

**New Book, DVD Reveal Details, Advice on  
Surviving IBD and Chronic Illness:**  
*It Takes More Than Guts* Written by IBD Patient, Speaker

January 8, 2004, Princeton, KY... For the first time, patients, doctors, caregivers, family members and friends of patients who have been diagnosed with inflammatory bowel disease (IBD), can get a rare inside look at what it's like to suffer from this chronic illness, which includes ulcerative colitis and Crohn's disease. A new book and DVD, both entitled, *It Takes More Than Guts: Life-changing discoveries about surviving and overcoming IBD and chronic illness,*"

follows the extraordinary journey of patient Phillip Van Hooser, who shares how he survived his ordeal.

This year, more than 30,000 people will join over one million Americans already diagnosed with inflammatory bowel disease. Famous patients include former Miss America Mary Ann Mobley and Rolf Benirschke, former San Diego Charger Kicker, both of whom have endorsed Van Hooser's book. Details can be found at [www.ItTakesMoreThanGuts.com](http://www.ItTakesMoreThanGuts.com).

Phillip Van Hooser shares his personal struggle with ulcerative colitis in vivid detail, taking readers on an emotional roller coaster ride through his two-year battle of physical, psychological and emotional pain, which ultimately ends in triumph.

As the story unfolds, Van Hooser shares valuable information drawn from extensive and comprehensive research into the symptoms, causes, treatment options, medications and diet that any Crohn's disease or ulcerative colitis patient can benefit from. The one-hour DVD features powerful one-on-one interviews with Van Hooser, his family members, and the doctor who treated him.

This is the first book written by an IBD patient that combines a compelling personal story with educational information. The book includes a section called Just the Facts on IBD (including

statistics, treatment options and diet), Just for Understanding (a glossary of medical terms often used with IBD patients) and Just Ask Phil (straight answers to difficult questions.)

"This is a book I didn't *want* to write," says Van Hooser, "but over time I realized this is a book I *needed* to write. It's the kind of book I wish had been available as I went through my own traumatic experience." As well as depicting the unvarnished truth of living with chronic illness, Van Hooser also shares many redeeming examples of humor, friendship, faith, love, hope and healing.

The foreword for the book was written by Rodger DeRose, President and CEO of the Crohn's and Colitis Foundation of America (CCFA). A portion of all profits from book sales will be donated to CCFA. The book sells for \$24.95 and the DVD for \$14.95. Purchased together, the price is only \$29.95. It Takes More Than Guts is available through Amazon.com or visit [ittakesmorethanguts.com](http://ittakesmorethanguts.com).

For more information or to receive a review copy of the book and DVD, please contact Marilyn Mobley at [mtm@acornpr.com](mailto:mtm@acornpr.com) or 770.578.6002 or Susan Van Hooser at [susanmvh@vanhooser.com](mailto:susanmvh@vanhooser.com) or 270.365.1536.

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