Diverticulitis No More

End Your Diverticulitis in as Little as 7 Days

David Smith
Diverticulitis No More

End Your Diverticulitis in as Little as 7 Days Without Drugs or Surgery Using Easy Natural Methods You Can Do at Home!

By

David Smith

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# Contents

- The Truth About Diverticulitis .................................................................................................................. 7
- Causes of Diverticulitis ............................................................................................................................... 7
- What Your Doctor Should Look For ........................................................................................................... 8
- Control Your Diverticulitis With the Right Diet ........................................................................................ 8
- Step-by-Step Diet Guidelines ......................................................................................................................... 9
- Get Your Nutrients From the Source ....................................................................................................... 10
- Follow Their Diet and You Will Stop Your Diverticulitis ....................................................................... 10
- Super Foods You Can Start Eating Today .................................................................................................. 11
- The Easy Way to Colon Health ................................................................................................................. 13
- Should You Avoid These Foods – or Not? .................................................................................................. 14
- What Your Body is Telling You (and Why You Should Listen) .................................................................. 15
- Pay Attention to This Important Number ................................................................................................. 15
- Essential Vitamins and Nutrients You Need for Diverticulitis .................................................................. 17
- 14 Surprising Natural Remedies for Diverticulitis .................................................................................. 20
- Inspiring Stories of People Who Have Cured Their Diverticulitis ........................................................... 22
- Things to Stay Away From If You Have Diverticulitis ............................................................................ 24
- Can people with diverticulitis eat nuts and seeds? ..................................................................................... 25
- What is the difference between diverticulosis and diverticulitis? ............................................................. 26
- What is a good diet to avoid another bout of diverticulitis? .................................................................... 26
- Do enteric-coated supplements have any adverse effect on a person with diverticulitis? ....................... 27
- What foods should I avoid? ......................................................................................................................... 28
- Elimination Diet ......................................................................................................................................... 30
- Can Tylenol cause bleeding in someone with diverticular bleeding problems? ..................................... 32
- How do I prepare for my doctor’s appointment? ....................................................................................... 32
  - What you can do before the appointment ............................................................................................... 33
  - Questions to ask your doctor ...................................................................................................................... 33
  - What to expect from your doctor ............................................................................................................... 34
- The Rainforest ‘Miracle’ Plant ..................................................................................................................... 35
  - How to Take it .............................................................................................................................................. 35
  - How it Works .............................................................................................................................................. 36
  - Risks ......................................................................................................................................................... 36

3 Diverticulitis No More – David Smith
A Message From David Smith...

Dear Reader,

What you’re about to read may change your life. Right now you might be feeling frustrated and confused. You might even feel anxious and depressed because of diverticulitis. I have written this guide to help you.

You see, I have helped many people who once suffered from diverticulitis. In many cases, doctors couldn’t help these people and just used them as guinea pigs to try different treatments that failed every time.

These diverticulitis sufferers didn’t really understand the changes that their body was going through. Maybe you have experienced something similar. If so, this guide will speak to you like no other book you have ever read.

I’m almost certain their lives would have been ruined if they had not discovered my clinically-proven natural healing methods in time. Fortunately, you are about to start your road to recovery today. This book you have in front of you right now holds the key to treating and even reversing your diverticulitis problems and finally getting your life back.

I hope you benefit from my efforts. Please read and apply the tips and advice I will share with you. You will only get better if you take action.

It’s a privilege to have you as one of my readers. I hope your life improves and your health and energy skyrocket after you read this guide.

5 Diverticulitis No More – David Smith
To Your Health,

David Smith

Author, Diverticulitis No More

David Smith’s Diverticulitis No More is intended to provide actionable advice and general information about diet, nutrition, and healthy lifestyle habits. The information presented is the opinion of the respective authors, and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Before incorporating any new practice, medication, or dietary change to your lifestyle, please consult with your physician. The advice and comments of the authors, are their own, and do not necessarily reflect the views of the creators, producers, participants, and distributors of this program.
The Truth About Diverticulitis

You might have gone to your doctor for a routine screening colonoscopy and come out with a surprising diagnosis: diverticulosis. This is a condition in which small sacs, called diverticula, form in the colon. Half of all Americans older than 60 have diverticulosis. Nearly everyone over 80 has it.

Diverticula do not go away once they form. They will not cause any symptoms on their own, but in up to 25 per cent of people with the condition food and fecal particles can clog the pockets, become inflamed or infected and cause diverticulitis.

Symptoms of diverticulitis can include: sudden abdominal pain, tenderness on the lower left side of the abdomen, fever, nausea, cramps, vomiting, chills, and constipation.

The risk of diverticulitis increases tenfold by the age of 55 and by a factor of 40 at the age of 75. Diverticulitis can be dangerous if not treated. This condition often requires antibiotics, a trip to the hospital, or even surgery.

Causes of Diverticulitis

Doctors aren’t sure what causes diverticulitis. With age, the outer walls of the intestine become thicker and less elastic, narrowing the passageway through the colon and making it more difficult to move waste through. Increased pressure from constipation can cause naturally weak places in the colon wall to give way and form marble-sized pouches.

In addition, smoking and stress are known to make diverticulitis symptoms worse. Poor eating habits, a family history of the disease, gallbladder disease, obesity, and coronary artery disease all raise the chances of developing diverticulitis.
What Your Doctor Should Look For

Several tests can help diagnose diverticulitis. A barium enema is a procedure in which the colon is filled with liquid barium and x-rays are taken to reveal pouches in the colon wall, narrowing of the colon, or other abnormalities.

