



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

By Denalee C Bell

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Learn to Feel Better by Eating Better. The Diverticulitis 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 don't eat nuts and seeds! Over the next few years, she followed her general practitioner's 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 wouldn't have been able to get my picky-eater mom to eat our recipes if they weren't absolutely yummy!! Not only that, they are easy to make. You don't have to be a master chef or have loads of time to prepare these meals.

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- Sales Rank: #123996 in Books
- Brand: Brand: CreateSpace Independent Publishing Platform
- Published on: 2010-05-15
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .30" w x 8.00" l, .79 pounds
- Binding: Paperback
- 124 pages

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Editorial Review

About the Author

Denalee Bell is a health and wellness coach who helps people to achieve their health and fitness goals. An avid nutritional researcher, Bell is dedicated to teaching others how to take control of their health through nutrition and lifestyle changes. Her company, Healthy Living Company, offers coaching services for people who have a desire to increase their energy, decrease stress, and reach their healthy weight by natural means.

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