Crohn’s disease and ulcerative colitis are both chronic inflammations of the digestive tract, a form of what’s officially known as inflammatory bowel disease.

I had more self-confidence and stuff,” says Chris, a high-school sophomore who lives in concrete, Wash.

But they were woefully unprepared for the harsh weather, the strong Russian defense and the Russian scorched-earth tactics, which left nothing behind to sustain the hungry and freezing French troops.