



# Clostridium Difficile and Colitis: A Personal Journey

*Ellen Pendleton*

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UNAVAILABLE ~ Title change.

SEE *C. diff* by Ellen Pendleton

TRUST YOUR GUT!!!!

01 December 2014 ~ Ellen Pendleton went to the dentist and came back with antibiotic-induced pseudomembranous colitis and Clostridium difficile infection, CDI, CDAD.

CAUTION - Please read the inserts for medications. Ellen didn't. If she had read the insert of the broad-spectrum antibiotic that she took, she might have said "NO." She didn't even know its name.

LISTED AS A SIDE EFFECT FOR MANY BROAD SPECTRUM ANTIBIOTICS: Antibiotic-induced *Clostridium difficile* colitis.

Healthy Ellen went from a dentist appointment, to symptomatic pseudomembranous colitis, recovery and back to healthy. Had she followed her dentist's advice for dealing with the CDI, the result may have been Toxic MegaColon, colectomy or death. Fortunately she had done her homework.

Bedridden with her laptop she channeled her efforts into Internet research. Ellen is a journaler and logged the symptoms, information, diet, medication options, process of healing, resources, treatment options, diet, communications, correspondence, tips, hints and emotions on the path to recovery and feels compelled to share her journal.

Thank goodness for the Internet. Thank goodness for white papers. Thank goodness that the Internet is FREE and available.

May this publication spread awareness of the Microbacteria, *Clostridium difficile* and antibiotic-induced colitis information, options, treatments, risks and warnings to help prevent this from happening to another Spirit Being Human.

DISCLAIMER: Ellen is not a medical doctor or expert and does not have any medical training or education. But with grace, love and support, she kicked *C. diff.* testing clean of the bacteria 12 March 2015.

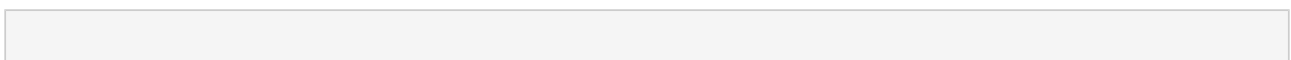
News updates and links: <http://www.Cdiffbook.com>

Also by Ellen Pendleton

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