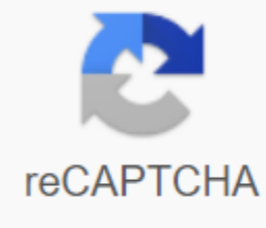




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Diverticular disease diet guidelines

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They can also help reduce the risk of developing other diverticula and developing diverticulitis. You do not have to avoid nuts, seeds, corn or popcorn. Most adults need 20 to 30 grams of fiber every day. With diverticulosis, you may need 6 to 10 grams more than this amount every day. Ask your caregiver how much fiber you should have each day. Increase your fiber intake slowly. When you eat more fiber, you can take gas and feel bloated. Bloating is when your abdomen (stomach) feels very full and can be swollen. You may need to take a fiber supplement if you are not getting enough fiber from your meal. Drink plenty of fluids every day as you increase the fiber in your diet. You need about 2 to 3 liters (8 to 12 cups) of liquids every day. What are some foods that are high in fiber? Foods with at least 4 grams of fiber per serving: One quarter to half a cup of cereals high in fiber. Half a cup of blackberries or raspberries. Four prunes. One cooked artichoke. Half a cup of boiled beans (lentils, red, kidney and pinto beans). Foods with 1 to 3 grams of fiber per serving: One slice of wholegrain, pumpernickel, or rye bread. Four wholegrain crackers. Half a cup of cereal with 1 to 3 grams of fiber per serving (check the nutritional label on the box). One piece of fruit, such as apple, banana, pear, kiwi or orange. Three dates. Half a cup of canned apricots, fruit cocktail, peaches or pears. Half a cup of raw or boiled vegetables such as carrots, cauliflower, cabbage, spinach, squash or corn. Two tablespoons of almonds or peanuts. What type of diet should I follow if I have diverticulitis? You will need to follow a low-fiber diet until your symptoms disappear. Your caregiver will tell you when you can slowly add foods high in fiber back to your diet. Foods low in fiber that you can eat: Wheat cream and ground porridge. White bread and white pasta. Canned and well-cooked fruit without peel or seeds and juice without pulp. Canned well-cooked vegetables without skins or seeds and vegetable juice. Cow's milk, lactose-free milk, soy milk and rice milk. Yogurt, cottage cheese and sherbet. Eggs; poultry; fish; and tender, ground and well cooked beef. Tofu and smooth nut butter such as peanut butter. Broth and taut soups from foods low in fiber. Foods you should avoid: Whole grains and bread and cereals made from whole grains. Dried fruits, fresh fruit with skin and fruit pulp. Raw vegetables. Boiled vegetables. Hard meat and meat with cartilage. Boiled dried beans. When should I call my caregiver? Call your caregiver if: You have questions about your condition. You have questions about the diet that you should follow. You have a change in bms. You have nausea (upset stomach). You have a fever (elevated body temperature). You're in pain in the understeer on your left side. Care contract You have the right to help plan your care. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment. Copyright © 2011. Thomson Reuters. All rights reserved. The information is intended for the end user only and may not be sold, redistributed or otherwise used for commercial purposes. The above information is only an educational aid. It is not intended as medical assistance for individual conditions or treatments. Before performing any medical regimen, consult your doctor, nurse or pharmacist to determine if it is safe and effective for you. For more information, contact your healthcare provider to make sure that the information displayed on this page applies to your personal situation. Medical Disclaimer Learn more about the diet for IBM Watson Micromedex MicromedexSymptom diverticular conditions checkerNutrition Reviews for Infants and Toddlers For your heart and overall health, do not follow all government healthy eating recommendations. Every five years, the federal government tells us what we should eat to stay healthy. It's a daunting task, really, given how many of us there are (nearly 300 million) as different we are, and the ways dietary guidelines for Americans are used. They report not only on the decisions we make as individuals, but also on direct school lunch programs, catering services on military bases, and a host of other federal food programs. When the Steve Cooksey saga begins it depends on your point of view. If you're Cooksey, it started in February 2009 when he was rushed to the hospital and diagnosed with type 2 diabetes. He was given prescriptions for a set of drugs to treat not only diabetes, but also high blood pressure and high cholesterol. His regime called for four insulin shots a day. On his blog he describes that version of himself as a sedentary garbage disposal. He was 47, weighed 235 pounds, and suffered from asthma and plantar fasciitis as well as diabetes. Cooksey objevil paleo paleo By the end of March I had stopped taking all the medication and insulin, he says. His version of the diet was extremely low in carbohydrates. In addition to normal paleo stuff-no grains, no dairy products, no legumes (a category that includes peanuts along with beans) –he avoids foods like potatoes that our ancient ancestors probably started eating the moment they figured out how to use fire to be soft enough to chew and swallow. You can argue about the merits of the diet (which I did in, Should You Go Paleo?), but you can't argue with Cooksey's results: He not only lost 70 pounds, but says his blood sugar, blood pressure, and cholesterol all returned to normal. I haven't had aspirin since March '09, he says. I didn't have cavity medication. I haven't been to the doctor since my follow-up in August '09. When Cooksey went paleo, he went behind the menu to paleo-approved lifestyle changes. He started practicing barefoot and says his plantar fasciitis has disappeared. He started swinging kettlebell, and his chronic back pain mostly ended. He says he only