



## **DIVERTICULITIS** (active inflammation and symptoms) Nutritional Support Protocol

### **Lifestyle Recommendations:**

1. Control stress and avoid extra obligations.
2. Avoid smoking and alcohol consumption.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
4. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
5. Avoid antibiotics unless prescribed by your medical professional.

### **Dietary Recommendations:**

1. Eat a low residue soft-food diet while symptomatic, including low-fiber and no seeds or nuts.
2. Avoid all grains including wheat, rye, oats, barley, spelt, kamut, buckwheat, bulgur, amaranth, quinoa, teff (crackers, cookies, bread and pastries).
3. Avoid dairy products. Goat's milk and cheese from goat's milk may be acceptable if you are not sensitive to them.
4. Avoid all supplements that use black pepper extract, also called Piperine.
5. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
6. Avoid carageenan containing products since this can irritate the GI tract.
7. Avoid any known food allergies. Test with DFH Comprehensive Metabolic Profile.
8. Avoid all foods that cause diarrhea.
9. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
10. Carry PaleoBars with you to prevent missing snacks throughout the day.

### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

**GI Revive Powder:** 1 tsp twice daily  
**Inflammatone:** 2 caps three times daily on empty stomach  
**Probiotic Synergy:** 1 sphere or ½ tsp twice daily  
**Tegricel Colostrum:** 1 cap twice daily

Additional Requirement if GI Infection is Present: (Confirm with GI Effects Stool Analysis from Metamatrix Labs 1-800-221-4640)

**GI Microb-X:** 2-3 caps three times daily on an empty stomach for 4 weeks.

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.