

Diverticulitis Treatment and Relief

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WHAT IS DIVERTICULITIS?

A common form of inflammatory bowel disease (IBD) is diverticular disease – often referred to as diverticulitis when the diverticulum are inflamed. Many people have small pouches in the lining of the colon that bulge outward through weak spots. Each pouch is called a diverticulum. Multiple pouches are called diverticula. The condition of having diverticula is called diverticulosis.

About 10 percent of Americans over age 40 have diverticulosis. The condition becomes more common as people age; about half of all people over age 60 have diverticulosis. When the pouches become inflamed, the condition is called diverticulitis. Ten to 25 percent of people with diverticulosis get diverticulitis. *(Bogardus ST. What do we know about diverticular disease? A brief overview. Journal of Clinical Gastroenterology. 2006;40:S108–S111)*

The development of colonic diverticulum (little out-pouches in the wall of the colon, where food/fecal matter can get trapped) is thought to be a result of raised intraluminal colonic pressures. The sigmoid colon (descending section on the left side of your abdomen) has the smallest diameter of any portion of the colon, and therefore it is the portion of the colon which would be expected to have the highest intraluminal pressure. The cause of diverticulosis is not yet conclusive, but it appears to be associated with a low-fiber diet, constipation, and obesity.

Although you may experience episodes of diarrhea during a diverticulitis flare-up, most people with diverticulosis tend toward constipation. As the disease advances, you can also experience alternating episodes of diarrhea and constipation.

It is thought that mechanical blockage of a diverticulum, possibly by a piece of feces or food particles, leads to infection of the diverticulum. Mild diverticulitis symptoms may be confused with overlapping symptoms of irritable bowel syndrome. *(Review article: management of diverticulitis Aliment Pharmacol Ther 26 Suppl 2, 67–76 2007 M. M. SZOJDA, et al.)*

WHAT CAN HELP TREAT DIVERTICULITIS?

Long-term diverticulitis relief involves a 4-step process:

1. Healing inflammation and eliminating infection
2. Restoring a beneficial gut flora (good bacteria and reduction/elimination of bad bacteria, fungi, yeast, etc.)
3. Restoring intestinal tissue (tone, structure) and mucosal lining
4. Normalizing digestion, absorption (throughout the gastrointestinal tract) and defecation

Detailed instructions, explanations and dosages for each of these healing protocols are beyond the scope of this Report, but are contained in my book, Listen To Your Gut (www.ListenToYourGut.com). For now, let's look at some short-term strategies you can implement right away to bring relief from diverticulosis disease and start you on your pathway to healing.

COLONIC MASSAGE

Colonic massage is extremely helpful whether you're experiencing diverticulosis symptoms such as gas, bloating, diarrhea, constipation or blockages. When doing the colonic massage technique on the toilet, experiment with different sitting positions; lean forward or lean back. Breathe deeply into your diaphragm (you'll see it expand just under your ribcage), and the pressure from the air you've inhaled will often be enough to move some stool along.

Another technique is to sit back against the wall or back of the toilet, keep your abdomen completely relaxed and grab the tops of your knees with your fingertips. Use your arms to rock your torso gently back and forth - don't use your abdominal muscles! Breathe deeply and relax. Alternate these techniques with colonic massage and you'll soon find the combination/sequence that works best for you.

You can also get a child's stepping stool (available very cheaply at Ikea), or use a couple of phonebooks and place them under your feet while sitting on the toilet. Raising your knees up higher than your hips more closely approximates a squatting position – which is the best way to facilitate the passage of stool since it aligns and opens your rectal canal. In the long-term, defecating in a healthy position reduces strain on your colon and rectum and reduces constipation, straining, hemorrhoids and diverticulae in the descending colon.

However, if you have internal hemorrhoids, or a rectal fissure, you may not want to use the stepping stool under your feet until you are healed. Properly aligning and opening your rectal canal can cause the stool to come out too quickly for those with hemorrhoids or fissures, or it may be okay/beneficial. Test it and see if it works for you. If you use these techniques combined with colonic massage, rather than pushing and straining, you'll greatly reduce your chances of developing hemorrhoids and if you have some already, you'll be giving them the best chance to heal.

Blockages and Constipation

A self-administered colonic massage can really help if you're experiencing constipation, blockages in thickened areas of your colon, or blockages in diverticulae (hollow pouches that occur when the inner intestinal lining has pushed through weakened areas of the colon wall), where food is getting stuck and causing a lot of pain.

To treat diverticulitis blockages, perform the massage on an empty stomach and experiment with drinking two glasses of warm spring water fifteen minutes before your massage, and then two more glasses immediately following, to try and further help flush out the stool particles.