Another test is a sigmoidoscopy, a thin, flexible lighted tube that is inserted into the rectum to give the doctor a closer view of the lower colon. At the same time, tissue samples can be removed for further testing.

A colonoscopy might also be necessary to look at other parts of the colon. It is similar to a sigmoidoscopy, but allows a view of the entire colon.

Control Your Diverticulitis With the Right Diet

Altering your diet can help to control diverticulosis and reduce the likelihood of diverticulitis. Too little fiber, not enough water, a sedentary lifestyle and overeating can lead to digestive difficulties.

Most doctors recommend a high-fiber diet to protect against many digestive disorders, including diverticulitis. Not enough fiber can cause constipation, which puts a lot of pressure on the walls of your colon. Eventually, if the constipation persists, weak spots in the walls give way and balloon out, forming the small pockets in your colon called diverticula.

Foods such as wheat bran, whole grains and vegetables contain mainly insoluble fiber, the type that prevents constipation. Insoluble fiber retains a large amount of water in the intestinal tract, increasing stool bulk, promoting regularity and reducing pressure in the colon.
The average American consumes about half the recommended amount of fiber. Simply adding more fiber to your diet can prevent diverticulosis and diverticulitis. The American Dietetic Association recommends that you eat 25 to 38 grams of fiber every day.

Women aged 19 to 50 are advised to get 25 grams of fiber each day; men require 38 grams. As we get older and our calorie requirements decrease, we need less fiber. After 50, women should aim for 21 grams, men 30 grams.

**Step-by-Step Diet Guidelines**

Whole grains are one of the best ways to add fiber to your diet. This roughage makes your stools softer and bulkier so they can pass easier through the intestines. It strengthens the colon wall muscles, as well. That means less straining and fewer diverticula.

It’s important not to skip breakfast. Start your day with bran flakes, which have 5 grams of fiber per serving. Add raw wheat bran or ground flaxseed to muffin and pancake batters, casseroles, yogurt and smoothies.

For lunch, you might have a sandwich made with whole wheat bread, which adds 4 more grams of fiber. For dinner, consider a cup of brown rice (3.5 grams of fiber). Just those three things equal a total of 13 grams of fiber.

Choose a bread that is made from whole grains and offers at least two to three grams of fiber per slice. Eat whole brown rice, barley, bulgur, quinoa and whole-wheat pasta more often.

In addition, fruits and vegetables have a special kind of fiber that encourages the healthy growth of certain beneficial bacteria in your intestine. The job of these good bacteria is to help with digestion and keep the digestive tract running smoothly.
Higher-fiber choices include apples, oranges, grapefruit, figs, pears, prunes, broccoli, Brussels sprouts, carrots, cauliflower and green peas. Reach for higher-fiber snacks such as dried apricots, dates, almonds, raw vegetables and fruit.

Get Your Nutrients From the Source

Eat at least five servings each of fruits and vegetables. It’s best to eat whole fruits rather than drinking fruit juice. Whole fruits provide more nutrients without any additives, extra sugar, or without being watered down.

The best way to prepare vegetables so they’ll travel easily through your colon is to lightly steam them. Be careful not to overcook them or they will be too soggy and won’t taste good or have as many nutrients left in them.

Stay away from the mushy, canned vegetables whenever possible. They contain too much sodium, sugar, and other unhealthy additives. Fresh produce might take more time to prepare but your health is worth it. Start planning your meals with the goal of including more vegetables as much as you can.

Follow Their Diet and You Will Stop Your Diverticulitis

Beans and lentils are amazingly good sources of fiber. People in Africa and Asia eat plenty of beans in their diet. As a result, they have far fewer cases of diverticulosis. On the other hand, people in industrialized countries like the United States, England, and Australia have some of the highest rates of diverticulosis.
Amazingly, just a half-cup of cooked kidney beans has nearly 6 grams of fiber. Lima beans also score high in fiber content with 4.5 grams per half-cup. But don’t settle for beans by themselves. Add white kidney beans to pasta sauce, black beans to tacos, chickpeas to salads and lentils to soup. Put them in stir-fries, your favorite salads, and in casseroles and enjoy great taste and good health.

Some people may find that bulk-forming supplements, such as psyllium husk powder or Metamucil, help to prevent constipation.

Super Foods You Can Start Eating Today

HIGH FIBER FOODS LIST with TOTAL FIBER GRAMS (g)

