

Natural Help 4...

Diverticulitis



What is Diverticulitis?

Diverticulitis is a condition that occurs when sac-like pouches (diverticular) form in the wall of the colon and become inflamed or infected. When **stool or food is not broken down**, it becomes trapped in the diverticular resulting in pain, swelling, bleeding and infection of the abdomen. It is similar to appendicitis and has the potential to rupture if left untreated. Diverticulitis can lead to a number of **serious problems such as an abscess, bleeding, bowel obstruction, fistula, perforation or peritonitis.**

This condition develops from a condition called diverticulosis – tiny, **bulging pouches in your digestive tract.** Diverticulosis increases with age and approximately half of the American population aged between 60-80 years old have it.

Diverticulitis occurs in 10-25% of people with diverticulosis at some time in their lives. Most people are not even aware that they have diverticulosis because these pouches rarely cause problems. Diverticula is **mostly found in the large intestine** but can form anywhere including in your esophagus, stomach and small intestine.

Diagnosing Diverticulitis

Diverticulitis is usually diagnosed during an acute attack. A physical examination which includes a rectal examination is performed and a medical history taken.

Symptoms

The symptoms and [signs of diverticulitis](#) include:

- Abdominal pain, usually in the lower left side that may sometimes be worse when you move
- Abdominal tenderness
- Fever and chills
- Nausea
- Constipation or diarrhea
- Stomach bloating and gas
- Vomiting
- Loss of appetite
- Bleeding from your rectum
- Frequent urination
- Pain or burning while urinating

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Tests to confirm diagnosis

- Certain tests will confirm the [diagnosis of diverticulitis](#) and they include:
- Blood test to check for signs of an infection
- Stool test to look for the presence of blood in feces
- CT scan to detect the inflamed or infected pouch
- Colonoscopy is a slender, lighted camera which is inserted through the rectum and into the colon to examine the entire lining of the colon
- Virtual colonoscopy (CT colonoscopy) uses CT scanning to obtain an interior view of the colon
- Barium enema is an injection of dye into the rectum that makes your colon show up on an x-ray to detect any abnormalities.

What Causes Diverticulitis?

Diverticulitis occurs when **weak spots in your colon are formed due to increased pressure**. The colon has to work extra hard to push stool forward, and this pressure causes pouches to develop which can lead to inflammation or infection.

Factors that can predispose diverticulitis

Predisposing factors that may contribute to [diverticulitis](#) include:

- Low-fiber diet leads to low-bulk stool increasing the pressure
- Aging (older than 50) causes changes in collagen structure that may weaken the colonic wall
- Genetics – In Asian people right-sided diverticula are more common while Western people tend to have left-sided diverticula
- Colonic motility disorders
- Obesity
- Use of corticosteroids and nonsteroidal anti-inflammatory drugs

Help for Diverticulitis

Treatment depends on the severity of your symptoms; whether you have an infection, or it is the first time you have [diverticulitis](#). For **mild cramps and stomach pain**, you should avoid eating whole grains, fruit or vegetables to allow your colon to rest. It is very important to relax and remain calm so practice deep breathing exercises or meditation.

Your doctor will prescribe antibiotics to kill the infection or recommend over-the-counter pain relievers such as acetaminophen (Tylenol). A heating pad placed low on your abdomen will also help to relieve pain and discomfort.

For more severe cases of [diverticulitis](#), you may require hospitalization where fluids and antibiotics are given intravenously. Surgery may be required if a fistula, long-lasting chronic pain, **bowel obstruction, abscess or recurring diverticulitis** develops. Two types of surgical procedures such as primary bowel resection and bowel resection with colostomy are performed to remove the affected area of the colon.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Natural Remedies

A healthier, more effective approach to treating and **preventing digestive disorders** is by using natural remedies. While many over-the-counter and prescription medications bring symptomatic relief, they also have harsh side effects.

Natural remedies such as herbal and homeopathic remedies, on the other hand maximizes health and **reduces imbalance in the body's system**. Herbs such as *Matricaria recutita* (German Chamomile) and *Filipendula ulmaria*, (Meadowsweet) contain anti-inflammatory and soothing properties effective for digestion problems. *Ulmus fulva* (Slippery Elm) and *Sutherlandia frutescens* (Cancer Bush) are excellent herbs used to treat digestive pain and irritation.

Tips to prevent diverticulitis

- Eat fiber-rich foods such as fresh fruit, vegetables and whole grain breads and cereals to relieve constipation
- Drink at eight glasses of water daily to cleanse the body and keep the digestive system moving
- Exercise regularly because the more active you become, the less likely you are to develop [diverticulitis](#)
- Avoid delaying bowel movements rather respond quickly to avoid increased pressure in the colon
- Reduce your intake of red meat and instead substitute it with chicken or fish
- Add a fiber supplement such as psyllium seed bulking agents to your diet
- Avoid foods containing small seeds such as tomatoes and popcorn, as well as using whole-seed spices such as cumin and sesame – seeds may lodge in diverticula and cause inflammation
- Cleanse your colon to help prevent toxic buildup by using colonic irrigation or herbal cleanses
- Avoid using laxatives, enemas and narcotic medications that can cause constipation
- Learn to enjoy meals more by sitting down to eat, eating slower and paying attention to your food

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

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Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be



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further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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