

DIVERTICULITIS

- Intestinal Soothe & Build •

COMPLEMENTARY PRODUCTS

- Digestive Enzymes or Proactazyme
- Probiotic Eleven or Bifidophilus Flora Force
- Everybody's Fiber or Fat Grabbers – With plenty of water
- Super Algae or Mineral-Chi Tonic, Chinese
- Slippery Elm
- Aloe Vera Juice
- LBS II – Lower bowel support
- CLT-X - Colitis
- IF-C, Chinese – Inflammation

ESSENTIAL OILS

Peppermint – With Massage Oil over abdomen

SUPPORT

Avoid all refined and processed foods. No raw vegetables, milk products. No coffee, soda or wines. Eat small meals