Many diverticulitis sufferers prefer to assist their western medicine prescriptions and help to heal themselves with alternative herbal remedies. Upon a bit of research we have come across an amazing recommended mix of herbs, minerals, vitamin, and food supplements to help control the condition and possibly assist in alleviating a mild attack. The list may seem a bit overwhelming, however check the supplements you are already taking and a few of these may be already in there.

- **SUPPLEMENT**
- **DOSAGE (Suggested)**
- **PURPOSE**

**CRUCIAL ELEMENTS**

Kyo-Dophilus

Follow label directions, take on empty stomach.

Bowel flora replacement, assisting in absorption properties and elimination.

Bio-Biofidus
  - American Biologics

Follow label directions.

Assist in replacing flora in the small intestines and absorption.

Vitamin B complex

100 mg 3 times daily

Necessary for all enzyme systems in the body and
assists in digestion

Fiber
- psyllium,
- flax seeds,
- oat bran

Follow label directions. Best taken 1 hour before meals with 8 - 12 oz of water. Should be taken separately from other medications and supplements.

Helps to reduce the risk of constipation, in turn lowering the risk of feces getting into diverticulum pockets which could result in diverticulitis infections.

BENEFICIAL ELEMENTS

Proteolytic Enzymes

Follow label directions and take between meals.

Assist in digestion and reduces inflammation in the colon.

Multienzyme Complex

Follow label directions, take with meals.

Necessary to break down proteins. Utilize a formula
high in pancreatin.

Dioxychlor
   American Biologics
Follow label directions.

Vital antibacterial, antifungal, and antiviral agent.

Licorice Supplement
   Bio Rizin -
   American Biologics
Follow label directions.

Helps relieve allergy symptoms and improves glandular function.

Garlic (Kyolic)
   utilize a yeast free formula
2 capsules 3 times daily with meals.

Assists in digestion and destroys unwanted "bad" parasites and bacteria.

Essential Fatty Acids
   flaxseed oil,
   salmon oil,
   primrose oil

Follow label directions.

Aids in protecting the cells that line the walls of the colon, and improves the lymphatic function.
Vitamin K

100 mcg daily.

Vitamin K deficiency has been linked to a variety of intestinal disorders.

L-Glutamine

500 mg twice daily with water or juice - no milk- on an empty stomach.

A primary source of fuel for enterocytes (cells lining the inside of the small intestine).

Elements To Consider

Free Form Amino Acid Complex

Follow label directions, on an empty stomach 30 minutes prior to a meal. Supplies the protein needed for the repair and healing of tissue.

Aloe Vera

1/2 cups 3 times daily. Can be mixed with herbal teas.

Promotes healing in the inflamed tissues and helps to keep constipation down.
Vitamin A

Up to 25,000 IU daily.
Pregnant women do not exceed 10,000 IU.

Heals and protects the colon lining.

Vitamin C

3,000 - 8,000 mg daily, split up throughout the day.
Boost immunity and helps reduce inflammation.

Vitamin E

Up to 800 IU daily.

This little pill is an amazing antioxidant that helps in protecting the mucous membranes.

Once your bowels are healthy and well rested, following these simple recommendations daily will help to keep the diverticulosis under control:
- Water, water, and water at least 8 – 10 glasses daily
- 30 – 35 grams of fiber each day (can be naturally supplemented)
- Keep your diet higher in proteins (from vegetable and fish sources) and lower carbohydrates
- Plenty of green leafy vegetables (great source of vitamin K)
- Garlic for detoxifying and its wonderful healing properties
- Avoid laxatives; they tend to irritate the colon wall

Pro active is the key to your healing, stay in strong communication with your healthcare advisor and be sure to inform them of any additional supplements you may plan to take so as not to interfere with their diagnosis and prescriptions for your condition.