Lie down on your bed or the couch with your knees bent and the soles of your feet on the bed/couch. Take several slow, deep breaths to relax and calm yourself. Lift your shirt up, undo your pants and start at the lower right quadrant of your abdomen. Stroke your fingertips upwards until you reach the bottom of your ribcage. Now stroke your hand left across the underside of your ribcage and then down again to the lower left quadrant of

your abdomen. You've just roughly traced the path of your colon, starting at the end of the small intestine in a horseshoe shape until it joins the rectal canal.

Follow the path of your colon in a soothing, stroking motion (always in the same direction as described) and notice as you become more sensitive to where it is and how it feels. The next step is to apply a bit of pressure with your fingertips and move them in a circular, probing motion as you follow the colon around. Experiment with both the probing motion and the amount of pressure you use.

As you get to know your colon better, you'll be able to notice any areas that feel harder and/or thicker than the rest. If you've got stool stuck in a diverticula (intestinal pouch), the pain and irritation should tell you where it is. Focus on this area now and gently massage in and around it with your fingertips. Imagine yourself gently breaking up the stool clogged there and helping it move through the thickened section, or out of the pouch, and stroking/massaging it along the path towards the rectal canal.

When you think you've cleared most of the blockage from the problem area, go back to the lower right quadrant and begin massaging the colon, moving upwards toward the ribcage, across, and then down to the lower left quadrant. When you get to the blockage again, spend a little more time, massaging the food through there and then continuing on the path to the rectal canal.

At any point in this process, you may feel the need for a bowel movement. If so, go sit on the toilet and continue with the massage. Remember to take deep breaths and stay relaxed. Keep your abdomen and anal sphincter muscle loose, open and relaxed.

See my video on exactly how to give yourself a **colonic massage**:

www.youtube.com/watch?v=DBdWbYakqGo

Note: Click on this link or enter it into your web browser to watch this video.



If you suffer from constipation, or tend to strain a lot with bowel movements, then also see my video on **helpful defecation positions** and techniques:



www.youtube.com/watch?v=W3r3J3mlegI

Note: Click on this link or enter it into your web browser to watch this video.

DIVERTICULAR DISEASE DIET

For the best treatment and management of diverticular disease, your diet should vary according to your symptoms. During good/calm times, it's best to eat a diet that promotes easy digestion and absorption and tonifies the intestinal wall. But during a flare-up (diverticulitis), it's best to consume a liquid diet to provide a form of bowel rest and flushing of the colon, to prevent a blockage or obstruction from occurring. It is also easiest to heal infection or inflammation while on a liquid (but highly nutritious) diet.

EATING DURING A DIVERTICULITIS FLARE

When you are in a diverticulitis flare (the diverticula – pouches – are inflamed or infected) it's ideal if you can immediately consume liquid nutrients only. By ingesting only liquids, you give your body the best chance to flush out the food particles that are stuck in the diverticulae and you also avoid causing an intestinal obstruction through the build-up of stuck food.

Additional substances, like wild oregano oil, aloe vera juice, probiotics and MucosaHeal, can be used to eliminate the infection and heal inflammation (all available at: www.LTYGshoppe.com) during this time. Again, usage and dosage details for these substances are given in my book, *Listen To Your Gut*.

There are three forms of liquid nutrition that work very well to treat diverticulitis symptoms:

1. Raw vegetable juicing – juice primarily vegetables, with only enough fruit added to make them palatable (or sweeten with stevia instead).
2. Raw (unpasteurized) cow or goat milk – from pasture-fed animals only (not barn-raised and grain-fed).
3. Absorb Plus elemental shakes

Each of these liquid nutrient sources are best when combined with homemade bone broths (see the end of this report for a recipe for Chicken Broth). You can derive your nutrients from only one of these sources, or you can mix and match and combine them

together. If you consume raw vegetable juices, buy organic or 'no spray' produce and juice fresh every day (or freeze portions to consume later). Make sure you consume enough juice to provide you with adequate energy each day. Or, combine raw juicing with raw milk or Absorb Plus to add the protein and good fats needed for energy.

You can find a raw milk supplier in your area by going to: www.RealMilk.com - just make sure the animals are pasture-fed only and the farmer tests regularly for pathogens.

Absorb Plus Elemental Nutrition Liquid Diet

Absorb Plus is probably the easiest way to consume excellent nutrition during a flare up of diverticulitis symptoms. Since it was specifically formulated for people with all forms of Inflammatory Bowel Disease (IBD), it contains many substances targeted to calm inflammation and promote mucosal healing of the intestines, like:

- 1000 mg of L-Glutamine per serving - primary substance used to rebuild the intestinal mucosal cell lining and used for muscle repair and growth
- L-Serine - aids in production of immunoglobulins and antibodies, needed for proper metabolism of fats and fatty acids
- L-Threonine - aids formation of collagen and elastin, helps maintain protein balance in the body
- L-Cystine - helps heal burns and wounds, aids in skin formation, assists in the supply of insulin to the pancreas
- L-Aspartic Acid - protects the liver, aids cell function and RNA/DNA formation increases stamina
- L-Proline - used in healing cartilage, strengthens joints, tendons and the heart muscle
- L-Tyrosine - aids function of pituitary, adrenal and thyroid glands.