<table>
<thead>
<tr>
<th>Fresh &amp; Dried Fruit</th>
<th>Serving Size</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples with skin</td>
<td>1 medium</td>
<td>5.0</td>
</tr>
<tr>
<td>Apricot</td>
<td>3 medium</td>
<td>1.0</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>4 pieces</td>
<td>2.9</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>3.9</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>4.2</td>
</tr>
<tr>
<td>Cantaloupe, cubes</td>
<td>1 cup</td>
<td>1.3</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>2 medium</td>
<td>3.7</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>1/2 medium</td>
<td>3.1</td>
</tr>
<tr>
<td>Orange, navel</td>
<td>1 medium</td>
<td>3.4</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
<td>2.0</td>
</tr>
<tr>
<td>Peaches, dried</td>
<td>3 pieces</td>
<td>3.2</td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>5.1</td>
</tr>
<tr>
<td>Plum</td>
<td>1 medium</td>
<td>1.1</td>
</tr>
<tr>
<td>Raisins</td>
<td>1.5 oz box</td>
<td>1.6</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>6.4</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>4.4</td>
</tr>
<tr>
<td>----------------------</td>
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<td>-----</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains, Beans, Nuts &amp; Seeds</th>
<th>Serving Size</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>1 oz</td>
<td>4.2</td>
</tr>
<tr>
<td>Black beans, cooked</td>
<td>1 cup</td>
<td>13.9</td>
</tr>
<tr>
<td>Bran cereal</td>
<td>1 cup</td>
<td>19.9</td>
</tr>
<tr>
<td>Bread, whole wheat</td>
<td>1 slice</td>
<td>2.0</td>
</tr>
<tr>
<td>Brown rice, dry</td>
<td>1 cup</td>
<td>7.9</td>
</tr>
<tr>
<td>Cashews</td>
<td>1 oz</td>
<td>1.0</td>
</tr>
<tr>
<td>Flax seeds</td>
<td>3 Tbsp.</td>
<td>6.9</td>
</tr>
<tr>
<td>Garbanzo beans, cooked</td>
<td>1 cup</td>
<td>5.8</td>
</tr>
<tr>
<td>Kidney beans, cooked</td>
<td>1 cup</td>
<td>11.6</td>
</tr>
<tr>
<td>Lentils, red cooked</td>
<td>1 cup</td>
<td>13.6</td>
</tr>
<tr>
<td>Lima beans, cooked</td>
<td>1 cup</td>
<td>8.6</td>
</tr>
<tr>
<td>Oats, rolled dry</td>
<td>1 cup</td>
<td>12.0</td>
</tr>
<tr>
<td>Quinoa (seeds) dry</td>
<td>1/4 cup</td>
<td>6.2</td>
</tr>
<tr>
<td>Quinoa, cooked</td>
<td>1 cup</td>
<td>8.4</td>
</tr>
<tr>
<td>Pasta, whole wheat</td>
<td>1 cup</td>
<td>6.3</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 oz</td>
<td>2.3</td>
</tr>
<tr>
<td>Pistachio nuts</td>
<td>1 oz</td>
<td>3.1</td>
</tr>
<tr>
<td>Pumpkin seeds</td>
<td>1/4 cup</td>
<td>4.1</td>
</tr>
<tr>
<td>Soybeans, cooked</td>
<td>1 cup</td>
<td>8.6</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1/4 cup</td>
<td>3.0</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 oz</td>
<td>3.1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Serving Size</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado (fruit)</td>
<td>1 medium</td>
<td>11.8</td>
</tr>
<tr>
<td>Beets, cooked</td>
<td>1 cup</td>
<td>2.8</td>
</tr>
<tr>
<td>Beet greens</td>
<td>1 cup</td>
<td>4.2</td>
</tr>
<tr>
<td>Bok choy, cooked</td>
<td>1 cup</td>
<td>2.8</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>1 cup</td>
<td>4.5</td>
</tr>
<tr>
<td>Brussels sprouts, cooked</td>
<td>1 cup</td>
<td>3.6</td>
</tr>
<tr>
<td>Cabbage, cooked</td>
<td>1 cup</td>
<td>4.2</td>
</tr>
<tr>
<td>Carrot</td>
<td>1 medium</td>
<td>2.6</td>
</tr>
<tr>
<td>Carrot, cooked</td>
<td>1 cup</td>
<td>5.2</td>
</tr>
<tr>
<td>Food Item</td>
<td>Serving Size</td>
<td>Fiber Content</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Cauliflower, cooked</td>
<td>1 cup</td>
<td>3.4</td>
</tr>
<tr>
<td>Cole slaw</td>
<td>1 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Collard greens, cooked</td>
<td>1 cup</td>
<td>2.6</td>
</tr>
<tr>
<td>Corn, sweet</td>
<td>1 cup</td>
<td>4.6</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Celery</td>
<td>1 stalk</td>
<td>1.1</td>
</tr>
<tr>
<td>Kale, cooked</td>
<td>1 cup</td>
<td>7.2</td>
</tr>
<tr>
<td>Onions, raw</td>
<td>1 cup</td>
<td>2.9</td>
</tr>
<tr>
<td>Peas, cooked</td>
<td>1 cup</td>
<td>8.8</td>
</tr>
<tr>
<td>Peppers, sweet</td>
<td>1 cup</td>
<td>2.6</td>
</tr>
<tr>
<td>Pop corn, air-popped</td>
<td>3 cups</td>
<td>3.6</td>
</tr>
<tr>
<td>Potato, baked w/ skin</td>
<td>1 medium</td>
<td>4.8</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1 cup</td>
<td>4.3</td>
</tr>
<tr>
<td>Summer squash, cooked</td>
<td>1 cup</td>
<td>2.5</td>
</tr>
<tr>
<td>Sweet potato, cooked</td>
<td>1 medium</td>
<td>4.9</td>
</tr>
<tr>
<td>Swiss chard, cooked</td>
<td>1 cup</td>
<td>3.7</td>
</tr>
<tr>
<td>Tomato</td>
<td>1 medium</td>
<td>1.0</td>
</tr>
<tr>
<td>Winter squash, cooked</td>
<td>1 cup</td>
<td>6.2</td>
</tr>
<tr>
<td>Zucchini, cooked</td>
<td>1 cup</td>
<td>2.6</td>
</tr>
</tbody>
</table>

**The Easy Way to Colon Health**

I can’t emphasize how important it is to drink water. Most people live their lives in a constant state of dehydration and don’t even know it. Lack of water can make your stools hard (also known as a cemented stool) and cause you to push too hard and expand the colon. This can cause weak spots in the walls of the colon that can make it easier for diverticulosis to develop.

