

## BEYOND CROHNS

Your long-term remission plan is ***your*** anchor for those days when you lose sight of why you're doing so much to help your body. This anchor will give you perspective if you struggle to remain consistent.

A long-term remission plan is not something you'll have created with your GI. Their focus is a bit more narrow. This is your opportunity to see past the limitations of western medicine. You already know that meds, surgery, and the 'white' diet are options for you. You may have needed all 3 at a point in your life or even now BUT this long-term plan will remind you of your other options.

There are 8 pillars that are the foundation of this plan. You'll have so much more to work towards which leads to freedom.

- Freedom from being in & out of flares.
- Freedom to function fully in your life without pain.
- Freedom to refocus on other dreams & goals that you've had to put on hold.

**A long-term remission plan = your path to freedom.**