The ion-exchange whey protein in the Absorb Plus liquid diet also creates **sustained increases in glutathione** (a key antioxidant and antiviral), which creates resistance to a variety of diseases and carcinogens.

Other components of whey protein isolate provide the following beneficial actions in the body:

- Alpha-lactalbumin consumption enhances tryptophan and immune function and reduces the stress hormone cortisol
- Tryptophan is used by the brain to manufacture serotonin. This is important because serotonin deficiency plays a role in the development of depression, anxiety, moodiness and insomnia
- Glycomacropeptides stimulate the hormone cholecystokinin, which is responsible for the release of pancreatic enzymes and the healthy contraction of the gallbladder and bowels
- Lactoferrin is an antioxidant that is also a powerful antiviral and antibacterial agent shown to inhibit the growth of E.coli, salmonella and candida in the gut. It also helps ensure the optimal use of iron in the body by binding to iron and preventing oxidation.

Whey protein is also an alkaline food, so it's **ideal for counteracting the usually hyper-acidic body pH levels of people with gastro-intestinal problems**. If you have heartburn, don't be surprised if it lessens or disappears after using Absorb Plus regularly - especially if you consume 3 or more servings per day.

Since Absorb Plus is **100% natural**, most of the vitamins, minerals and trace minerals are natural-source extractions, the maltodextrin and fructose are certified non-GMO, the whey protein is lactose-free and cold-extracted – so the protein is not denatured, the amino acids are specifically targeted for gut inflammation and the flavors are certified organic – I think I can safely say that it is the highest quality elemental nutrition shake on the market.

If you read the story of Absorb Plus on the website (www.AbsorbPlus.com) you'll know that I originally formulated the Absorb Plus liquid diet plan to heal myself of intestinal hemorrhaging. Although I'm healthy now, I continue to use it whenever I'm too tired to cook or I simply don't have time. Many of my readers use it for breakfast every morning, since it's a great way to give themselves a healthy start to the day.

How Much Should I Take?

If you're using Absorb Plus during a diverticulosis symptoms flare – or whenever you're under stress, or likely to develop a diverticulitis flare – you should drink the number of liquid diet shakes you require for your specific caloric needs each day.

Each Absorb Plus shake (blended with 1 tablespoon of cold-pressed flax or Udo's oil) equals roughly 480 calories. Normal people usually require 15 calories per pound of body weight. So if you weigh 100 pounds, you need 1500 calories per day to maintain that weight. So you would consume three Absorb Plus shakes per day.

If you want to use this time to drop a few pounds, then you simply figure out how many calories you need to consume to maintain a weight that is 20 pounds less than your current weight – and consume the number of shakes needed to maintain that weight.

If you are malnourished or underweight, you can use this period of liquid nutrition to gain some muscle (healthy weight). In that case, you would take your ideal weight and multiply it by 20. So if you want to weigh 170 pounds, you need to consume 3400 calories per day; which is seven Absorb Plus shakes per day. If your infection is severe, or if you want to gain weight quickly, add another two shakes per day (so you would consume nine shakes per day).

How Long Should I Use Absorb Plus?

Ideally, it's best to consume only liquid nutrition for entire duration of your flare-up. For some people, this means three days, for others, it means a few weeks of a liquid diverticulitis diet. Since your diverticulitis flare-ups will depend on the severity of your disease, your environment (is it healing, or stressful?), other healing strategies or substances you are using, and your foundational level of health – your healing may be a lot faster, or a lot slower than someone else's.

So, it's best to listen to your own body and stay on Absorb Plus shakes for as long as your infection is acute and you are at risk of a blockage. It's also best to alternate your Absorb Plus shakes with bone broths (see Chicken Broth recipes at the end of this

report) since the gelatin in the broth is very healing for the gut and the savoury soup provides needed taste variety:

"The French were the leaders in gelatin research, which continued up to the 1950s. Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut.

Science validates what our grandmothers knew. Rich homemade chicken broths help cure colds. Stock contains minerals in a form the body can absorb easily-not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. It contains the broken down material from cartilage and tendons—stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain."

(Source: *Broth Is Beautiful* by Sally Fallon)

When you're at the point in your diverticulitis treatment where you are ready to introduce solid foods again, start with pureed foods and soups to gradually ease yourself back into solid foods. You may want to stay on a mix of the Absorb Plus liquid diet and soft foods for an additional week or two, just to be sure you are well over the flare and give your body the best time/space for healing.

