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Diverticulitis Diet: A Complete Diet Guide for People with Diverticulitis (Causes, Diet and Other Remedial Measures)

Monika Shah

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A Complete Diet Guide for People with Diverticulitis (Causes, Diet and Other Remedial Measures)

This book has been specifically designed and written for people who have been diagnosed with Diverticulitis and seriously strive to heal and cure it with the help of a right, healthy and effective homemade diet. Apart from taking medications prescribed by the doctor, it is extremely important to eat the right diet to ease the discomfort caused.

Let’s take a closer look on what this book has to offer:

- **The Diverticulitis Disease Guide:** This part of the book educates you, not only about the Diverticulitis disease itself but also the causes, symptoms, risks, complications and its available treatment options in great detail. If you or any of your loved one is suffering with Diverticulitis and has to undergo the surgery, the book will educate you on the various types of surgeries available along with the post-surgery expectations and required lifestyle changes.
- **The Diverticulitis Diet Guide:** This part of the book educates you in detail about the four important and very critical stages of Diverticulitis diet that one should follow to sail through the healing period of this disease. For each of these diverticulitis diet stages, book will unfold the real goals, guidelines, diet control measures and foods to eat and avoid from various food groups in detail. It makes sure that the person who needs to be on diverticulitis diet is well-versed with the required dietary information and guidelines to live a healthy and painless life.

Also Includes: Natural Remedies & Self Help Measures

Apart from the Diverticulitis disease and diet guides, this book also comes with sections that will not only expand your knowledge on the various “natural remedies to cure diverticulitis” but also the critical “lifestyle changes required”, once you finish through all stages of diverticulitis diet.

Tags: Diverticulitis, Diverticulitis Diet, Diverticulitis Diet Guide, Diverticulitis Foods, Diverticulitis Pain Free Foods

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