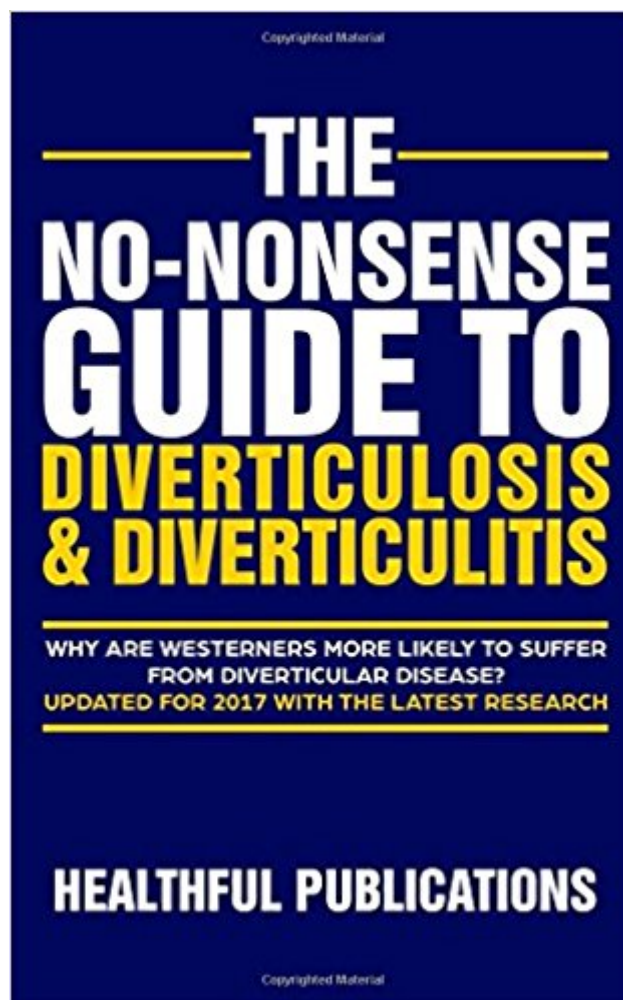




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# The No-Nonsense Guide To Diverticulosis And Diverticulitis (No-Nonsense Guides To Digestive Diseases)



## Synopsis

Discover Everything You Need To Know About Diverticulitis Have you recently been diagnosed with Diverticulosis or Diverticulitis? Are you looking to learn about the most common colon disorder affecting over 50% of people aged 50 and older? Or are you looking for recent preventative measures backed up by scientific research? If you're interested in learning more about this poorly understood problem, you've come to the right place. The truth is, thousands of people worldwide are suffering from Diverticulitis and are unable to overcome it. Most sufferers take a doctors word to be law and prescribe a simple concoction of painkillers and fibre but is this enough? This book teaches you everything you need to know about Diverticulitis so you can arm yourself with the knowledge to defeat it. It also goes into a step-by-step strategy that will ease your suffering and allow you to take control of your life once again. Here Is A Preview Of What You'll Learn...

- How The Gut Works To Maximise Your Health
- How To Recognize Diverticulitis
- How To Avoid The Causes Of Diverticulitis
- How To Spot The Symptoms
- Self And Professional Diagnosis
- How To Ease Your Problem Once And For All

Take action right away to overcome your Diverticulitis by downloading this book, "The No-Nonsense Guide To Diverticulosis and Diverticulitis", for a limited time discount of only \$0.99! Download today!

Tags: Diverticula, Diverticular, What is, Abdominal, Stoma, Intestine, How to cure

## Book Information

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## Customer Reviews

I know someone who was just diagnosed with diverticulitis and it isn't a fun disorder. The doctor only has so much time to tell you what to do and that mostly includes telling you to increase your fiber intake. This book tells you what types of foods to eat and explains the basics of what diverticulitis is. Since 50% of people over 50 have this disorder this is really a book everyone should read sooner than later. I know it inspired me to buy more fruits and vegetables and even wheatabix. The problem is, diverticulitis is so painful. No one tells you to expect this after 50. This was one of the first books to come up when I searched and it is a very good introduction.~The Rebecca Review

I actually wish I could give zero stars! This so not a book it is like an informational pamphlet. Do not waste your \$3.00! It does not give any real solutions or helpful diet info or anything of the like. The minimal info included in this short "book" I already new from my simple Google searches.

Despite my headline I was remiss that there wasn't more specific information on dealing with the ins and outs of dealing with the disorder after diagnosis.

Very informative but nothing U can't read on the Net.

This is a clear, well written book which provides a good introduction to this condition and suggests ways to prevent/treat it. The writer speaks with authority which inspires confidence (I'm no doctor) and there are plenty of reference materials provided at the end of the book. If there is uncertainty among doctors about the causes or best treatments, the author explicitly says so and doesn't try to claim to know of miracle cures, but he gives plenty of helpful suggestions.

Very informative.

Look no further if you want an easy-to-read, easy-to-follow, informational guide to getting a handle on your Diverticulosis & Diverticulitis. I found my answers in this brief but comprehensive source.

More explicit information but still great to read about how to prevent it, hope to get more detailed information on the subject

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Diverticular Diseases and Diverticulitis Diet: Diverticulitis Cause, Symptoms, Diet, Treatment & Prevention(diverticulitis cure,diverticulitis recipes,diverticulitis pain free foods,low fiber diet)

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