Contraindications

If you have diabetes, you should consult your doctor before using elemental shake products, like Absorb Plus, because the uptake of nutrients to the bloodstream may be too rapid for your body.

Be sure and brush your teeth (especially around the gums) very thoroughly when consuming any liquid nutrient shake as they are quite sticky and need to be completely

cleaned off the teeth and gum line to prevent decay. It's a good idea to use an electric toothbrush and floss well.

Because Absorb Plus is a liquid, pre-digested food (like breast milk), if you are consuming more than 3 shakes per day, your stool may become liquid/mushy. This should not be confused with diarrhea – it is merely the stool reflecting the food source.

Elemental shakes can also cause bloating in some people. Again, this is normal and often just reflects your body adjusting to a new food source. Or, it could be because you are ingesting a lot more nutrients and volume than your body is used to. If bloating persists, then you probably need to take a good quality probiotic (like Natren brand). In rare cases, bloating (distended abdomen) indicates that you don't tolerate some ingredient in the shake.

ONGOING HEALTHY DIET FOR DIVERTICULOSIS

Next, let's address your ongoing dietary health by looking at dietary factors that are constipation and diverticulosis causes or contributors, and how a diverticulitis diet can facilitate healthy digestion and elimination. The hidden benefit to these guidelines is that not only will your bowel health and function improve, but you will see noticeable results in many areas of your body as you implement these dietary changes.

FOODS TO AVOID WITH DIVERTICULOSIS AND CONSTIPATION

The following foods are generally recognized as contributors to or causes of diverticulosis:

- **Unhealthy fats** – food that is deep-fried in commercial vegetable oil, or prepared with unhealthy oils (hydrogenated vegetable oils, margarine, regular mayonnaise, denatured oils). Do not eat these unhealthy fats at all. See below for a list and description of good, healthy fats.
- **Too high a proportion of meat** in the diet (especially beef and pork) – a good way to reduce excessive meat intake is to make sure your plate contains 2/3 non-

starchy vegetables and only 1/3 meat and/or starch (rice, potatoes, bread).

There's nothing wrong with meat (as long as it's not processed). Meat has been a vital food for humans for millions of years. Problems arise when the body does not get enough good fats and non-starchy vegetables as well.

- **Pasteurized cheese and other pasteurized dairy foods** – once breast milk is heated past body temperature, the good bacteria and enzymes that aid digestion are killed and the protein is denatured. If it is homogenized, the fat is denatured into a spiky fragment that is harmful to the arteries. It is now a toxic food and should not be consumed – this holds true for all mammalian milk, whether it is human, goat or cow breast milk. Raw (unpasteurized) dairy products, however, are fine and usually beneficial. To find a supplier of raw dairy products in your area, go to: www.realmilk.com. Alternatively, you can always order raw milk, cream, butter, cheese etc. from www.organicpastures.com to be shipped directly to you.
- **Too high a proportion of starchy foods** in the diet; especially potatoes, bread, rice and corn. Follow the same rule above: make 2/3 of your plate non-starchy vegetables (see sections below for a list of these). For the other 1/3, you can choose between meat and starch.
- **High-sugar foods** – sugar is unhealthy for the body in so many ways and bowel health is certainly one of them. Use maple syrup, sucanat (unrefined sugar cane), or raw (unpasteurized) honey, or stevia whenever you need sweetness. And save your refined sugar for when it counts. If you eliminate sugar as much as possible, then you can really enjoy that occasional chocolate bar or piece of cake when you do have it.

Many of these may be things you've already noticed affecting your body negatively. Nevertheless, keep in mind that everyone's body is different and there may be things that I advise you not to eat that you can actually tolerate quite well. Our bodies are unique, finely tuned composites embodying all the complexity and variety of who we are. No one else's body is going to be or function exactly like yours. So, at all times, keep

your own body as your final authority and decision-maker in what's right and not right for you, and what foods to avoid with diverticulosis.

Keeping a food diary in which you write down exactly what you eat and drink, when, how much, and how you felt at the time will be very helpful in customizing your diverticular disease diet to your body's exact tolerances. At the end of the day, evaluate what you ate and your reactions, if any. Describe the type, consistency, and number of bowel movements. Write down any other observations regarding gas, pain, bloating, cramping, etc.

Also, very important is to note your emotional state and any unpleasant or stressful situations, thoughts, or feelings that occurred. Remember that mind/body/spirit is one, and food is not the only factor that influences your digestive system. For a terrific primer on this mind/body/spirit relationship, refer to the teleseminar I conducted with Dr. Gabor Mate, author of the book, *When the Body Says No*. The teleseminar recording or transcript is available for free at the end of the movie at www.HealingJourneyMovie.com.

