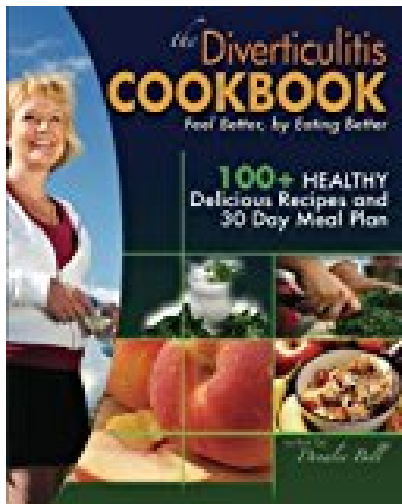


The Diverticulitis Cookbook Feel Better by Eating Better 30 Day Meal Plan and Recipes



BOOK DETAILS

- Author : Denalee C Bell
- Pages : 124 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1452825912

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BOOK SYNOPSIS

Learn to Feel Better by Eating Better. The Diverticuliculis 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 dont eat nuts and seeds! Over the next few years, she followed her general practitioners 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 actually worked! The recipes were compiled based on their health value, high fiber content and because they taste really good. We wouldnt have been able to get my picky-eater mom to eat our recipes if they werent absolutely yummy!! Not only that, they are easy to make. You dont have to be a master chef or have loads of time to prepare these meals.

THE DIVERTICULITIS COOKBOOK FEEL BETTER BY EATING BETTER 30 DAY MEAL PLAN AND RECIPES

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