



Jini's Healing Guide: The Diverticulitis Diet

Jini Patel Thompson

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Diverticulitis is a common form of inflammatory bowel disease (IBD). Many people develop small pouches (diverticula) in the lining of their colon that bulge outward through weak spots, usually in the large intestine. This is called diverticular disease. The condition of having diverticula is called diverticulosis. When the diverticulae become infected and inflamed, it's called diverticulitis.

Ten to 25 percent of people with diverticulosis develop diverticulitis. Diverticulosis can remain undetected for many years, but when a pouch becomes infected, it can cause serious diverticulitis symptoms like abdominal pain, bloating, nausea, constipation, or loose bowel movements and diarrhea. Mild diverticulitis symptoms may be confused with overlapping symptoms of irritable bowel syndrome (IBS).

After years of researching and experimenting with natural treatments for colon and bowel conditions, Jini Patel Thompson healed herself of serious, widespread Crohn's disease over 20 years ago. She continues to research and to experiment, and to consult with others with gastrointestinal conditions, answering thousands of questions on her online forum.

Jini has earned international recognition as an expert on natural remedies for colon and bowel disease, including diverticulitis. Even if you have tried every diverticulitis treatment available without success, don't give up hope – Jini's natural remedies for bowel and colon disease have helped tens of thousands of people worldwide, and her books are sold in over 40 different countries.

In this Healing Guide, Jini Patel Thompson focuses on one all-important facet of treating and healing diverticular disease – DIET. The eBook also gives you concise instructions on what to do during a blockage, how to clear a blockage, how to eat to prevent a flare-up, and how to use food to heal your digestive system over the long-term and keep it healthy. She also offers help dealing with constipation, often a preceding condition of diverticulitis.

Other important facets of the diverticulitis pathology – like inflammation, infection, and bacterial flora – are beyond the scope of this eBook. For more in-depth information on the effective natural treatment of bowel and colon disease, check out Jini's 480-page book, *Listen To Your Gut*.

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ABOUT THE AUTHOR

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