Keeping a food diary will also help you to determine what proportion of fat to protein to starchy carbohydrates works best for you and to identify tolerance thresholds. For instance, you might be fine with an ounce of cheese once or twice a week, but have problems if you eat it in higher quantities, or more often.

Gluten Sensitivity

People with a sensitivity to the gliadin or gluten protein in wheat, barley, and rye can experience alternating constipation and diarrhea, along with varying degrees of intestinal inflammation, weakened immunity, and chronic headaches. These symptoms can be relatively mild, but still caused by celiac disease or gluten intolerance.

When the problem is celiac disease, the answer is eliminating ALL gluten from the diet. If you are simply *sensitive* to gluten, you can try reducing it; eliminating it completely for two weeks and then gradually reintroducing it to your diet, while keeping a diary to help you identify your tolerance level.

Gluten is such a common allergen that it's worth trial-testing the removal of wheat from your diet if you suffer from any digestive disturbance, including chronic constipation or diverticulosis. Gluten is included in a mind-numbing array of products, so you must read labels (including supplement and medication labels) very carefully to ensure that you're removing all gluten. Alternatively, you could start by just removing wheat from your diet, as this is often the sole culprit, and see if that alone brings you relief.

It's actually easier than you think to switch to bread (or flour for baking) made with spelt or kamut. Although both are members of the wheat family, they are "ancient" varieties of wheat and often much better tolerated than modern varieties. Both are also considered to be of higher nutritional value than any modern wheat flour, but they are not gluten-free.

Completely gluten-free flours include potato, rice, arrowroot, buckwheat, etc. Gluten intolerance is now so common that there are literally thousands of really good gluten-free recipes on the internet – just do a Google search.

FOODS THAT RELIEVE DIVERTICULOSIS AND CONSTIPATION

Following the diverticulosis diet guidelines below, combined with the therapeutic protocols given in this report, should help ensure the long-term health and normal functioning of your bowel. It's best if you can get your whole family eating this way as well, since gut disorders are reaching epidemic levels in the western world and there's no one who wouldn't benefit from changing their diet according to these guidelines.

Good Fats Are Vital

Foods that are high in unhealthy fat can be problematic for either constipation or diarrhea because fats are a particular stimulus to the gastrocolic reflex. If fats aggravate your diverticulosis symptoms, it is probably because you are eating too much unhealthy or bad fat, which causes your colon to spasm or "seize up", resulting in very slow movement of food through it.

Keep in mind that fat is a necessary nutrient; what you're looking for is your own tolerance threshold and to make sure you're consuming only good fats: Cold-pressed, organic extra-virgin olive oil, unrefined coconut oil and organic (preferably raw, unpasteurized) butter are the best fats for cooking and eating. Cold-pressed hemp, flax, sunflower or sesame oil are good when eaten cold or used in salad dressings, etc.

Animal fat (lard, tallow, or fat with the meat) is also beneficial for intestinal function, but make sure it is only from organic, pasture-fed animals. Otherwise the fat will not be healthy for you to consume, as it will contain too many toxins, hormones, etc. Fish oils from a reliable source (see www.LTYGshoppe.com for brands) are also good, especially cod liver oil – aim to consume: 4 capsules or 1 teaspoon per day.

The great thing about increasing the good fats in your diet is that your entire body health and function will improve. Brain function, skin, hair, connective tissue, joints, hormonal balance, etc. will all greatly improve when you start ingesting enough good fats. Many holistic health experts recommend you consume up to 40% of your daily calories in the form of *good* fats and this is what my family aims for. The cell membrane is 40% fat, so that alone tells you how crucial good, usable fat is to our bodies.

Note that I said you should get 40% of your daily calories from fat – so obviously, as you increase your good fats, you will need to decrease calories consumed from other sources.

An easy way to get enough healthy fat, is to consume organic butter, unrefined coconut oil and extra virgin olive oil in a variety of ways: Spread butter thick on cooled toast, muffins, etc., cook/fry with these oils, toss with hot vegetables, pour them on popcorn, scramble your eggs in a big dollop of butter, spread extra on your sandwiches or grill them with butter on the outside of the bread, fry up onions or a veggie hash in plenty of olive oil.

See my video on Good Fats for more ideas on how to work butter and other healthy fats into your diet:

How To Get More Healthy Fats In Your Diet



www.youtube.com/watch?v=EvEf1Oc0IXk

Note: Click on this link or enter it into your web browser to watch this video

Do not use commercial vegetable oils like canola and other hydrogenated (heat-extracted) oils, or regular mayonnaise, or margarine. Margarine or butter substitutes are often treated with chemical solvents and bleaches, resulting in deformed, highly toxic, trans-fatty acids. Even the cold-pressed margarines are not good, as your body doesn't need so much of those types of oils, and they prevent you from using butter – which your body needs a lot of.

