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# Diverticulitis Pain Free Foods 4 Book Bundle: Diverticulitis Diet Program, Recipe Book, Meal Plans, And 50 Essential Tips For Recovery



## Synopsis

You have probably been told that you will have diverticulitis for life and that it will get worse over time. The opinion of author Michael Hohlweg is diverticulitis is not a mystery disease with an unknown cause. Michael goes further than explaining the cause. He has dedicated 20 years of research and exacting experimentation to eliminate flare-ups, attacks, infections, over-acidification, diarrhea, constipation and inflammation. He attacks the stigma of diverticulitis being "untreatable" with personal experience and a belief that doctors and pharmaceutical companies were focused on antibiotics, antacids, steroids, anti-inflammatories, procedures and surgeries and not on helping people eliminate symptoms. Once you understand this simple truth about digestive disorders, it is easier to understand that eliminating two symptoms can actually eliminate all symptoms.

Over-acidification and inflammation are not diseases, they are conditions and they only persist when the few eating habits that create them continue. Michael shows you how to break the few eating habits unique to Western cultures where diverticulitis flourishes. Your diverticulitis is a product of eating style called "Catalyst Foods"; Catalyst foods is a term that refers to what Mike invented, which is a food ratio chart called "The Magic Ratio"; This magic ratio allows those who know the program to eat almost any food as long as they combine them according to certain rules. We know you have read and tried things before and you are tired of being disappointed. We know that doctors don't cure digestive disorders and you are looking for a simple, natural way to succeed. Pain Free Foods Includes: complete diet plan, 200 recipes, 50 things you need to know, and a 7-day meal plan. Free phone and email support: Rachel (coauthor of the program) at [painfreefoods@hughes.net](mailto:painfreefoods@hughes.net), or 417-712-3329. Free Kindle version of book with purchase of hard copy!!!

## Book Information

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## Customer Reviews

I am not someone who writes reviews for anything, but after just 3 weeks following this eating program, I have such wonderful results that I must share for others considering purchasing this book. I was diagnosed with diverticulosis in my mid-20's (around 1995) after I got salmonella poisoning at a restaurant. I was in and out of the hospital and multiple doctor visits for months on end. After a colonoscopy, they saw the diverticulosis, and it was severe. The poisoning really took its toll on my system. After a liquid diet and losing 30 pounds, I seemed fine again and resumed my normal eating habits (mainly of meat and potatoes - how I was raised). Flash-forward to 2012 with some tightness in my abdomen one morning. After about 30 minutes of stabbing pain, my infected diverticuli ruptured into my abdomen and I fell to the ground unable to walk. I was in the hospital 5 days on intense antibiotics. Luckily I avoided surgery, but have had cramping, etc. since then. At Christmas this year (2015), I got a tummy bug that ended up with me having 2 CT scans at the hospital for fear I was having another bout. I decided that living in constant fear of an attack is not going to work for me and began doing a ton more research than ever before. I came across this book. I read the reviews and was pretty optimistic, but after so many doctors told me over and over I would never get better, I was skeptical as well as optimistic. I dove right in once I received it and started to understand the diet recommendations right away. I put them into place immediately, made copies of the dine-out card for my car, my purse, my pantry door, etc. Sure, it's a different diet than most sufferers are likely accustomed to, but the concept makes sense.

I bought this book after yet another flare up days away from begging my doctor to clear me for surgery just to make it all stop. It has only been a short while so time will tell yet I can not say enough about the contents of this book and its plan for recovery and avoidance of future attacks. Finally someone has handed me a guide to actually accomplish positive results. Best advice I'd gotten up until this point from my doctor was "add more fiber to your diet". Gee thanks Doc. How about explaining that my digestive system is compromised after a round of antibiotics and providing me the steps to reestablish it along with a sustainable diet that promotes healing and flare up prevention. That is what you get here along with an easy to understand education in human biology and food industry practices. If you are considering buying this book it's because your health is in jeopardy. My advice, make the minimal investment in yourself and buy this book, you won't regret it. As I said before I'm only into the program a short while so time will tell if my condition can be controlled for the long haul but if I'm going to go down at least now I have a fighting chance where before I was blindfolded. Did I mention you should buy this book. 09/17/15 - I wanted to update my

review since originally buying this book. I have been on this diet for the better part of a year and I can firmly say that this book works beyond expectations. It took me a week or two to get the hang of it but now it is second nature. The feeling of improvement happens in days but give yourself months to fully "heal", like mending a broken bone. Now I can enjoy my occasional cheats once or twice a week and brush it right off.

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