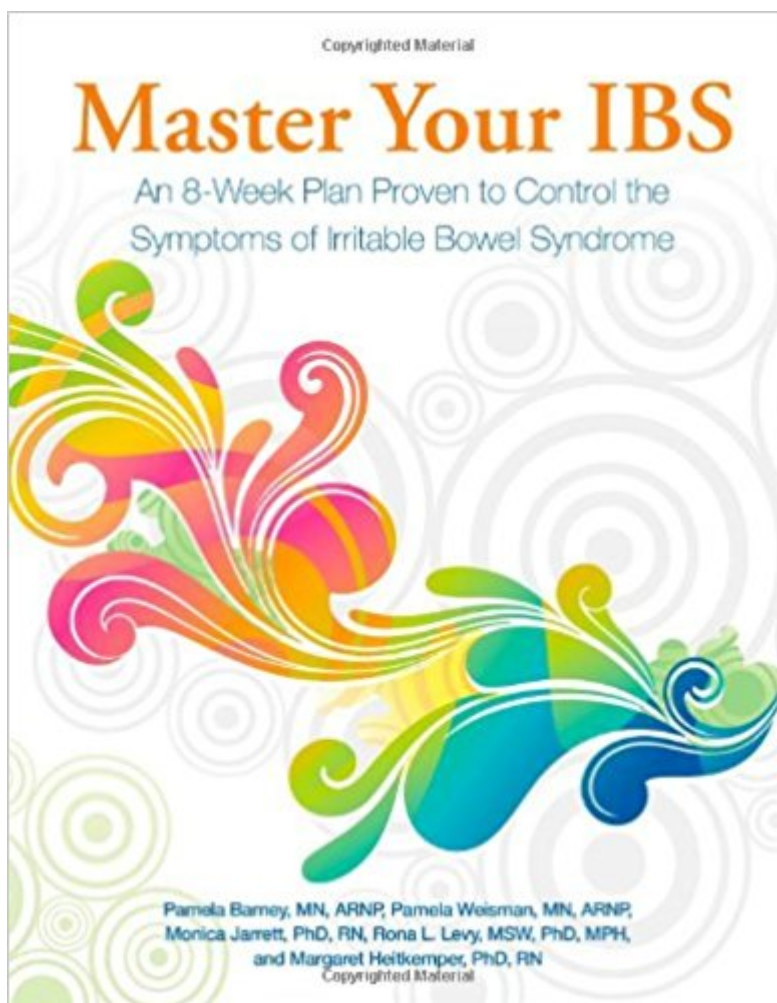


The book was found

Master Your IBS: An 8-Week Plan Proven To Control The Symptoms Of Irritable Bowel Syndrome



Synopsis

This eight-week program was developed by a long-term, NIH-funded study at the University of Washington. Step-by-step guidance shows the reader how to reduce the severity and frequency of IBS symptoms by proven methods. Follow in the steps of hundreds of study participants and succeed at controlling the diarrhea, constipation, and pain without special diets, drugs, or equipment.

Book Information

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Customer Reviews

Pamela Barney MN, ARNP, an adult psychiatric nurse practitioner, has worked for many years on NIH funded research with a focus on the management of IBS symptoms. Pamela Weisman, MN, ARNP, is a nurse practitioner who specializes in self management therapy for a variety of disorders, including IBS. Monica Jarrett, PhD, RN, is a professor in the Department of Biobehavioral Nursing and Health Systems whose research focuses on functional GI disorders in women and men. Rona L. Levy, MW, PhD, MPH, FACG, AGAF, a psychologist and social worker, is an expert on the psychological aspects of functional GI disorders such as IBS. Margaret Heitkemper, PhD, RN, FAAN, is the principal investigator of the study from which this program was developed and professor and chairperson of the Department of Biobehavioral Nursing and Health Systems at the School of Medicine at the University of Washington.

I've suffered from IBS for years, and there were times when it was so bad I have folded in half in the middle of a work day from abdominal cramping or had to get home NOW so I could have my half

hour in the bathroom not at a restaurant. Those of you who suffer from IBS know what I'm talking about. :) One of the worst parts for me is how afraid I am to eat anything the next day. The doctors were very dismissive of my assertion that I had food triggers, but like many IBS sufferers I knew that wasn't the case. I have, however, had a hard time pinning down exactly what it was. One thing that frustrated me with this book is that the writers assume a tone that low-fat, high-fiber is the ONLY way to go. They do deal with food triggers in one (short) section, but there isn't much guidance for how to go about it. They continue to suggest beans, low-fat dairy, and wheat products throughout which, according to studies coming out of Australia where some of the best IBS research is going on, are major trigger foods for a lot of people. The book also encourages people to look at nutritional labels for nutrient content, instead of ingredients, which I find completely backwards. A large chunk of this book deals with relaxation techniques. I do recognize that stress is a factor in my symptoms, and like most people, I do get stressed out occasionally. On the whole, however, I'm a confident, optimistic, low-strung person, so being told "just relax; take some yoga" is the most useless and frustrating piece of advice I've ever gotten from a doctor. (Nothing against Yoga; I really like it, but, at least for me, it doesn't fix IBS.) If you ARE one of the people for whom "chill out and eat your fiber" is effective, this book goes into greater depth with deep breathing techniques, autogenic exercises, and chapters on things like building positive self-esteem. If, like me, you don't need help with your positive energy or some other self-help manual type advice, this book is pretty useless. If what your doctor already told you hasn't been helpful (which is why most of us are doing research on our own), this is probably not the book for you. If you're looking (like me) for the more cutting edge research coming out regarding FODMAPs and carbohydrate or fructose intolerance, this is definitely not your book. I don't recommend this. I read some of it, skimmed the rest of it, and learned nothing. I wish I had known ahead of time a little something of what was being offered so I could've saved myself the money.

For someone who already has IBS I don't feel this book gives you any more info that you probably have already been told by a doctor, or going on line. I was told to buy it after a bad flare, but I've had IBS since 1989, so it wasn't anything new or helpful for me. I can see it being very helpful for someone newly diagnosed. Also, check around on . The actual book was listed at \$25.00, but I went to the used books and got it for \$3.00 through 's recommendations.

Some excellent tips in here for anyone going through the hell of IBS. I have no patience for daily work sheets, but they are helpful even if you rarely use them. I learned a lot from this book and

come back to it often for exercises and advice.

Good Book like the ideas presented! I think you will be very happy with your choice of books if you have IBS!

its a LIE

very helpful and informative book for those of us who suffer from IBS

Recommend by my Dr., very helpful and easy to read and follow. Like the charts that are provided, easy to copy.

Irritable Bowel Syndrome can be quite the drain on one's life but it's conquerable. "Master Your IBS: An 8-Week Plan to Control the Symptoms of Irritable Bowel Syndrome" is a guide to face one's condition and beat it through the use of good diet, exercise, and other natural actions to get it under one's control without the use of drugs or other actions with potential side-effects. "Master Your IBS" is not to be missed for anyone who wants to better manage the condition to improve the quality of their life.

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