Water also goes hand in hand with consumption of fiber. The added fiber you should be eating to avoid diverticular disease will only work if you drink enough water; otherwise, it can be constipating. Women should drink nine cups (2.2 liters) of water or fluids daily to help fiber encourage regularity; men need 13
cups (three liters). Water, juice, milk, soups, coffee, tea and herbal tea all contribute to your daily water requirements.

**Should You Avoid These Foods – or Not?**

If you have diverticulosis, you may have been told to avoid eating nuts, seeds, corn and popcorn – foods that could lodge in small intestinal pouches and cause them to become inflamed or infected. However, there’s little evidence to support the link between these foods and diverticulitis.

In fact, a recent U.S. study followed 47,228 healthy men, aged 40 to 75, for 18 years and found the opposite was true. Men who ate the most nuts – at least twice a week – were 20 per cent less likely to develop diverticulitis than their peers who ate the least. Those who ate popcorn at least twice weekly had a 28-per-cent reduced risk. The researchers believe that the fiber and anti-inflammatory nutrients in these foods protected against the complications of diverticulosis.

Even so, you may want to stay on the safe side and not take a chance on triggering a painful attack of diverticulitis don’t want to take a chance and prefer to avoid nuts, seeds, popcorn and fruits and vegetables with seeds such as strawberries, figs, grapes and cucumbers.
What Your Body is Telling You (and Why You Should Listen)

Obesity, especially abdominal obesity, has been linked to greater risks of diverticulitis. One study found that men with a body mass index (BMI) of 30 or greater were 78% more likely to develop diverticulitis than men of normal weight. Having a waistline greater than 40 inches made the odds of diverticulitis 56% higher.

Obesity is thought to contribute to diverticulitis by promoting inflammation and altering bacteria in the intestinal tract.

Pay Attention to This Important Number

Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA).

BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

How to calculate BMI in kilograms and meters (or centimeters)

Formula: weight (kg) / [height (m)]2

With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.
Example:

Weight = 68 kg
Height = 165 cm (1.65 m)

Calculation: $\frac{68}{(1.65)^2} = 24.98$

**How to calculate BMI in pounds and inches**

Formula: weight (lb) / [height (in)]^2 x 703

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example:

Weight = 150 lbs
Height = 5'5" (65")

Calculation: $[\frac{150}{(65)^2}] \times 703 = 24.96$

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 – 24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25.0 – 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and Above</td>
<td>Obese</td>
</tr>
</tbody>
</table>
## Essential Vitamins and Nutrients You Need for Diverticulitis

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Suggested Dosage</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bio-Bifidus from American Biologics</td>
<td>Follow instructions on label.</td>
<td>Replaces flora in the small intestine to improve nutrient absorption.</td>
</tr>
<tr>
<td>AND</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kyo-Dophilus from Wakunaga</td>
<td>As directed on label. Use on an empty stomach.</td>
<td>Replenishes bowel flora to improve elimination and assimilation.</td>
</tr>
<tr>
<td>Fiber (oat bran, psyllium, ground flaxseeds, and Aerobic Bulk Cleanse (ABC) from Aerobic Life Industries are some good sources)</td>
<td>Follow directions on label. Take 1 hour before meals with a large glass of liquid. Use separately from other supplements and medications.</td>
<td>Helps prevent constipation. Fights infection by keeping wastes from accumulating in pouches in the colon walls.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>100 mg 3 times a day.</td>
<td>Important for all enzyme systems in the body and for good digestion. Hypoallergenic formula is best.</td>
</tr>
</tbody>
</table>

### Very Important

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Suggested Dosage</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multienzyme complex</td>
<td>As directed on label.</td>
<td>Helps to break down</td>
</tr>
<tr>
<td>Supplement</td>
<td>Suggested Dosage</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>--------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Bio Rizin from American Biologics</td>
<td>Take 10 to 20 drops two times a day.</td>
<td>Licorice extract that improves glandular function and helps alleviate allergy symptoms.</td>
</tr>
<tr>
<td>Dioxychlor from American Biologics</td>
<td>Use as directed on label.</td>
<td>Powerful antibacterial, antifungal, and antiviral agent.</td>
</tr>
<tr>
<td>Essential fatty acids (flaxseed oil, primrose oil, salmon oil, and Ultimate Oil from Nature's Secret are good sources)</td>
<td>Follow label directions. Take 3 times a day, before meals.</td>
<td>Improves lymphatic function and helps protect the cells lining the wall of the colon.</td>
</tr>
<tr>
<td>Garlic (Kyolic)</td>
<td>Use 2 capsule 3 times a day, with meals.</td>
<td>Helps digestion and wipes out undesirable bacteria and parasites. Use a yeast-free formula.</td>
</tr>
<tr>
<td>L-Glutamine</td>
<td>Take 500 mg twice a day, on an empty stomach. Take with water or juice, but not</td>
<td>Provides metabolic fuel for the intestinal cells; maintains the villi, which are the surfaces.</td>
</tr>
</tbody>
</table>
Aloe vera (George’s Aloe Vera Juice from Warren Laboratories is good)  
Drink ½ cup of aloe vera juice 3 times a day. Mix it with a cup of herbal tea if you wish.  
Encourages the healing of inflamed areas. Also helps prevent constipation.

Free-form amino acid complex  
Follow label instructions. Use on an empty stomach half an hour before meals.  
Supplies protein needed for healing and tissue repair.

Raw thymus glandular  
Use as directed on label. Do not give to young children.  
Promotes the healing of organs. Buy glandulars made from young, organically-raised free range animals that have not received hormones.