You can eat as much mayonnaise as you want; if you eat a mayonnaise made from healthy, cold-pressed oils (like olive or sunflower oil). The best way to ensure a fresh, non-rancid, cold-pressed mayonnaise made of healthy oils, is to make your own. Sally Fallon and Mary Enig have a great mixed healthy oils mayonnaise recipe on their website (their book is fantastic too):

www.EatFatLoseFat.com

A sufficient (i.e. high) daily intake of good, natural fats is absolutely crucial to eliminating any constipation problem and normalizing intestinal function. The fact that 40% of the cell membrane is composed of fat, shows you how vital it is to get enough of this

nutrient, in forms your body can absorb and utilize. You will also benefit the rest of your body by following these guidelines and you'll see improvement after a few months in your skin, hair, joints and energy levels.

Consuming the right amount of fat, in the right forms (that your body can use and absorb) will not raise your cholesterol beyond healthy levels. For lots more info and research on this topic, see www.westonaprice.org (type "cholesterol" into the keyword search on the site).

The dietary changes that will have the most pronounced positive effect on constipation and diverticulosis are to greatly increase your good fat intake, and to ingest a sufficient amount of green vegetables and vegetable-source fiber per day (more on this below).

Soluble and Insoluble Fiber for Diverticular Disease

It's also a good idea to make sure your diet contains sufficient insoluble and soluble fiber. Personally, my gut feeling (and experience) is that non-starchy vegetables and leafy greens (with dressings made from good fats, or cooked with lots of butter slathered on) are the most beneficial of the fiber foods, rather than grains and starches. Important to note is that you must also make sure you drink sufficient fluids, or fiber can worsen constipation.

Insoluble fiber helps to add bulk to the stool. Foods high in insoluble fiber include:

- Whole-wheat and the wheat-family breads and cereals
- Rye, rice, barley, most other grains
- Cabbage
- Beets
- Carrots
- Brussels sprouts
- Turnips
- Cauliflower
- Apple skin

- Celery

Of this list, try to ingest mostly the vegetables on it and a minimal amount of the grains.

Soluble fiber, as its name indicates, dissolves in water forming a gelatinous substance in the bowel. Soluble fiber can be metabolized by gas-forming bacteria in the colon, which can lead to discomfort or flatulence. Gradually introducing and increasing soluble fiber into the diet can minimize this. Foods high in soluble fiber include:

- Oats
- Ground flaxseed (must be freshly ground for best nutritional value and to avoid rancidity and kept in the fridge)
- Beans
- Peas
- Barley
- Citrus fruits
- Strawberries (but not the seeds)
- Apple pulp

Consuming adequate soluble and insoluble fiber helps to add bulk to your stool, so that it can pass easily through your colon and rectum. Having healthy stool – of a good bulk and consistency – also helps to tonify the intestinal walls and prevent diverticulae from forming. But again, if you are not simultaneously drinking enough liquids, then this fiber will make your stools too hard to pass easily, so make sure you're drinking 8-10 glasses of water, diluted fruit juice, herbal tea, green tea, rooibos, honeybush, or white tea per day. If you have difficulty drinking straight water, then make a big pitcher of one of these recommended teas (sweeten with stevia or a little honey, if you wish) and drink that throughout the day.

When you think about the vegetable/plant portion of your diverticulitis diet, you basically want to focus on non-starchy vegetables and minimize the grains and starchy foods/vegetables in your diet – since your body has shown it doesn't like them so much. If you have trouble eating enough healthy fiber, then a great supplement you can use

instead is MetaCleanse, which is a combination of flax seed, psyllium and bentonite clay, available at: www.LTYGshoppe.com

Common Starchy Foods (Minimize)

Corn

Potatoes

Sweet potatoes

Rice

Bread

Couscous

Pasta

When you need to have grains, eat quinoa if possible, and use red potatoes rather than yellow.

Non-Starchy Vegetables (Eat lots and raw is good – but chew well!)

Lettuce

Cabbage

Kale

Spinach

Chard

Bok choy

Collard greens

Celery

Fennel

Peas

Carrots

Zucchini

Green or yellow beans

Asparagus

Sweet peppers

Tomatoes

Avocado (yes, I know it's technically a fruit, but it's great because of the good fat in it)

Squash – acorn, butternut, summer, etc.

Artichokes and sunchoke

Onions

Brussels sprouts

Broccoli

Cauliflower

Use this list for inspiration before grocery shopping or when you're trying to figure out what to eat. Try to eat seasonally, according to what's being grown locally. A great recipe book that shows you new and tasty ways to prepare these vegetables is *Vegetarian Cooking For Everyone* by Deborah Madison.

