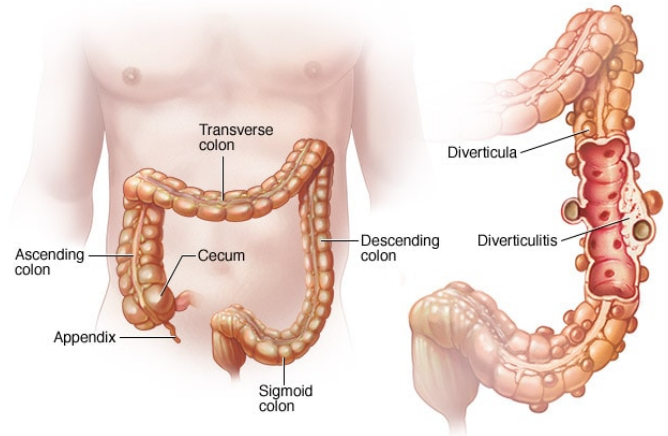


Diverticulitis refers to the inflammation and infection of the diverticula, the small, bulging sacs or pouches of the inner lining of the large intestine (colon). Diverticulitis can cause severe abdominal pain, fever, nausea, bloating, gas, poor appetite, diarrhea or constipation. About 25% of people with diverticulitis develop complications such as abscesses, a blockage in the colon followed by scarring, fistulas, and peritonitis.

The pathophysiology of diverticulitis is incompletely understood. Long-standing but unproven theories suggest that diverticulitis results from lack of blood flow and poor microcirculation of blood vessels in the intestines leads to obstruction to a diverticulum with subsequent ischemia, microperforation, and infection. There's also chronic inflammation present.

The obstruction which leads to the development of the pouches is associated with stool hardening. When small pieces of stool (feces) become trapped in these pouches, it causes diverticulitis. It is believed that the obstruction is related to the aging process, as it is found in more than half of Americans over age 60. As people age, poor microcirculation in the large intestine can result in insufficient nutritional support to the colon and can cause slow colon contraction and bowel movements. As a result, too much water is extracted from the stool, resulting in constipation and hard stool, causing people to strain when passing stools. This increases the pressure in the colon or intestines and may cause these pouches to form.



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The lack of blood flow to the colon is associated with poor microcirculation and such condition is referred to as a Kidney Yin deficiency according to Traditional Chinese Medicine (TCM).

Several studies have associated diverticulitis with a chronic inflammatory state. Increased expression of matrix metalloproteases and histamine, which are associated with intestinal inflammation, have been found in diverticulitis patients. Such gut inflammation may also be associated with bacterial overgrowth and gut infections. Research has found that low stomach acid can increase gut infection and inflammation, because the food that is ingested can not be fully sterilized in the stomach at low stomach acidity.

The low stomach acidity is due to Stomach Yin, Yang and Qi deficiency in TCM. The gut inflammation and infection are referred as to gut Heat in TCM.

Wellness Recommendation

The wellness recommendation includes LC Balancer. LC Balancer nurtures Kidney Yin and increases microcirculation to the colon to help improve nutritional support and strengthen the colon structural integrity. The treatment helps resume regular colon contraction and bowel movements, which allows the stool to retain enough water and resolve the constipation and the resulting diverticulitis. Patients can notice symptom improvement with 2 weeks of LC Balancer treatment.

If patients also have upper GI conditions such as low stomach acidity, acid reflux, poor digestion, food intolerance, stomach ulcer, the wellness recommendation includes Spring Capsule, SJ, Probiosis and Formula B in addition to the LC Balancer. The Spring Capsule helps increase the blood supply to the stomach and improve its contraction. It helps warm up the stomach, boost stomach Yang and resolve the Cold Stomach condition. SJ helps repair the damaged lining of the stomach and upper GI, and restore the normal stomach acid and nurtures stomach Yin. Probiosis helps clear gut Heat and reduce stomach and intestinal inflammation, clear pathogenic bacteria, and

reduce the population of unfriendly bacteria. The Formula B helps relax the Pyloric Sphincter (lower gate of the stomach) to allow the properly acidified food being emptied promptly from the stomach to the duodenum, and improve the intestinal contractions through enhancing and descending the stomach Qi. 1-3 months of treatment is required to achieve complete symptom elimination with sustained results.

If patients have colon ulcers Colitagen and WhiteHead are recommended. Colitagen removes blood stagnation in the colon, it helps to repair the damage in the large intestine. WhiteHead removes Heat and toxins from the large intestine and colon. It helps clear bacterial infection in the colon and large intestine. Patients can experience a reduction in abdominal pain, loose stool or diarrhea, and blood in stool in 3-7 days. 4-6 weeks of treatment is required to have significant improvement and sustained results. After the ulcer is healed, continue treatment with Probiosis, PA, Silver and/or WhiteHead for 2-3 weeks is required to clear the overgrown of bacteria in colon.

Selected Case Study:

Case: Successful Resolution of Diverticulitis
Shadye Peyvan, LAc, PhD, CA

A 38-year-old male patient came to our office in April. His diagnosis was Diverticulitis with pus, bleeding, mucus and small perforations. He reported the level of his abdominal pain 8-9 out of 10 with chills and fever. He was on antibiotics.

I asked him to come for acupuncture treatment 3 times per week. By putting him on a proper diet and herbal formulas from Wei Labs for improvement of microcirculation, the new tissue generation, and the repair of the lining of his intestine gradually started to become a reality.

His last CT scan performed on October 18th, indicated a full recovery and no need for surgery. He will continue to come for acupuncture treatments 2 times per month to maintain his well-being.