exploring natural healing for gastrointestinal disease, I conducted multiple controlled trials (on myself!) to determine what worked and what didn't.

After seven years, I had developed tried-and-tested methods to deal with each phase of my bowel dis-ease. When my healthcare professionals realized how much healthier I was, using my holistic treatment methods, than their other patients with similar conditions, they encouraged me to write a book about my natural healing protocols.

In 1995, I shared my program with about 200 fellow bowel and colon disease sufferers (IBS, colitis, diverticulitis and Crohn's Disease) to see if my diet, techniques and methods would also work for others. They too experienced successful results and urged me to publish my healing program. That resulted in my first book, *Listen To Your Gut*, published in 2000. It's now sold in over 80 countries and has become an international bestseller. When you're so desperate and ill and you find something that works, you tell everybody! Since healing myself (I have been 100% drug- and surgery-free for over 20 years) I've appeared on numerous podcasts, radio, and TV shows throughout the U.S., Canada, the UK and Australia, offering hope and practical tools for people with IBD and IBS. I am not a doctor or licensed healthcare professional – I am simply a layperson who healed myself and shares my healing tools/protocols with others.



And the rest of the time? I live with my husband and three children, along with a bunch of dogs, cats and horses in Langley, BC, Canada. Equines are incredible teachers and healing facilitators – I’m excited to share their gifts with you in the Workshops section of my website.

Now, I continue to research and develop natural healing treatments and products for gastrointestinal diseases and other disorders, and to share that information with others.

The basis for everything I do is always based upon listening to your own gut and letting your own intuition and body wisdom guide you. Why? **Because no expert, or specialist, or PhD knows your body better than you do.** No one knows your higher purpose and passions better than you do. Your conscious mind may not know, yet but your body and your spiritual self know. So, in all things, Listen To Your Gut (LTYG) because it will never steer you wrong. And then combine that with research, reason and trial-testing and you’ll be unstoppable!

Over 150,000 people have been through my program. When you have the keys to the jail cell, are you just going to walk away and not help those who are still locked in there? I think not.

This brings me to my latest breakthrough in healing something that brings such misery to so many: Intestinal strictures (scar tissue), which can result in intestinal obstruction. Until now there has only been three likely treatments for a serious stricture or bowel blockage in the small or large bowel:

1. Surgery – which then creates more scar tissue and may result in additional strictures, in anywhere from six months to ten years’ time.
2. Manual manipulation of affected tissue to increase circulation and movement in the tissue – therapies like the Wurn Technique, myofascial release and craniosacral therapy.
3. A liquid or semi-liquid diet – until the stricture either releases enough on its own for a more normal diet to be resumed, or surgery is performed.

The great news is we now have an entirely new treatment for strictures in both the small intestine and colon that may actually *dissolve* the thick, fibrous tissue and restore the area to normal tissue. Yes, the stricture can actually *disappear* after 2 to 6 months of treatment!

If this seems fantastical to you, read on. I'll explain in detail how this occurs and what we've learned thus far from our experiments with this new Intestinal StrictureHeal protocol.

But before that, let me share with you the results of the Intestinal StrictureHeal Survey.

### **Case study**

An individual mid-blockage crisis was about to go to the ER but he had the main ingredients on hand and so tried the Topical StrictureHeal. Within 24 hours he was pain-free and three days later he ran a half-marathon!

After I gave out the eBook for free so people could test the protocol (over 500 people downloaded it), we did a survey. A whopping 92% said they would recommend the protocol to a friend and 62% said their health improved by half/half of their symptoms disappeared. An impressive 15% felt 80% better and 13% actually reported that they were fully healed with no sign of disease.

Other fascinating results include the person who used it on their mother diagnosed with Stage 4 cancer reporting that the doctors said it prolonged her life by 2 months and made her passing much more comfortable. Wow! You can download the complete survey feedback results from my blog.

## Case study

*“I’ve been doing this for 3 weeks now. The pain is gone, and I’ve started seeing a dramatic change in my internal processes; a place I haven’t been in 2 years. I do this when I go to bed and fall asleep with it on – I haven’t slept this good in so long!”*  
– a Topical StrictureHeal client with an intestinal blockage.

Am I making any health claims, or promising healing if you do this protocol? Nope! I’m simply relating what’s been possible for some people and we have no follow-up information about how long results lasted, or recurrence rates. Long-term healing is always a multi-faceted, holistic process - there’s no magic pill, or magic protocol that can reliably produce X result, every single time. For long-term healing to take place, you must heal all the levels of yourself; mind, body and spirit.

I view StrictureHeal as simply another tool in your Medicine Bag. If you’ve already healed all the other aspects of your dis-ease, then this may be the final piece. Or it may be a valuable part of your healing journey, or it may not work for you at all. You might even be allergic to one of the components. So at all times, listen to your gut! Listen to what your body wants, likes, and needs, and adjust accordingly.

I strongly urge you to simultaneously address the emotional component of your condition. My favorite tools for this are therapies that integrate the mind/body/soul - acupressure tapping, hypnotherapy, and craniosacral therapy (Level 2 or higher). I find acupressure tapping so helpful and transformative, that I’ve set up my own Course to teach you how to tap for yourself - come join me for a free session to try it out and see how it feels for you, at: [LazerTapping.com](http://LazerTapping.com)

When you tap on the acupuncture or acupressure points, while talking out loud about your difficulty, pain, issue or trauma, the process results in an integrated healing of your mind/body/spirit. How can you fully heal your gut when so much of your anger and trauma is being carried or stored in the tissues and cells of your gut?



One of the free Tapping sessions you can choose to receive is all about releasing emotions in your gut that are causing physical issues. Muscle tissue and fascia are very responsive to stress; when you release the stress causing your gut to clench, any scar tissue is going to release/soften as well. So I do encourage you to at least give Lazer Tapping a try and see how it feels.