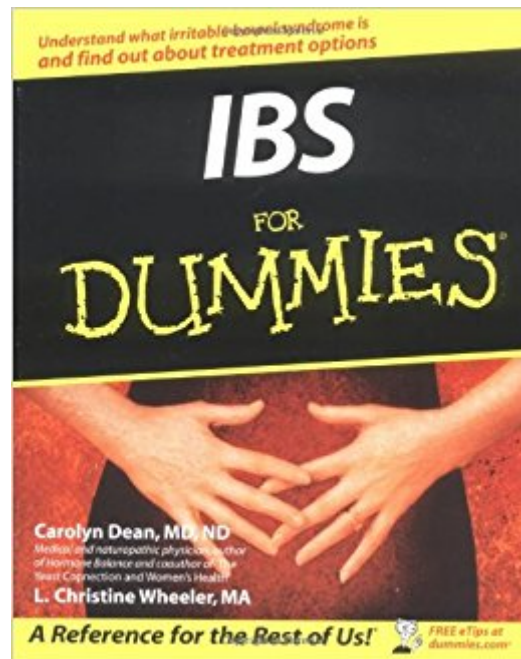




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# IBS For Dummies



## Synopsis

Spot the triggers and handle IBS at home or work Get control of your symptoms and improve your quality of life Are you or a loved one suffering from IBS? This plain-English, reassuring guide explains all aspects of this frustrating condition and helps you find the right doctor and treatment plan. You get up-to-date information on the latest tests, healthy nutrition guidelines, diet and exercise plans, and the newest medicines and therapies to bring you much-needed relief. Discover how to

- \* Get an accurate diagnosis
- \* Recognize the warning signs
- \* Reduce your stress
- \* Weigh treatment pros and cons
- \* Adopt an IBS-friendly diet
- \* Help children with IBS

## Book Information

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## Customer Reviews

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- Get an accurate diagnosis
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- Reduce your stress
- Weigh treatment pros and cons
- Adopt an IBS-friendly diet
- Help children with IBS

Carolyn Dean, MD, ND (Bronx, NY), is a medical doctor and naturopathic doctor who has extensive experience in treating IBS and other bowel diseases. Additional books by Dr. Dean include The

Miracle of Magnesium, Hormone Balance, and The Yeast Connection and Women's Health. L. Christine Wheeler, MA (Vancouver, BC, Canada), is a medical and natural health writer and EFT practitioner.

It is very well explain. Actually thanks to this book, I was able to realize I had IBS for quite some time now. I had been able with very bad experiences to know which foods I can eat now without feeling miserable. It took me like a year and a half to be really better. And even now, I tend to try new things but some are still no good for me. It is actually really sad that the food I use to love I'm not able to eat it anymore. But I have to learn to live with this condition.

This was my first book I got when I was diagnosed with IBS, very basic book, introductory. It helped me get my IBS under-control and informed me about what to do and what to eat to manage my symptoms. I was able to get well and manage my symptoms. I like the Idiot's book to IBS better because it has different details in the book compared to this book. There are both good books. I liked this book. It helped me improve my symptoms.

My wife was give the runaround by her doctors who were not sure what to read from her various tests, she wanted to rule out what she thought was not it, and this book was very informative to that end. She definitely did not have IBD and knowing more about this also enabled her to talk to her doctors and focus on other possibilities on what the real cause to her condition was.

This book has been the most informative book i've read of IBS. A few months ago i was diagnosed with IBS and as time passed, I felt like I needed more information to learn how to cope with this illness. What I actually loved about this book is that they tell you the facts with scientific research. It talks about normal and alternative medicines, and it covers about everything you need to know, from the beggining of the symptoms, to all the lastest research that has been done for the well being of many of us.

I love Carolyn Dean and realize she has written just about anything. These book were always too difficult for me to read but I now have just about anything I can that Dean has written

This is an excellent book for anyone with IBS or if someone they know who has it. It is written to be understood by anyone as are all of the For Dummies books I have read and has a lot of very useful

information. I would recommend it to anyone.

If you have IBS and have been wondering how to get a handle of it and what it really is..this is insightful. My doctor never gave me much info. So glad I bought this.

How , may you ask, "IBS for Dummies" is a money saver? My 30-year-old son had several abdominal pain episodes, went to a digestive specialize and was to undergo a procedure that was not covered under insurance. Before the procedure, I bought and gave this book to him. He read it and realized that IBS was the culprit. Saved us alot of money.

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