Leafy green vegetables (romaine lettuce, chard, kale, spinach, collard greens, etc.) are very beneficial in eliminating constipation, but remember to chew them really well, so they don't get stuck in diverticulae. Ideal consumption of green, leafy vegetables is five handfuls per day. However, even if you just manage to have a salad once per day (use darker green lettuce) and then chard or kale with a meal, you'll see an improvement.

If you don't really like vegetables, and find it hard to eat them, an easy trick is to smother them in pre-made sauces. Any vegetable slathered in butter, salt and pepper instantly tastes better. You can also try drizzling different salad dressings and marinades on your veggies or greens, the Asian-inspired ones (like sesame ginger, or miso ginger) usually work well.

Likewise, Mediterranean dips like hummus, tzatziki or just good old sour cream with salt and pepper sprinkled on, can completely transform a previously boring vegetable. This also does not require any extra work, since you can buy all these items ready-to-go from your local organic grocery store.

Now, if you really don't like leafy, green vegetables, or you just don't want to take the time to prepare them, then an alternative is a top quality greens supplement that can be mixed into juice or a smoothie. An easy way to take your greens supplement is to mix 2 teaspoons with half juice and half water in a thermos (or something with a lid) and shake

well. Or add your powdered greens to your Absorb Plus or whey protein shake. See www.LTYGshoppe.com for my favorite greens supplement.

If you can do this once or twice per day (use 1 teaspoon per 50 pounds of body weight) along with increasing your daily intake of good fats, then these are the best two dietary changes you can make to treat diverticulitis. Depending on how fussy your child is, you may be able to sneak a teaspoon (or even half a teaspoon) into their juice or smoothie, so this is also an easy way to get greens into a child.

You probably know this already, but if you eat nuts or seeds, be sure to chew them extremely well, until they are a liquid paste in your mouth before swallowing – this is to avoid any of the tiny bits getting stuck in diverticulae. With all other foods, chew until they are very soft and mushy before swallowing. Really, everyone should chew their food this well for proper digestion and absorption of nutrients – not to mention weight control!

ONGOING MAINTENANCE DIVERTICULOSIS AND DIVERTICULITIS DIET

To keep yourself healthy and maintain good bowel health on an ongoing basis, make the following dietary guidelines your normal, regular diet. In fact, everyone in your family should follow these guidelines:

- No processed, pre-packaged foods. It doesn't matter if it's organic; if it comes in a package on a shelf, the nutrients have usually been compromised or denatured - boxed breakfast cereal with extruded grains is a good example of this.
- No foods containing preservatives, nitrates and nitrites (these have actually been banned by the FDA, as they are so carcinogenic to the gut, but the meat industry refused to comply and so they are still in all your commercial hot dogs and deli meats), monosodium glutamate (MSG - it interferes with neural functioning), carrageenan (large quantities have been used to induce ulcerative colitis in guinea pigs and primates), or anything else that sounds like a manufactured chemical compound.

- No margarine or butter substitutes – often treated with chemical solvents and bleaches, resulting in deformed, highly toxic, trans-fatty acids. Even the cold-pressed margarines are not good as your body doesn't need so much of those oils, and they prevent you from using butter – which your body needs a lot of. Use real butter (preferably made from raw, organic milk), cold-pressed virgin olive oil, or unrefined coconut oil instead. Do not use regular mayonnaise either – only mayonnaise made from cold-pressed oils.
- No artificial sweeteners of any kind (like aspartame, nutrasweet, saccharine, splenda, sucralose, acesulfame-K, etc.) – these are toxic and proven to cause memory loss, can also be highly addictive and contribute to hyperactivity and seizures in some people. No artificial colors or flavors - especially since the introduction of neural flavor blockers and enhancers.
- No pasteurized milk products; milk, yogurt, cheese, ice cream, etc. Raw milk products are okay and actually promote health, but pasteurized or ultra heat-treated (UHT) dairy products must be strictly avoided. For more info on the health benefits of raw milk, or to find a supplier in your area: www.realmilk.com.

The best dietary changes you can make to relieve constipation and diverticulosis symptoms are:

- Hugely increase your intake of good fats; organic butter, cold-pressed organic olive oil, unrefined organic coconut oil, fish oil.
- Increase your intake of non-starchy and leafy green vegetables: follow the pie-wedge rule: 2/3 of your plate should be non-starchy veggies and only 1/3 of your plate meat, grains, or starches.