eats one or two meals a day. He started a blog about his experiences (diabetes-warrior.net). His audience kept growing. Readers asked for advice and he was more than happy to submit. He eventually offered advice via email or phone for a fee. But he says he never made much money at the place. (He makes a living as a logistics manager for medical equipment providers.) If you are a member of the North Carolina Board of Dietetics/Nutrition, the Cooksey saga began in January 2012. At that time he attended a nutritional seminar for diabetics. The presenter, he says, was obese, type 2 diabetic. She was on insulin. And she taught people to eat like her! He says he wasn't planning on speaking up, but he couldn't help himself. (Reduced impulse control when we talk about food is a side effect of any successful diet.) An audience member took an insult to his call for a low-carb, meat-rich diet, he says, and reported him to the Dietetic Council. He soon got a call from a board representative who told him he couldn't offer advice on diet or nutrition without a license. To even qualify for a license, he would need the education and training of a registered dietitian: a college degree in nutrition plus 900 hours of supervised practice. The phone call was followed by an email with this PDF about his many transgresses. The document showed 19 pages from his blog, with a plaque of admonition written in red ink. On one page, for example, he tried to help a reader who expressed concern for a friend with diabetes. A friend, Cooksey wrote, must get out of the 'carb up and shoot up' treatment plan. That's advice, according to the council, which is against state law. Cooksey has made changes to his site. Gave at the bottom of each page telling readers that he's not a doctor or nutritionist, and ended up his short-lived consulting venture. But as he wrote on his site, My compliance is respect for their violation of my rights, not the agreement between us that I was wrong and they were right. ... This is America, and in America, people should be able to give each other advice on things like diet. The Institute for Justice, a nonprofit, libertarian law firm, has agreed to represent him in federal court. It was a slam dunk that we wanted to make it, says Jeff Rowes, senior attorney for the institute. But it wasn't a slam dunk legally. Naked discrimination This is where the case gets complicated. It's at the bottom of a collision between two well-established legal principles, rowes says. First, there's the government's power to regulate our profession. No one wants to live in a country where someone can claim to be a doctor, lawyer, or nutritionist if that person has not received a designation. Then there is the First Amendment, which guarantees five fundamental freedoms: religion, speech, the press, peaceful assembly and petitions to the government. When you write for a living, as I have for most of your adult life, you tend to think of the First Amendment as a guarantee that you can say what you want, when you want, on any topic you choose, in any medium at your disposal. But Rowes says it's not right. Here's the difference: Let's say I believe a sure-fire way to get six-pack abs is to quickly throughout the day and then eat apple pie with vanilla ice cream just before bedtime. I have every right to spread this tragically stupid advice. I just can't advise an individual to stop on a perfectly reasonable diet in favor of my pie plan. The First Amendment protects the right to say stupid things, even stupid things of consequences, rowes says. Governments generally say that when you talk to someone in person, it's not really a speech. Instead, it is considered a behavior, a practice profession. Sure, a harmless food blog wouldn't attract the attention of the Board of Dietetics in North Carolina. It was only when Cooksey questioned the mainstream's position in a public place that the council went after him with a red pen. Steve is a dissident. Rowes says. He says the dietary status quo is indeed harmful and that the obesity epidemic is traceable to standard advice. The dietetic committee went after Steve because he strayed from the standard medical line. That was the case Cooksey and Rowes took to U.S. District Court in August 2012. Because célèbre If you are a member of the media, that's when you first took the Cooksey announcement. When questioned by the New York Times, Adam Liptak said he hoped his team would lose the opening round in the federal Their goal was to take his case to the Supreme Court and, once and for all, establish the right of people like him to advise anyone who so requests. In October 2012, the District Court played its part. Judge Max Cogburn Jr. he dismissed the suit, saying Cooksey had shown no actual injury. According to his government, the Dietetic Council merely offered informal guidance. And Cooksey voluntarily removed parts of his website that the state board deemed problematic. (If Judge Cogburn's definition of voluntary calls to mind a scene in the Full Metal Jacket in which a drill sergeant orders a private choke yourself, you're not alone.) So the Institute for Justice took Cooksey's case up the ladder to the U.S. Court of Appeals, saying he actually suffered an injury under his First Amendment right to free speech. I don't think realistically they can claim that Steve Cooksey sitting on a keyboard can be considered anything other than speech, says Rowes. A three-judge panel (including former Supreme Court Justice Sandra Day O'Conner) unanimously agreed that the state council's actions had an objectively chilling effect on the advice and comments it posted on its website. What that means, Rowes says, is that Cooksey now has legal status to sue the North Carolina Board of Dietetics/Nutrition. Now we're in the box for free speech. And also in U.S. District Court. If they win, they expect North Carolina to appeal. The case would go to the same circuit court that had already ruled in Cooksey's favor. If the loser appeals