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Pain Free Foods: The Method Thousands Have Used to End Diverticulitis: Part I of III (Pain Free Foods Program Book 1)

Michael Hohlweg

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You have probably been told that you will have your digestive disorder for life and that it will get worse over time. The opinion of author Michael Hohlweg and co-author Rachel Hohlweg is these are not “mystery” disease with unknown causes.

Michael and his daughter Rachel go further than explaining the cause. They have dedicated almost 15 years of research and exacting experimentation to eliminate flare-ups, attacks, infections, over-acidification, diarrhea, constipation and inflammation related to diverticulitis, colitis, and Crohn’s.

Using layperson language and simple dietary techniques they developed called “Catalyst Foods,” the father, daughter team has developed an eating program with which they have walked over 10,000 clients out of the digestive disorder nightmare doctors call “diverticulitis”, “diverticulosis”, “colitis”, and “Crohn’s.”

The authors attacked the stigma of these disorders being “untreatable” with personal experience and a belief that doctors and pharmaceutical companies were focused on antibiotics, antacids (PPI’s), steroids, anti-inflammatories, procedures and surgeries and not on helping people eliminate symptoms.

If you look at the actual symptoms of your digestive disorder, you will come to agree that what gastroenterologists call a disease, is a condition of over-acidification and its related inflammation. Those two symptoms “are” your digestive disorder, no matter how they’ve labeled it. Other symptoms such as bloating, gas, diverticula, heartburn, abdominal cramping, and even infection, are all just sub-symptoms of over-acidification and inflammation.

Once you understand this simple truth about digestive disorders, it is easier to understand that eliminating two symptoms can actually eliminate all symptoms. Over-acidification and inflammation are not diseases, they are conditions and they only persist when the few eating habits that create them continue. Pain Free Foods shows you how to break the few eating habits unique to Western cultures where these diseases flourish.

Those who say digestive disorders are not diet related are ignoring facts. Two of the most populous regions on earth have almost no incidence of diverticulitis. We are talking about Asia and the African continent. The difference is eating style. For those of you who are trying to think ahead; digestive disorders are not caused by fast food or general poor nutrition or processed foods.

Your digestive disorder is a product of eating style called “catalyst foods.” Catalyst foods is a term that refers to what Mike and Rachel invented which is a food ratio chart called “The Magic Ratio.” This magic ratio allows those who know the program to eat almost any food as long as they combine them according to a certain rule.

If the program is sounding complicated, it’s not. The main regulation of the entire program is given to you in a color chart on one page of the book and a copy can be carried in your pocket or purse. The chart called “the

eat out guide” lets you eat at restaurants, friends homes or anywhere you choose although you will often have to make a minor adjustment to your meal as shown on the chart.

Pain Free Foods is easy to read, understand and follow. Over 4000 of Mike and Rachel’s clients are over the age of 65 and many over the age of 80. The book is presented at a high school level and designed to help you succeed. The books are laid out with clear, well-defined indexes so you can find the answer to periodic questions easily without searching or re-reading.

We know you have read and tried things before and you are tired of being disappointed. We know that doctors don’t cure digestive disorders and you are looking for a simple, natural way to succeed. If you are tired of being sick and suffering, If you are willing to make some simple dietary changes and kick your digestive disorder out of your life in the process, please consider: Pain Free Foods by Michael and Rachel Hohlweg.

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Doreen Williams:

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book Pain Free Foods: The Method Thousands Have Used to End Diverticulitis: Part I of III (Pain Free Foods Program Book 1) it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the particular e-book. You can m0ore easily to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

Donald Diaz:

People live in this new moment of lifestyle always attempt to and must have the free time or they will get lots of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not a robot. Then we consult again, what kind of activity have you got when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative with spending your spare time, typically the book you have read is Pain Free Foods: The Method Thousands Have Used to End Diverticulitis: Part I of III (Pain Free

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