Vitamin A  
Take 25,000 IU a day. If you are pregnant, use less than 10,000 IU daily.  
Protects and heals the lining of the colon.

Vitamin C  
Use 3,000 to 8,000 mg a day in divided doses.  
Lowers inflammation and boosts immune system.

Vitamin K or alfalfa  
100 mcg a day.  
Deficiency has been linked to intestinal disorders.
Vitamin E | Use up to 800 IU a day. | Effective antioxidant that protects the mucous membranes.

**14 Surprising Natural Remedies for Diverticulitis**

- Beneficial herbs for diverticulitis include cayenne (capsicum), chamomile, goldenseal, papaya, red clover, pau d’arco, and yarrow extract or tea. Pau d’arco cleanses, heals, and fights bacteria. Drink two cups of pau d’arco tea daily.

  Caution: do not use chamomile for long periods, as it could lead to ragweed allergy. Avoid it if you are allergic to ragweed. Take goldenseal for only one week at a time, and do not use it during pregnancy. Use it only under a doctor’s guidance if you have had cardiovascular disease, diabetes, or glaucoma.

- Eat a low-carbohydrate diet with high amounts of protein from vegetables and fish. Be careful eating grains, seeds, or nuts – except for well cooked brown rice – as they may get caught in the pouches of the colon wall, resulting in bloating and gas.

- Avoid dairy products, red meat, sugar products, fried foods, spices, and processed foods.
• Include plenty of green leafy vegetables in your diet. They provide vitamin K, which is important for people with intestinal disorders.

• If you are having an acute attack of diverticulitis, your doctor may tell you to eat a low-fiber diet temporarily. Resume eating a high-fiber diet once the inflammation is gone.

• The day of an acute attack, take 4 charcoal tablets or capsules with a large glass of water to absorb trapped gas. Charcoal tablets are found in health food stores. Take them separately from medications and other supplements. Do not use them for long periods, because they absorb beneficial nutrients as well as gas.

• During severe attacks, use liquid vitamin supplements for better absorption and put all vegetables and fruits through a blender. You can also eat steamed vegetables. Baby foods are also recommended until you are healed.

• You should also add supplemental fiber to the baby food. Add raw foods and vegetables slowly to your diet as you get better. Drink carrot juice, cabbage juice, and “green drinks.”

• Massage the left side of the abdomen to relieve pain. Stand up and do stretching exercises.

• Check your stools every day for blood. If the stool is black, take a piece of it to your doctor for an analysis.
• Try to have a bowel movement at the same time each day. Take fiber and acidophilus as soon as you wake up and before breakfast to help the bowels start moving.

Note: Always take supplemental fiber separately from other supplements and medications.

• Food allergies could be one of the causes of your intestinal disorders. Get tested for allergies.

• If your doctor prescribes antibiotics for your infected diverticula, make sure to consume plenty of soured products and a nondairy acidophilus while you are taking antibiotics.

• Do not depend on laxatives. Overusing them can irritate the colon wall.

**Inspiring Stories of People Who Have Cured Their Diverticulitis**

“I first got diverticulitis when I lived in Wyoming one spring 15 years ago. I would pick and eat wild blackberries in the mornings and eat a 5 pound bag of almonds throughout the day. Within a week I started getting pains and ended up in the ER. They were little help - just gave me Maalox.

Desperate for relief I visited a health food store and the store owner told me that the combination of berries and almonds was causing diverticulitis. She recommended that I drink Aloe Vera juice and papaya juice and to eat papaya tablets before each meal. My diverticulitis was gone within a few days. That
saved me from this awful, painful, and sometimes life threatening condition." – Tom, Virginia, USA.

"I discovered apple cider vinegar when my colon inflammation was SO bad, every breath hurt and, after eating, pain was constant. I was drinking liquid antacid straight from the bottle every few minutes.

A friend told me that stuff was WORSE for me than the inflammation. He put 2 tablespoons of apple cider vinegar and 2 tablespoons of honey in an 8 oz glass of water. Before I was done drinking the glass, I could feel the pain and pressure lessening like bubbles bursting inside.

I started to drink a glass after EACH meal. In less than a month, I was symptom free and haven't had any problems since." – Norma, Ohio, USA.

"My elderly 81-year-old mother had an acute case of diverticulitis. She was taken to the emergency room six times in one year. Surgeons wanted to remove her entire colon. My mother though there was no other option. I though otherwise and placed the surgeons on-hold while I searched for a solution to kill the bad bacteria in her colon.
Then I found out about grapefruit seed extract. When she'd feel an attack coming on, I would put 12 drops in a glass of water and have her drink it 4 times a day. After about 4 days the pain would subside.

Now she takes 12 drops of grapefruit seed extract in a glass of water each and every night with out fail. She is now free from the attacks and when she feels like an attack is coming on she takes 12 drops of grapefruit seed extract twice a day and then goes back to just once a day after the pain goes away.

Thanks to this remedy she is back to being the person I have always been accustomed to seeing: energetic, active and in good humor." – Pat, Australia.

Things to Stay Away From If You Have Diverticulitis

These troublemaking foods can cause your intestines some serious trouble that can be very painful and even life-threatening. Try to cut down on them or avoid them whenever possible.

• Red meat – Harmful bacteria form in the gut when you digest red meat. This can weaken the colon walls and lead to the formation of diverticula.

• Stimulant laxatives can make you feel even worse. They irritate your colon and make you feel bloated. It’s best to go with more natural laxatives such as psyllium, prunes, and prune juice.
• Eat less or avoid seeded foods altogether. Foods like popcorn, strawberries, and tomatoes contain seeds that can get stuck in the pouches in the intestine and lead to infection and inflammation. Although some experts disagree with this, it’s worth trying it for yourself to see if it relieves your diverticulitis.