that decision, the case could meet Cooksey's goal of reaching the Supreme Court. Orthodox-on-Orthodox action If you're neither a lawyer, nor a blogger, nor a paleo-diet evangelist, this is probably the first thing you've heard of Cooksey. And that's okay. As a separate legal case, it doesn't seem to have much to do with ordinary people. But the case isn't really about Cooksey, and whether it can tell people to ignore standard advice from organizations like the American Diabetes Association and the Academy of Nutrition and Dietetics. He says he spoke to at this seminar back in January 2012 because the moderator told viewers to pick the whole over refined grains, which any paleo or low-carb advocate will tell you is an unnecessary distinction. They say that if you want to recover from diabetes or avoid it in the first place, you should not eat grains at all. These arguments are entertaining the first hundred times, but then they get old. Most nutritionists I've spoken to over the years—including those I interviewed for men's health—would agree with Cooksey at one point. If you already have diabetes, the last thing you want to do is eat foods that create a rapid increase in blood sugar levels. That includes bread. For people who are not Diabetic, diet problems are not really black and white. Let's face it: No one gets diabetes because of a few slices of bread. It's all other crap-fries, lemonade, pastries, chips-it makes people fat and sick. And it's not the food in isolation. It is a huge amount of these foods, consumed in combination with each other. Think about a children's party at Chuck E. Cheese's with soda and pizza followed by a birthday cake, and imagine adults regularly eating the nutritional equivalent. Dessert for breakfast. Fast food for lunch. Pasta for dinner, washed with beer and followed by a couple of hours on the couch watching other people sweat on So You Think You Can Dance. That's

how people cause metabolic injuries, so Cooksey admits he ate. Bland, balanced diet recommendations nutrition establishments are not to blame for pushing people on the path to metabolic dysfunction. Unfortunately, they probably aren't the best way to solve the problem once you have it. But when I lived in North Carolina, the law says I can't offer that advice to an individual, even if it asks, even if it's clear that I'm not a doctor, nutritionist, or holy man. (Interestingly, when I call an herbalist, or when I work in the food or supplemental industry, I can give all the advice I want if it's related to marketing my own products.) Most states, along with the District of Columbia and Puerto Rico, have mechanisms for licensing and regulating nutritionists. In my state, Pennsylvania, the rules are tucked into a larger law that regulates nurses. It seems that there are unqualified persons from claiming to be nutritionists, and to keep nutritionists from abusing their positions. In Missouri, where I was born and raised, the law aims to protect the public from misuse or misrepresentation of the title of licensed dietitian. These state regulations don't just protect the public. It protects professionals whose income and status depend on high barriers to entry into their field and on the overall respect of the letters behind their names. The annual license fee is a small price for a system that prevents fraudsters from competing directly with them. Most of us are fine with it if we talk about who can or can't claim that credentials and start professional practice. As I wrote before, no one wants to be self-taught next to a guy who went to an accredited medical school and did a brutally hard job to earn a doctorate. The problem is not that regulations exist. It's that many, if not most, were written before the internet gave us 24-hour connections for readers around the world. It's a system suitable for the 19th century. Lawyers for the Institute for they are currently working on two similar cases: Kentucky filed a court order to stop family therapist John Rosemond from publishing his syndicated column in newspapers within its borders. Why? Because he's not a licensed psychologist in Kentucky. (Ironically, it is licensed in North Carolina.) And in Texas, the state Veterinary Council suspended and fined retired veterinarian Ron Hines for providing counseling (some fee-based) over the internet because it violates state law to design treatment without physical examination of the animal. The consequences of these cases stretch to infinity. The person who pays Hines for veterinary advice understands that their dog or cat has not been examined. And why would anyone with parenting tips from a newspaper column know or care where the author is licensed? Would the board be better off coming from Kentucky instead of North Carolina? No one thinks this kind of advice is the equivalent of going to the doctor, rows says. Likewise, no one claims a three-party blogger, columnist, and veterinarian-hurt anyone. What really happens is that the professions themselves, industry groups, want to create barriers to entry and monopolize practices for their own benefit and profit. I can't agree or disagree. No one in North Carolina has responded to my request for an interview, and I have no specific insights into the motives of those who write and enforce these laws. But I do know this: As an author, I may have broken the law without knowing it. The same goes for you or someone else who works, eats properly, and shares advice with friends, family, and coworkers. We think we're part of the solution. But for our state licensing board, we could be a problem. We should all have a problem with that. Lou Schuler, author of five new rules lifting books with Alwyn Cosgrove, is pretty sure his council is street-legal. This content is created and managed by a third party and imported to this page to provide users with their email addresses. For more information about this and similar content, see piano.io piano.io

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