

Newsletter Date June 2002
Volume 02, Issue 6

Noguts Country Club

Special Interest Articles:

- New Web Site
- How About Work
- Discussion Board

June 2002 Newsletter
www.noguts.us

The Country Club's New Site

Now that the www.noguts.us site is up and running, we will breathe easier. There is still a lot of work to do on it but it is getting there.

If you have a story that you would like posted please send it to story@noguts.us. If you have a picture we will post it with the story. It must be in GIF or JPG format.

One thing we do ask, please do not make the story a commercial about products you sell. (Write us if you need a web site) Tell your story about what happened to you, and how you are dealing with the problems of everyday life.

Individual Highlights:

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I have several letters that are asking about TPN and how to deal with it. One Mom has asked about her child on TPN and how she should plan vacations and weekend stays.

One person asks about an Ostomy. They were having problems at restaurants and family get-to-gathers. If you have answers then let us know.

Now that summer is here and it is time to get out of the house is there anything you old timers with SBS can pass along to the new people? Remember the first time you had to go out in public and were always looking for the restroom? It's funny now, but not then....

Let us know how you handled it for all the New People out there

By the way we never send e-mail unless you have subscribed to the newsletter or ask for it. Occasionally we do send offers from our sponsors but never more than one a month. We do have some things that are useful. If you want to check out some of our sponsors check out <http://www.suncoastemall.com>. There is a list of them and <http://www.brush-man.com> is Frank's web site.



Don't forget you must send for a user name and password in order to use the Discussion Board. There is no charge.

Noguts Country Club Discussion Group

Now that the discussion group is on line there seems to be some confusion on how to get a password.

It's easy; just send a blank e-mail to

password@noguts.us

Put the word "password"

in the subject line. Be sure there is nothing in the body of the e-mail as we do not see it, and anything written in the

body will delay the return to you.

If you want to write me a personal letter the address is: **jim@noguts.us**

We do ask that you do not spam the board with commercial products. No MLM, ect... If there is a particular thing that you use then say it, but remember everyone is different, and what helps you may be the thing the other person is allergic to and may do more harm than good.

It Helps Me, Why Can't You Use It

When we say everyone is different, we are talking about the physical being.

For instance, I have trouble drinking water. It gives me cramps, and I live in the bathroom. I drink a generic cola with ice. That way I get the water, but the caffeine does something to the water so I tolerate it better.

Now let's say you tried it my way and only drank cola with ice. BUT you were diabetic and had to watch your sugar intake.

When you drank the cola your sugar levels would "take off" and you could go into shock.

A friend of mine has a problem with his sugar levels going low. One day he tried some of my Ensure to see what it tasted like. He had about 2 swallows, this triggered his sugar, it went high, his Insulin kicked in to compensate and sent his sugar levels low, and we rushed him to the hospital in shock. SO.. Be careful of the things you try. It could do more harm than good.

Thanks to these Sponsors

We want to thank these people that have helped to make noguts.us and noguts.com possible.

Gary	Pete
Frank	Ollie
Tommy	Jim S



"I am not a Doctor; I am just a person with Extreme SBS"

**No Guts
Country Club**

Letters Asking About How?

We have had several letters about how did I make it with SBS, and not being able to work. I guess I was fortunate in having a job most of my life that taught me how to find information. I spent most of my life in Radio and TV. For most of those years I was in middle management and had the opportunity to work with a lot of Government and private agencies. I also worked with a lot of the advertisers that owned everything from stores to factories.

When I got sick I knew which agencies to contact for help, and what I should do to apply. At this time most of my necessities are taken care of. One of the stipulations, as with

any Government help, like early SS, means I cannot have an income without losing a portion of the SS, as well as the Medicare - Medicaid benefits. I am listed as home-bound and have a registered care giver that lives with me. With me it is either a care giver or a nursing home there is no in-between. I know that some of you are not bound by the restrictions as I am, and could do some work from home. This would allow an extra income for the family. If you would be interested in articles on "work from home" write to me at jim@noguts.us and I will see what I can find. If you decide to work from home please be careful, there are a lot of scams that will take your money for nothing in return. Be careful.....

*Would you
be
interested in
articles on
how you
could work
from home?*

DO YOU KNOW OF ANYTHING THAT WE SHOULD POST?

I am asking for your help in finding information and Links to post on the web site.

If you find something, or know of something that should be posted please let me know.

There is a feedback form on the web site that will come to me. I am trying to use forms instead of e-mail address, as I do not get as much spam with forms.

Last week I had over 500 e-mails and about 150 of them were spam, so if you could use

the feedback form I would appreciate it.

I now have the space to post your personal stories.

If you sent me a story and I have not posted it I apologize, when my computer crashed from the virus I may have lost it. Please be so kind to send it to me again and this time I will be sure to make a copy.

BE SURE your anti virus program is up to date there is about 6 new ones out this week so far.



“Remember: all attachments send to: attachment@noguts.us with Attachment in the subject line.”



“What I take for Vitamins and the prescription medicine I use.”



Don't Forget the New Addresses

On the <http://www.noguts.us> site you will find e-mail address.

Because of the amount of spam e-mail we are getting we are setting up filters in the mail handler.

You will notice that when you click on some of the e-mail links, it will put a subject in for you. DO NO CHANGE IT. If that subject is not in the proper place the mail is directed to another mailbox and it may be sometime before we get to it or if there is an attachment it will be deleted.

Remember sending in HTML from most computers is sending an attachment automatically.

The new mail server seems to be doing the job.

One important thing to remember, DO NOT send an attachment, unless you use the address attachment@noguts.us, with the subject attachment.