• If you use nonsteroidal anti-inflammatory drugs (NSAIDS) and have diverticulitis, you run the risk of serious complications. NSAIDS include such drugs as aspirin and ibuprofen.

Can people with diverticulitis eat nuts and seeds?

You may have heard conflicting advice about this, so what is the real answer? It’s true that many doctors recommend that if you have diverticulitis, you should stay away from seeds and nuts, and especially foods with tiny seeds, such as tomatoes, cucumbers and strawberries. The thinking behind this is that these tiny particles might lodge in the diverticula and cause inflammation (diverticulitis).

Not so, says Michael F. Picco, M.D., a Mayo Clinic gastroenterologist. “There is no scientific evidence that seeds and nuts cause diverticulitis flares,” he says. “In fact, eating a high-fiber diet — which may include nuts and seeds — may reduce the risk of diverticular disease.”

However, it’s better to be safe than sorry. So go ahead and avoid nuts and seeds if you think they are triggering your diverticulitis attacks, says Dr. Picco. Just make sure you get enough fiber from other dietary sources, he adds.
What is the difference between diverticulosis and diverticulitis?

When a pouch balloons outward from the wall of the colon, it forms what are known as diverticula. These are a type of hernia. Diverticula are most commonly found in your colon, but can also occur in the stomach, small intestine or esophagus. The condition of having diverticula is referred to as diverticulosis.

Your chances of experiencing diverticulitis increase beyond the age of 40. Nausea, fever, abdominal cramps and changes in bowel movements are common symptoms of diverticulitis. You can treat milder diverticulitis attacks with dietary changes, rest or antibiotic medications. More severe cases may need surgical treatment.

We don’t really know what causes it, but a diet low in fiber and low physical activity have been strongly associated with the formation of diverticula. Both these factors lead to constipation, which in turn puts a strain on the muscles of the colon to move stool. This puts pressure on the walls and causes weak spots in the colon to bulge out and become diverticula.

Diverticulitis, on the other hand, is a much more serious condition. It occurs when the small pouches (diverticula) become infected or inflamed and form tiny holes, or microperforations. These perforations can leak the contents of the colon into the abdominal cavity.

The perforations develop when constant straining to move stool through the colon. Sometimes a pouch can rupture and cause feces to contaminate the peritoneum, the membrane surrounding the abdominal cavity. This is called peritonitis and requires immediate surgery to clean the abdominal cavity and cut out the damaged part of the colon. Otherwise, peritonitis can be fatal.

What is a good diet to avoid another bout of diverticulitis?
Most doctors agree that eating a high-fiber diet will reduce the risk of diverticulitis. Keeping a diet with a consistent balance of soluble and insoluble fiber and liquid will help maintain healthy bowel function.

Nuts and seeds are a great source of fiber, even though some doctors warn against eating them, for fear they might become lodged in the pouches of the colon and lead to inflammation (diverticulosis).

However, there is no real scientific proof of this, and nuts and seeds are generally safe to eat. Still, by all means avoid them if you think they are triggering your attacks.

The trick is to get enough fiber from whatever foods you eat. “High fiber foods, such as fresh fruits and vegetables and whole grains, soften stools and help them pass more quickly through your colon,” says Deborah Kurzrock, Chief Clinical Dietitian at Los Angeles County/University of Southern California Medical Center. “This reduces pressure inside your digestive track.”

Aim for 20 to 35 grams of fiber each day, she suggests. An apple or half a cup of spinach each contain at least 3 grams of fiber. A half-cup of kidney beans contains 8 grams of fiber.

If you’re not used to eating fiber, add it slowly so you don’t become bloated. Also, drink plenty of water to help the fiber pass through the digestive tract.

Regular exercise is also a great way to promote normal bowel function. It is also important not to ignore or delay bowel movements. Listen to your body and respond to your bowel urges.

Do enteric-coated supplements have any adverse effect on a person with diverticulitis?

An enteric coating is a barrier applied to some oral supplements to prevent them from becoming absorbed in the stomach and instead allows them to be
absorbed in the small intestine, the place where most vitamins and minerals are usually absorbed into the bloodstream.

An enteric coating can be made up of fatty acids, waxes, shellac, plastics, and plant fibers. The surface of the enteric coating is stable at the highly acidic pH in the stomach (pH -3), but breaks down at the more alkaline pH (pH 7-9) of the small intestine.

For this reason, enteric-coated supplements and medications are usually regarded as safe for people with diverticulitis. “There is no detriment or interaction with this condition,” says Joanna Maggs, a medical nutritionist based in the United Kingdom, “The enteric coating disintegrates in the small intestine and the ingredients assimilate at that stage, not in the lower bowel portion of the intestines [colon].”

**What foods should I avoid?**

Each person’s body is different, so there really is no set list of foods to avoid, it’s a matter of testing what works and doesn’t work for you. It is useful to keep a food diary to observe which foods cause you pain.

It is very important to remember that a food that may pose issues for one person may not for another and all diet changes should be discussed with your healthcare professional.

In general, we know that a healthy diet is of utmost importance in preventing diverticulitis. So it makes sense to start by eliminating all processed foods, junk foods, and fast foods, which have low amounts of fiber or no fiber at all. Plus, they cause inflammation and are hard to digest. Stay away from such low-fiber foods as white bread and pasta, candies and cakes.
Focus on eating a diet high in fiber, making sure to include as many raw fruits and vegetables as possible. Chew food thoroughly so it can get mixed with saliva, which is an important digestive enzyme.

Additionally, it is important to drink plenty of liquids, consisting of water and natural fruit juices to flush out the system and prevent constipation.

Some people have trouble digesting the skin on some items, especially fruits and vegetables such as potatoes and apples. Although the skin adds fiber to your diet, it may cause you complications. You may have to try them out to see if they are safe for you.

Other common foods to avoid are sesame seeds (including on buns), corn, chili peppers, and spicy foods. Also many people have noted that nuts pose a problem.

**Note:** Seeds and nuts are usually not a problem for most people with diverticulitis and most studies have found that they are safe. However, there is always the chance that they might affect you. Again, the best thing is to test it and see what it does to you.

During a diverticulitis attack, your doctor will likely require you to drink mostly clear liquids for two to three days to allow the attack to subside, as well as prescribing other treatment.

Clear liquids include water, chicken broth, clear tea with no cream, gelatin and fruit juices without fruit or pulp, ice pops and ice chips. As symptoms resolve, you can begin to add soft, mostly low-fiber foods to your diet, including canned fruits, eggs, white bread, cooked cereals, milk, pasta, smooth peanut butter, boiled or mashed potatoes without the skin, yogurt, well-cooked vegetables, tender meats and fish.

Once the attack is over, eating high-fiber foods is recommended.
Elimination Diet

85% of people with chronic disease, including diverticulitis, have food allergies. You should follow an elimination diet for 4-6 days so all your allergies can be cleansed from the body. This means you stop eating most of the foods you eat more than two times a week.

Then you reintroduce each food you normally eat one at a time to see if it causes you trouble. If it does, then your body cannot tolerate this food.

For these 4-6 days, you will eat foods that usually don’t cause allergic reactions in most people. Some foods that are considered “safe” for the majority of individuals include:

- Cod
- Trout
- Mackerel
- Pears
- Parsnips
- Turnips
- Rutabaga
- Sweet potatoes
- Yams
- Celery
- Zucchini
- Carrots
- Peaches

Eat these foods fresh and in their whole or natural form, not in cans or in packages.

For liquids, drink only water or sparkling water. As a condiment, use sea or mineral salt. Steaming is a great method of preparing the foods during the elimination diet.
Also, buy a bottle of magnesium citrate (found in the laxative section) and an Alka-Seltzer Gold.

Start the elimination diet any day of the week. If you work, Thursday is a good day to start. Start 2 hours after dinner by mixing half the bottle of magnesium citrate with an equal amount of water and drinking it slowly. Repeat this procedure with the rest of the magnesium just before you go to bed.

For the next 4-6 days, eat only the “safe” foods. Eat them in any combination and in any amount throughout the day. Write down what you are eating and how often.

By the end of Day 1, you should start feeling your first “withdrawal” symptoms. The most common symptoms are an increase in joint swelling and pain. Other symptoms include headaches, muscle aches, fatigue, and other flu-like symptoms. You will probably also feel strong hunger pangs and cravings.

By Days 2 and 3, the withdrawal symptoms will get worse. You might even feel completely crippled. It can help to take one tablet of Alka-Seltzer Gold in a large glass of water. You can drink this every 4 hours if needed. Also drink plenty of water to speed up the elimination of symptoms.

On Day 4, you might start to feel better as your withdrawal symptoms begin to clear. This “clearing” will continue on Days 5 and 6. You might feel better than you have in years.

Now that the symptoms have cleared, you can reintroduce new foods one by one to the base diet of safe foods that you have been eating for the past 4-6 days. Eat your base diet of safe foods plus the new food for 2-3 days. You can test up to 3 foods a day if there is no reaction.

Keep a written log of everything you eat and how you feel afterwards. If the food you have introduced does not cause you any pain, then your body can tolerate this food and you can move on to the next food. For the next 2-3 days, eat this food plus the base diet and any other foods that have passed your tolerance test.

Most foods will have no negative effect on you, but eventually you will discover the food (or foods) that cause you discomfort and lead to diverticulitis flare ups.
and pain. In this way, you will discover the perfect diverticulitis diet for you. It will be a diet custom-tailored to your body and your needs.

Can Tylenol cause bleeding in someone with diverticular bleeding problems?

While some people have reported bleeding from using Tylenol, studies up to this point do not conclusively rule out Tylenol as a pain-relieving method for diverticulitis. However, you should see your doctor for evaluation because pain can be an indicator of more severe underlying problems.

Tylenol is an antipyretic (anti-fever) and analgesic (for pain). In patients with diverticular disease or other bleeding or coagulopathic problems, paracetamol or Tylenol are the preferred medications for pain control.

Tylenol, also known as acetaminophen, is often used by diverticulitis sufferers to relieve pain associated with this condition. Unlike NSAIDs (non-steroidal anti-inflammatories), Tylenol poses a relatively small risk of bleeding.

NSAIDs should be strictly avoided, since they are known to cause bleeding in people with diverticulitis. NSAIDs include aspirin, ibuprofen (Motrin® IB), and naproxen sodium (Aleve®), as well as traditional prescription NSAIDs (such as indomethalin, ibuprofen, etc.) and COX-2 inhibitors, like Celebrex®.

How do I prepare for my doctor’s appointment?

If you think you have diverticular disease, you will probably start by seeing your family doctor or a general practitioner, or possibly an emergency room doctor.
You might then be referred to a doctor who specializes in disorders of the digestive system (gastroenterologist).

Since appointments are usually brief and often cover a lot of ground, it’s a good idea to be prepared. Here's some information to help you get ready, and what to expect from your doctor.

What you can do before the appointment

- Be aware of any pre-appointment restrictions. Ask if you need to do anything in advance, such as restrict your diet.
- Write down a list of all the symptoms you are feeling, even ones that may seem unrelated to your diverticulitis.
- Jot down all the medications you are taking, including any vitamins or supplements you are using, and bring them to your doctor’s visit.
- If possible, bring a family member or friend with you. They will help you remember all the information you were given during the appointment. They will even bring up things that you missed or forgot.

Questions to ask your doctor

Doctors have only a few minutes to talk to you, so have a list of questions ready so you can make the most of your time together. For diverticulitis, some basic questions to ask your doctor include:

- What's the most likely cause of my symptoms?
- Are there other possible causes for my symptoms?
• What kinds of tests do I need? Do these tests require any special preparation?
• What treatments are available, and which do you recommend?
• Are there any alternatives to the approach that you're suggesting?
• Will the diverticulitis come back?
• Are there any dietary restrictions that I need to follow?
• Are there certain foods I need to add to my diet?
• Are there any brochures or other printed material that I can take with me?
• What websites do you recommend?
• Should I have a colonoscopy, and if so, when?

In addition to the questions that you've prepared to ask your doctor, don't hesitate to ask any questions that may occur to you during your appointment.

What to expect from your doctor

Your doctor is likely to ask you a number of questions. Your doctor may ask:

• When did you begin experiencing symptoms?
• Have your symptoms been continuous or occasional?
• How severe are your symptoms?
• How much fiber do you usually eat in a day?
• Do you take any over-the-counter fiber supplements?
• How much exercise do you get during a week?
• Do you have a fever?
• Have you had any pain with urination or passing air in your urine?
• Have you had a vaginal discharge or passed stool through the vagina?
• Have you ever had a colonoscopy?
Ungaria Gambir (Cat's Claw) is a woody vine with claw-shaped thorns that grows wild in Central and South America, particularly in the Amazon rainforest. It is also known by such names as uña de gato and vilcacora.

The indigenous people of South America have used cat’s claw for centuries as a contraceptive and to prevent and treat diseases such as:

- Diarrhea
- Inflammation in the gastrointestinal tract
- Diabetes
- Acne
- Arthritis
- Urinary tract conditions
- Cancer
- Fever

Today, homeopathy has embraced the use of cat’s claw. Dilute extracts are sold as remedies for gastrointestinal disorders (e.g., Crohn disease, colitis, ulcers, leaky bowel syndrome, diverticulitis).

**How to Take it**

Preparations of cat’s claw include liquid extracts, capsules, and teas. Some preparations are designed to be applied to the skin (topical).

Prepare a tea by adding 1–10 grams of root bark to eight ounces of water. Boil the water for approximately 15 minutes and then strain it. Drinking one cup three times a day is safe.
As a tincture, one-quarter to one-half of a teaspoon of cat’s claw can be taken two or three times daily.

**How it Works**

Cat’s claw extracts contain a variety of chemicals, including alkaloids and polyphenols. These compounds have anti-inflammatory, antioxidant, and anticancer properties.

In laboratory studies, cat’s claw has been shown to relax the smooth muscle of the intestine and increase immune function. It also widens blood vessels and increases the excretion of urine. These latter effects suggest that extracts may also be useful for treating high blood pressure.

**Risks**

Do not take cat’s claw if you are pregnant, it may cause a miscarriage.

Because some preparations of cat’s claw may stimulate the immune system, it is unclear whether the herb is safe for people with conditions affecting the immune system or who are undergoing immunosuppression because of an organ transplant.

**Side Effects**

The following have been reported during use of cat’s claw.

- Diarrhea
- Headache
- Vomiting
- Nausea
• Dizziness

Often these reactions are mild and disappear with continued use.

About the Author

David Smith is a respected medical author and researcher who has written over 20 books on natural methods to treat and cure diseases, including gallstones, acid reflux, kidney stones, acne, constipation, macular degeneration and others.

His books have helped thousands of people overcome their debilitating conditions in a safe and natural way – without drugs or surgery.

To contact David, please send an email to:

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Additional Resources

How to Dissolve and Pass Your Gallstones At Home Without Surgery or Drugs

Do you wish there was a powerful natural method to pass your gallstones quickly and safely?

If you answered "YES" to any of these questions, then I can help you.

You see, I have discovered and perfected a unique natural system that will help your body to dissolve and pass your gallstones in as little as 24 hours.

Click Here to Learn More
Cure Your Heartburn And Acid Reflux For Good… Without Drugs Or Surgery

I spent years finding out what works and what doesn’t work when it comes to curing heartburn and acid reflux naturally and safely.

Now I’ve got great news for you.

Recently, I put together an exclusive report showing all the natural methods I have used to cure myself and many others of the pain and suffering of heartburn and acid reflux.

So if you’re ready to say good-bye to your pain and suffering for good…

[Click Here to Find Out About This Easy Reflux Cure]
How to Beat Your Adrenal Fatigue Naturally Starting in the Next 5 Minutes

You sleep 12 hours but you still feel drained. You gain weight around your stomach for no good reason. You don't know what's going on and your doctor can't help you.

You're not crazy. Adrenal fatigue is real and you're living through it. Now you just want someone to explain what's going on and what you can do about it.

That's why I have put together all my discoveries into a step by step system that you can use at home to reverse your chronic fatigue in 60 days or less.

Click Here to Find Out the Details