

# Inhoudsopgave

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# Disclaimer and Copyright

## Disclaimer

This book is based on the personal experiences of Joris van Dijk and does not **constitute medical advice**. The content of this book is solely intended for **informational and inspirational purposes** and is not meant to replace professional medical advice, diagnosis, or treatment. While I share my personal success story and provide insights into nutrition and lifestyle, every reader must understand that what has worked for me may not necessarily work for everyone.

If you have health concerns or are considering making significant changes to your diet or lifestyle, always consult a qualified doctor or medical specialist. This book is not intended to replace medical treatments or to make specific health claims. The author and publisher are not responsible for any consequences or decisions resulting from the use of the information in this book.

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# Chapter 1: Introduction - My Story Begins Here

My name is Joris van Dijk. I am 34 years old, born in a small village in the Netherlands, where life was simple but far from easy for me. My parents were loving, hardworking people who always wanted the best for me. However, they could not have foreseen the challenges that my arrival would bring—for them and for me.

My life began with a struggle. As a baby, I was frequently ill. It seemed as though my body reacted negatively to everything. Milk, a staple for most infants, caused me severe cramps and rashes. Cats, a beloved pet in many families, triggered severe allergies. Every bite of food felt like a risk, and every contact with animals a danger. My mother spent countless nights by my crib, wondering what was wrong. Why was her little boy always so sick?

After numerous doctor visits and tests, a diagnosis was finally made: I had Crohn's disease. It may sound strange, but I was too young to comprehend the impact of this. For me, being sick was my only reality. But for my parents, it was devastating news. Crohn's meant that my intestines were chronically inflamed and that my body would never function entirely normally. The doctors were clear: there was no cure, only treatments to manage the symptoms.

It is difficult to explain what such a diagnosis does to a child. At the age of five or six, I did not understand why I always had to go to the hospital, why I couldn't just play outside like my friends. Hospital visits were intensive. Every three months, I had to undergo intestinal flushing and cleaning. It was not only physically painful but also mentally exhausting. I still remember sitting in the sterile hospital room, with my parents by my side. My mother always held my hand, but even she could not take away the fear I felt.

That fear became my constant companion. As I grew older, I learned to live with it, but it never truly left me. Crohn's affected everything. At school, I often felt like an outsider. Class parties and school trips were difficult because I always had to consider what I ate and whether there was a bathroom nearby. I tried to hide my illness, but that was not always possible. Some children did not understand, and there were moments when I felt alone—as if I were the only one whose body did not cooperate.

I am writing this book because I know that others feel the same way I did. People who feel trapped in their own bodies, who think there is no way out. Maybe you are one of those people. Maybe you are reading this, feeling tired, exhausted, and hopeless. I am writing this book for you.

My life changed at the beginning of 2023. After years of treatments, medications, and hospital visits, I found something that turned everything upside down: the carnivore diet. For someone who had spent his entire life following strict medical advice, it felt like taking a leap into the unknown. What if it didn't work? What if it made things worse? But what did I have to lose?

I started simply. My diet consisted of meat, fish, and animal products. No vegetables, no grains, no sugars. It seemed almost absurd, but it worked. Within a few weeks, I noticed a difference. My energy returned, my stomach pains disappeared, and for the first time in my life, I felt... normal. It was a feeling I had never known before.

The doctors were astonished. They did not understand how someone with Crohn's could suddenly stop taking medication and avoid hospital visits. But I did. Today, I am completely symptom-free. I have reclaimed my body and, with it, my life.

This book is a celebration of that victory. It is my story, but it is also a message of hope. I want to show you that you are stronger than you think. That even when the world says there is no way out, you can find one.

What I want you to take from my story is not just that it is possible to overcome Crohn's—although that is my hope for everyone who lives with it—but also that you should never give up. No matter how dark it seems, there is always a light. And sometimes, you find that light in the most unexpected places.

My story is not a medical manual. It is not a ready-made solution for everyone. But it is a source of inspiration. Proof that change is possible. I am not a doctor, not a nutritionist. I am just a man who decided to take control of his own health.

If you recognize yourself in my story, I hope this book gives you courage. Courage to ask questions, to try new things, and to never lose hope. Together, we will embark on a journey through my life—through the struggles, the breakthroughs, and the ultimate victory.

My name is Joris van Dijk, and this is my story. Let's begin.

# Chapter 2: My Childhood and Health

My story begins in a small village in the Netherlands, a place where everyone knew each other, and life was peaceful and predictable. I grew up in a loving family with my parents and my younger sister. My mother was a caring woman with a passion for cooking—an ironic hobby, given my food allergies. My father was a hardworking carpenter, a man of few words but with a big heart.

We lived in a cozy row house on the edge of the village, surrounded by vast fields and winding paths where the local children played. Though the village was small, it often felt suffocating to me. Everyone knew each other, which meant everyone also knew that something was "wrong" with me. As a child, I wanted nothing more than to blend in, but my health made that difficult.

My childhood was a mix of love and constant challenges. My parents made sure I felt loved, no matter what was happening with my health. But, to be honest, it sometimes felt like my life was dictated by my illness. My body was a puzzle I couldn't solve, and Crohn's was always lurking in the background, even in the happiest moments.

## A Childhood Full of Limitations

Vacations and outings were a constant source of tension. My parents tried to keep our family life as normal as possible, ensuring I experienced everything other children did. But reality was often different. I remember a trip to France when I was ten. My parents had booked a beautiful campsite with a swimming pool and playground. For my sister, full of energy, it was paradise. For me, it was a battle with my own body.

The first few days were fine. I played cautiously in the pool and tried to enjoy the freedom. But midway through the week, I was struck with severe stomach pain. My mother grew worried, and we had to visit a local doctor. The language barrier made things even harder, and we ended up spending an entire day in a small French hospital. The shame and frustration overwhelmed me—I felt like a burden to my family when all they wanted was to enjoy a well-deserved holiday.

Moments like these happened often. While other kids ran around carefree, I felt trapped in my own body. But looking back, I see how much love my parents gave me during those times. My mother later prepared a special meal for me—simple potatoes and chicken, foods that wouldn't upset my stomach. My father played card games with me in the tent at night to distract me from the pain. Those small gestures made a world of difference.