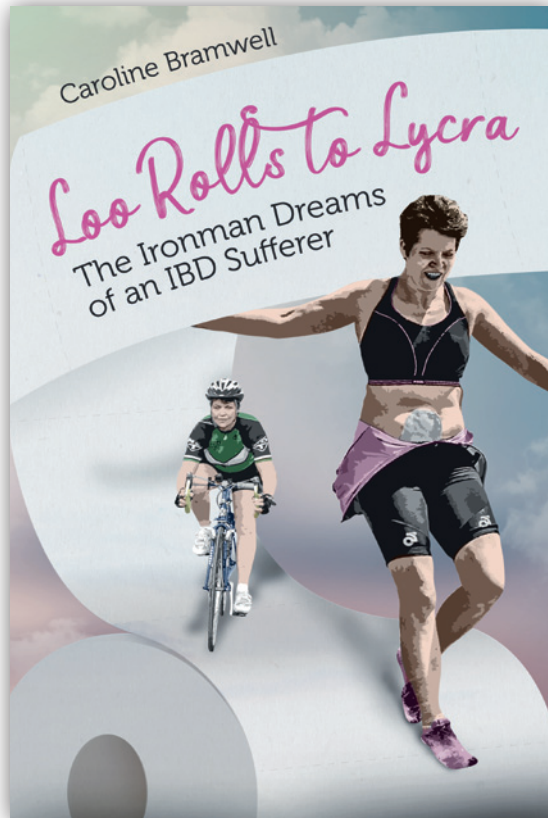




## Title information



### Loo Rolls to Lycra

The Ironman Dreams of an IBD Sufferer

By Caroline Bramwell

#### Key features

- Personal story of inflammatory bowel disease sufferer Caroline Bramwell
- A heart-wrenching journey from the darkest depths of IBD to endurance triathlete
- Written by Caroline Bramwell, marketing consultant and copywriter. Regular speaker at stoma care events and inspirational speaker for the Devon & Cornwall Police
- Caroline's Ironman journey has been documented by a film crew throughout most of her major triathlons
- Four-time Ironman world champion Chrissie Wellington has contributed to the book
- Colour photo section including pictures from Caroline's own personal collection

#### Description

*Loo Rolls to Lycra: The Ironman Dreams of an IBD Sufferer* is the inspirational and insightful biography of Caroline Bramwell, a wife and mother who believed her life was going down the toilet when she was diagnosed with ulcerative colitis, an inflammatory bowel disease. With an encyclopaedic knowledge of every public toilet, bush or tree to dive behind, and after numerous extreme dietary regimes, Caroline elected to have her large intestine removed, to live with a permanent ileostomy. A self-confessed couch potato, Caroline turned to sport after surgery, dispelling the medical profession's 'you can't do that' attitude by announcing her London-to-Paris 24-hour cycle ride. Motivated to learn to swim by her children, her enthusiasm for triathlon was lit after meeting Ironman world champion Chrissie Wellington. Caroline has competed at all triathlon distances, including the full Ironman UK, and has become one of the UK's leading ostomy triathletes. *Loo Rolls to Lycra* is the epitome of the self-belief that anything is possible.

#### Details

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