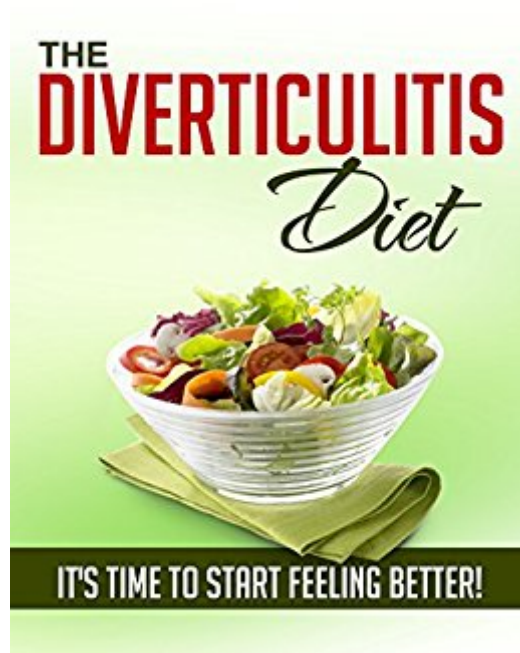




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The Diverticulitis Diet: It's Time To Start Feeling Better!



Synopsis

The Diverticulitis Diet is a must-read for those who need diet help for diverticulitis, diverticulosis, or diverticular disease. It's easy to follow, yet comprehensive. It includes basic information, several diets, when to apply those diets, foods to avoid, and a sample meal plan.

Book Information

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Customer Reviews

My cousin has Diverticulitis and being that her stomach is extra sensitive to certain foods, I wanted to help her find dishes that would help her during this time. There was so much that I liked about this book (including, but not limited to):#1 - It actually broke down what the disease is and how it affects people. I had no idea that 20% - 30% of people in the US suffers from Diverticulitis.#2 - I details the difference between Diverticular disease, Diverticulosis, and Diverticulitis.#3 - The causes and how to determine if you are suffering from this illness along with various treatments.I felt a lot more educated once I had covered the first three chapters of the book and I better understood the discomfort my cousin had experienced.The Diet Guide was great, delving into how healthy bacteria (probiotics) has been shown to help prevent recurrent episodes of this disease. It included different

types, sources, and the effects of probiotics. I took the info I had learned, including the composition of the clear liquid diet and went grocery shopping. As advised in the book for one of the many diet options, I purchased:-Fresh Fruit (for fresh fruit juice)-Clear broths (I bought organic)-Jello-Green Tea-Mineral Water-Activia To help with any flare ups. I also liked that Hammond included other diets such as Soft Diet, Low Fiber, Low Residue Diet, High Fiber Diet. Most importantly, there was a very handy list of foods to avoid that helped a ton. All-in-all, this book cut straight to the chase minus the fluff and provided a book long enough to be highly informative and comprehensive which made it a breeze to read. I recommend this book to anyone who is suffering with this disease or has a loved one that is battling it.

I've read a few books on the subject matter, and this is the best read for a beginner! Simple and easy to understand. It's probably wise to read this first, and then move on to other publications if you need more detailed information. Highly recommend!

If you've just been diagnosed with Diverticulitis this book is definitely worth \$2.99 and just an hour of your time to read. Will be a good reference to use in the future too!

just don't like having to be a chemist in my own kitchen

This book helps with my diverticulitis.

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