Most of the Virus in e-mail is an exe

file and one mailbox is set to catch ALL ATTACHMENTS and do a scan. If the word attachment is not in the subject it will be deleted.

If you send everything in plain text it should be ok.

I am sorry to do this, but I cannot afford another crash of the computers.

The way it is now set up we will be sending the newsletter in a PDF file and it should open in any version of the Adobe reader. All the newsletters are scanned and then converted to PDF to make sure they are safe.

We are also making the newsletter available on the website for download in the PDF format. If you want a friend to read them it can be downloaded on any computer.

VITAMINS and MEDICINES I TAKE

I still receive letters asking me what vitamins I take and what medicine I use and how it affects me.

This is a hard question to answer as according to my Doctors, I am not the normal SBS patient (or did he say I was not normal?).

For one thing I am allergic to a lot of the medicines. One of the pain medications is Codeine. Instead my Doctor prescribes Opium 10%. This is used for pain and to slow down my intestines (transit time) and the chime so that I have a better chance of absorbing the vitamins

in my food.

I do not depend on the food alone to supply the vitamins. For years I have used a particular brand of vitamins. I had tried about every brand on the market and this one worked best for me. I also drink 4 cans of Ensure each day.

I also take 1 tsp of Cod Liver Oil every day. If you try this check with your Doctor and read the label as strange things can happen with some people.

For food I eat whatever I can tolerate. If it does not like me I know it will not stay very long. I do stay away from a lot of fats.



Jim, My Care Giver and ME

I have been ask about who and why a Care Giver.

BS... Before Sick,

A friend moved to Florida, and was staying with me until he found a job and a place of his own. Jim, and another friend, Frank, took me out to dinner on my birthday, then drove me to the hospital for my operation.

After several hours in the operating room, discarding much needed and beloved parts of my body, it was decided that I could no longer live alone.

Heck, I was barely live, let alone able to live by myself.

It was then Jim decided to stay and help me. Remember I was only expected to live for 90 days.

When it looked as if the Doctors were wrong and I was still alive, it was decided for me that a choice should be made, a Care Giver or a nursing home. Not wanting the latter, Jim, the State HRS Rep, and I chose to have Jim listed as Care Giver and live with me.

He watches me like a hawk, knows my mood swings (yep, I have them), and makes sure I take my shots when I (pretend) to forget, and eat when I should eat.

Together, Jim and I have learned a lot.

Jim has Chronic Asthma, and has been in the hospital several times in the last year, but together we make it. We both have the same Doctor, and after all these years our Doctor is like one of the family, In fact he has treated our family for the last 35 years if you count the Aunts and Uncles.

I am not able to drive anymore so Jim does all the driving to the store, Doctors, and any other place we need to go. We often laugh that we are like the movie "Dirty Old Men". We will probably spend our "senior years" together, setting on the porch in our rocking chair, watching the world go by and having our own "senior moments".

Jim,
My
Care
Giver,
and
Me
the other
Jim



NEED TO WRITE THE NO GUTS COUNTRY CLUB?

If you want me to read your letter please write to this address:

jim@noguts.us

If you need a Password:

password@noguts.us

With password as the subject, and nothing in the body of the e-mail.

For the newsletter:

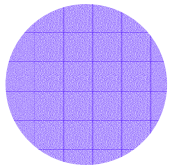
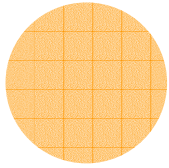
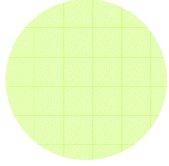
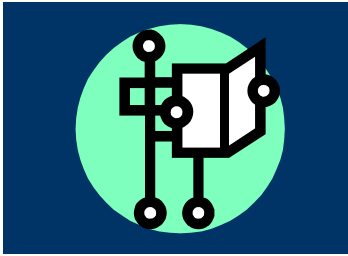
newsletter@noguts.us

With newsletter as the subject.

remove@noguts.us

With remove as the subject.

*"E-MAIL
ADDRESSES
FOR
YOU
TO
USE."*



We're on the Web!

See us at:

www.noguts.us

WHO WE ARE

Hi and welcome to The No Guts Country Club. My name is Jim Combs, just so you will know I am a real person. Let me say up front that I am not a Doctor. Every thing I say is from my experience in the last ten years with **Short Bowel Syndrome**, in fact I have what is called **Extreme Short Bowel Syndrome**. I have about 12 inches of active small intestine. I cannot give, nor do I want to give the impression that I am giving out medical advice (**please read my disclaimer**).

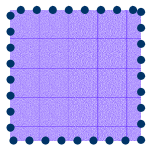
Our Purpose I n Life...

I have heard it said that God has something in this life for everyone to do. Maybe this is my work in life. I will have to admit that I would have preferred something to do that did not have as much pain attached to it. The No Guts Country Club is a place that everyone with Short Bowel Syndrome can call home. With the help of the Lord, I am trying to provide information, or the way to find information, on Short Bowel Syndrome. I have tried to provide something for everyone with

I believe there is no one, except The Lord, that is better than a good Doctor that you can talk to, and one that will listen and give you better answers. Keep in mind a good Doctor will tell you if he or she does not know the answer to your question. Now explore the No Guts Country Club and let me know what you think of it. <http://www.noguts.us>

SBS regardless of the cause; there is also information for friends and family. Some of the information listed in these pages is the work of years of searching for information on my part, and others have provided some of it. I pray that these pages will provide comfort, encouragement, and direction to those that find themselves suddenly at, what looks to be, the end of their world.

www.noguts.us
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TO: