Diverticulitis is a common form of inflammatory bowel disease (IBD). Many people develop small pouches (diverticula) in the lining of their colon that bulge outward through weak spots, usually in the large intestine. This is called diverticular disease. The condition of having diverticula is called diverticulosis. When the diverticulae become infected and inflamed, it’s called diverticulitis.

Ten to 25 percent of people with diverticulosis develop diverticulitis. Diverticulosis can remain undetected for many years, but when a pouch becomes infected, it can cause serious diverticulitis symptoms like abdominal pain, bloating, nausea, constipation, or loose bowel movements and diarrhea. Mild diverticulitis symptoms may be confused with overlapping symptoms of irritable bowel syndrome (IBS).

After healing herself of a serious gastrointestinal disease, consulting with people with all types of colon and bowel conditions for over ten years, and answering thousands of questions on her online forum, Jini Patel Thompson has won international recognition as an expert on natural remedies for diverticulitis.

Years of research and experimentation led Jini to discover eight key steps that nearly everyone with a bowel syndrome needs to take in order to heal their gastrointestinal illness quickly, without surgery or drugs. Jini’s eight key steps to healing inflammatory bowel disease such as diverticulitis are:

1. Providing bowel rest using a liquid diet
2. Killing off the disease-causing bad bacteria and fungus in the gut
3. Re-populating the gastrointestinal tract with good bacteria
4. Healing intestinal inflammation and ulceration
5. Resolving nutritional deficiencies
6. Detoxing your living environment
7. Addressing the emotional factors underlying your disease
8. Resolving constipation

The key to healing diverticulitis is to do all of the eight steps above. Step-by-step guidelines for natural treatments to treat diverticulitis, including targeted healing diets, self-assessment tests, symptom guides, and more are detailed in Jini’s book, *Listen To Your Gut*.

Often, one of the underlying, originating causes of diverticulitis is chronic constipation. A quick effective remedy for acute or occasional constipation is to add the following supplements to an Absorb Plus or protein shake before bed:

- 300 to 1000 mg magnesium citrate (start at 300 mg and increase if needed)
- 100 mg potassium citrate
- 2 tbsp. Udo’s Choice Oil Blend

For full details and instructions, including dosages, please see our website: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)