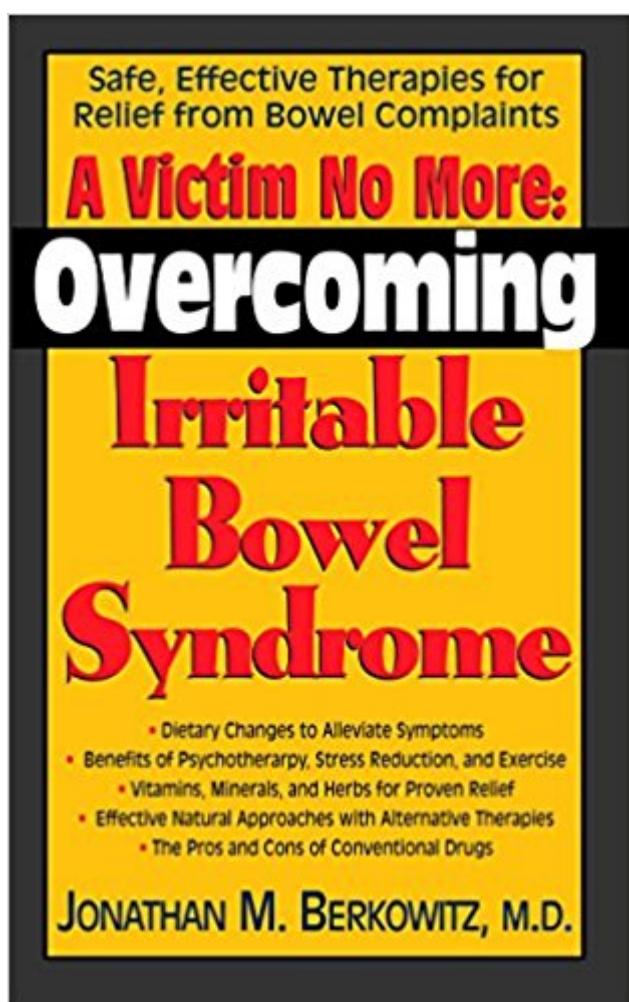


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A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies For Relief From Bowel Complaints



Synopsis

Irritable bowel syndrome (IBS) is a mysterious illness in which the large intestine fails to function normally. Its causes are not fully understood and treatments have often been ineffective. Now, Jonathan M. Berkowitz uses cutting-edge research to provide a compelling and effective approach to treat this complex illness. Using the best of conventional and natural therapies, Dr. Berkowitz shows how an individualised programme is the best way to heal IBS.

Book Information

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A very helpful book for those with irritable bowel syndrome (IBS). It covers, diet, exercise, supplements, psychological factors, and medications for relief of IBS. Highly recommended.

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