DIVERTICULOSIS

You have created bowel pockets in the colon. Bits of food such as nuts or seeds can easily lodge in these pockets and cause infection and discomfort. If you ask why it happens, usually it is because people hold themselves too long before evacuating with a bowel movement and so the body stuffs the fecal matter by creating a pouch or pocket in the lining of the bowel to compensate.

If you can get Goldenseal still on the market – that usually fixes diverticulosis within 3 days. Just take 2 caps twice a day (adult). Goldenseal is a natural herbal antibiotic.

Avoid seeds and nuts or chew them really really well to avoid little pieces entering and staying in those bowel pockets.

Avoid dairy and start taking bowel tonics to tone the bowel.

Aloe Vera promotes healing of inflamed areas and helps prevent constipation (1/2 cup aloe vera juice 3x/day).

L Glutamine can be purchased from Health Food Stores or online. Very good at healing a bowel. Take about 15 minutes before meals.

See the information about probiotics to help heal the bowel.