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The Diverticulitis Cookbook: Feel Better, by Eating Better: 30 Day Meal Plan and Recipes (Paperback)

By Denalee C Bell

Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn to Feel Better by Eating Better. The Diverticulitis Diet Cookbook will teach you how to prevent diverticulitis flareups from occurring. The book includes a 30 day meal plan and more than 110 easy to make, delicious recipes designed to heal your body. I would like to share with you my experience with Diverticular disease. Several years ago, my mother was diagnosed with Diverticulitis. We had never heard of this medical condition before, and at that time there was very little information about it. When we asked the doctor how to prevent a Diverticulitis attack from occurring again, his advice was don't eat nuts and seeds! Over the next few years, she followed her general practitioner's well-meaning advice, but still suffered several Diverticulitis attacks and had no relief from the pain. Sick and tired of the pain and being afraid of her next attack, both of us embarked on a journey to take her health into our own hands. Working with the esteemed Andrea Johnson, a well-known, registered clinical dietician and researcher, we developed a cookbook and meal plan that...



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