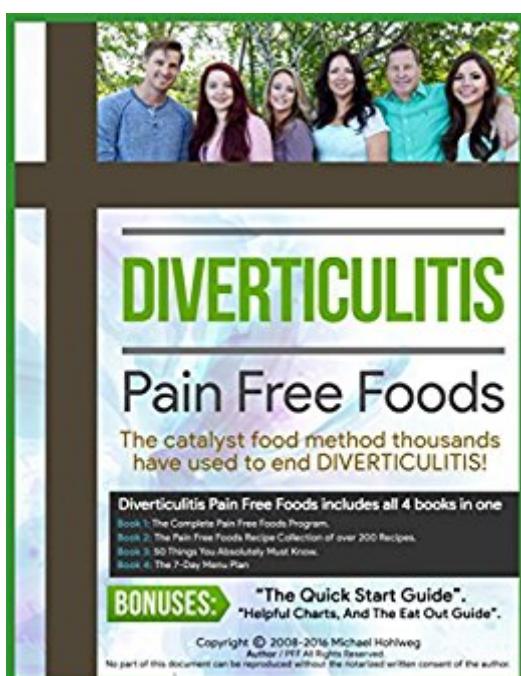


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# Diverticulitis Pain Free Foods : Diverticulitis Diet For Restored Intestinal Health: Diverticulitis Diet Program, Recipe Book (200+) Recipes, Meal Plans, And 50 Essenti



## 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**  
Inflammation They 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
- 7-day meal plan
- Free phone and email support: Rachel (coauthor of the program) at [painfreefoods@hughes.net](mailto:painfreefoods@hughes.net), or 417-274-3966.
- Free Kindle version of book with purchase of hard copy!!!

## Book Information

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## **Customer Reviews**

I purchased the Kindle edition of this book. The referral to an online web site no longer exist. The recipes are good but you can't print them out. They are hard to print and read. This book is too expensive not to be able to print what you want

My first remarks are about the design of the book. I was in terrible pain when I found it and ordered the Kindle edition. I could not find my way around the Kindle edition. The author's "50 things you must know" on the tablet were completely confusing. So I ordered the hard copy. Now I'm into this for nearly \$100. Of course, when you're in pain with diverticulitis, you'll hand anybody with a promise a hundred dollar bill if he can stop the pain. It took a good three readings of the sections to get them, but when I finally did I was grateful. This is the first real new information to come along. Although he doesn't say what his information source is for separating starch from protein, that does work. I agree with all his takes on meat and milk, doctors and anti-biotics. I think the recipe section is wasted and would prefer menus instead. But I got the pain to stop and that makes everything OK.

I noticed that some of your information contradicts each other and there are misspelled words and incorrect English. On one of the pages it talks about not lying in bed all day long the next sentence says that you need to rest. Rest is vital for healing. There is also a couple of misspelled words. I think I would've picked another book knowing this.

May be a useful book but the advertising is misleading. There is only one book. not 4. Some of his statements are not based on fact.

A lot of information to digest. I found it really hasn't made a difference in my pain.

Not impressed. If you have this disease you know there is no one answer for everyone and it cannot be cured only managed. No new insights here.

I highly recommend this book if you suffer from diverticulitis. It was very helpful in explaining the way the food you eat affects the diverticulitis flare ups you experience. I am following the diet and food combinations they recommend in the book, and I can truly say it is working for me very well. I never thought about how the combination of some foods causes the distress I was having. The noxious gas, bloating and overall terrible stomach-feel has virtually disappeared for me. I have my "cheat days", but always go back to the diet laid out in this book. You need to try this if you are miserable and have tried everything else!

save your money this is not worth \$29.99. Very disappointed in the content and it is not really 4 books so it is very misleading. Would return it for a refund if that was an option but it is not!

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