Roasted Chicken Broth

1. Rinse one whole certified organic chicken inside and out with cold water and remove any giblets or organs that have been placed inside the rib cavity (do not use these, although you can throw the neck into the pan with the chicken if that's included). Place chicken in roasting pan and sprinkle 1 tsp. of basil and 1 tsp. oregano on top. Add 1 cup of spring or filtered water (no tap water). Preheat oven to 350 degrees, cover pan and cook for one and a half hours.
2. Take the pan out of the oven and cut away as much of the meat as you wish. Refrigerate and use the meat for meals for the rest of your family and/or divide into desired portion sizes and freeze in zip-lock plastic bags for later use (allow chicken to cool down before sealing in plastic bags).
3. Cut and mash up the remaining chicken parts, skin and bones in the pan, add 6 more cups of spring or filtered water, 1 tbsp. sea salt, 1 tbsp. of apple cider vinegar (or white vinegar) and mix well. Cover and cook at 350 degrees for another 3 – 4 hours (add more water if needed). The vinegar and long cooking time allow all the minerals and gelatin to be pulled out of the bones and into the broth.
4. Remove pan from oven, mix well and then pour contents through a fine strainer into a large bowl (throw out chicken remnants). Place this large bowl uncovered in the fridge for about 12 hours, or until broth has become jelly-like and the fat has risen and solidified, or thickened, on top.
5. Skim fat off top of bowl with a spoon (throw away fat). Portion up the remaining chicken soup jelly into individual servings in zip-lock plastic bags and put them in the freezer to use as needed. Don't worry about making too much - even when you're back on regular food, this broth is excellent as a stock for soups, sauces, etc. If, for some reason, you absolutely cannot use a certified organic chicken for this broth, then follow the same procedure for a non-organic chicken but DO NOT boil the bones or skin. The bones and skin of a non-organic chicken are too toxic, so just pull off all the meat and boil that.

Stovetop Chicken Broth

If you don't have a roasting pan, you can make the chicken broth in a large pot with a lid on the stovetop. The taste won't be as nice though, as you don't get the roasted flavor:

1. Rinse one whole certified organic chicken inside and out with cold water and remove any giblets or organs that have been placed inside the rib cavity (do not use these, although you can throw the neck into the pot with the chicken if that's included). Add spring or filtered water (no tap water) to a depth of one inch, around the chicken (i.e. you should have one inch of water in the bottom of the pot). Sprinkle top of chicken with a bit of garlic powder and salt.

Cover pot with the lid, bring to a boil on high heat, then reduce heat and gently simmer covered (low, gentle boil) for one and a half to two hours. This results in a 'pot roast' effect for the chicken. You can tell when the chicken is fully cooked by pulling on a leg - if the leg tears away easily, then it is well done. It is not necessary to add any more water to the pot while you're cooking the chicken, as the water level will remain the same, or increase as juices are released from the chicken.

2. Remove the pot from heat and cut away as much of the meat as you wish. Refrigerate and use the meat for meals for the rest of your family and/or divide into desired portion sizes and freeze in zip-lock plastic bags for later use (allow chicken to cool down before sealing in plastic bags).
3. Put all the remaining chicken parts, skin and bones back in the pot with its juices, add 4 more cups of spring or filtered water, 1 tsp. sea salt, 1 tbsp. of apple cider vinegar (or white vinegar) and mix well. Replace the lid and simmer gently for another 3 - 4 hours – add additional water if needed. The vinegar and long cooking time allow all the minerals and gelatin to be pulled out of the bones and into the broth.
4. Remove pot from heat, mix well and then pour contents through a fine strainer into a large bowl (throw out chicken remnants). Place this large bowl uncovered

in the fridge for about 24 hours, or until broth has become jelly-like and the fat has risen and solidified, or thickened, on top. Or, place in the freezer for only 6 hours to make removal of the fat from the top very easy.

5. Skim fat off top of bowl with a spoon (throw away fat, or keep some of it in the soup if you need more good fats in your diet). Portion up the remaining chicken soup jelly into individual servings in zip-lock bags and put them in the freezer to use as needed. Don't worry about making too much because even when you're back on regular food, this broth is excellent as a stock for soups, sauces, etc.
6. If for some reason you cannot use a certified organic chicken for this broth, then follow the same procedure for a non-organic chicken, but DO NOT use a whole chicken. The bones and skin of a non-organic chicken are too toxic, so skip step 2, and when you get to step 3, just put chicken meat only in the pot to simmer.

Note From Jini Patel Thompson: This is only a small excerpt of the powerful healing knowledge and tools contained in *Listen To Your Gut*. Hopefully, you can already see from the above excerpt that this is unlike any other book you have read on treating diverticulitis. You can read more about *Listen To Your Gut*, or purchase it at: www.ListenToYourGut.com. Also, please make use of the Search Box on the site, I have literally hundreds of articles, podcasts, teleseminars and videos available (for free) on a wide range of common health issues you may be facing, or questions you might have.

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www.ListenToYourGut.com

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A former journalist, Jini Patel Thompson is an internationally recognized expert on natural healing for digestive diseases such as diverticular disease. Her books have sold in over 40 countries worldwide. She has appeared repeatedly on radio and TV shows giving hope to those suffering from digestive disorders. Her health articles have been published in magazines and journals in the U.S, Australia and U.K.:

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