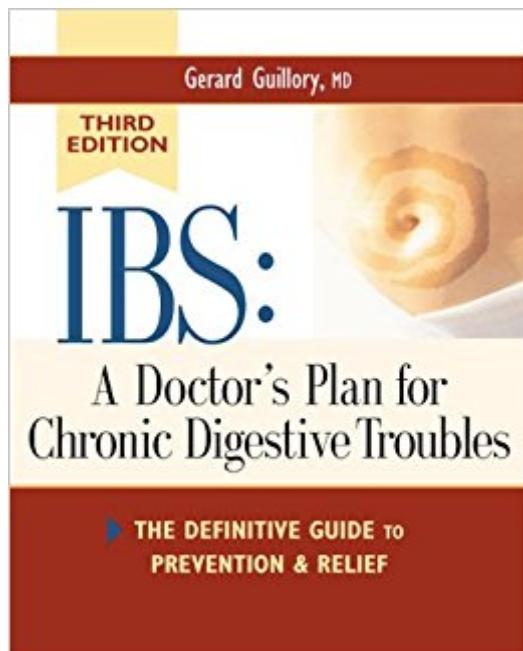


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# IBS: A Doctor's Plan For Chronic Digestive Troubles 3 Ed: The Definitive Guide To Prevention And Relief



## Synopsis

Irritable bowel syndrome (IBS), the most common of all digestive disorders, is the leading cause of recurrent abdominal pain. This expanded edition sums up the latest research and offers new information on treatments and on the relationship of anxiety disorders to IBS. The benchmark IBS book, now with updated medical information, includes alternative and natural treatments.

## Book Information

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## Customer Reviews

Dr. Guillory offers a revised and newly updated edition of his definitive guide for the one in five people suffering from spastic colon, cramping pains or nausea after eating, constipation, gas, and diarrhea--the variety of uncomfortable digestive symptoms known as IBS--Irritable Bowel Syndrome. Revealing questionnaires and special temporary diets are featured, as well as detailed information about testing and medications. Included are special stress reduction techniques along with corrective exercises and advice on lifestyle changes that provide relief

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This book gave me an excellent overview of what it is like for healthcare providers as well as patients to deal with this difficult diagnosis. I planned on using this as a reference but it is so well written that I actually read it cover to cover. I was worried by the 2001 publication that it might be outdated. As far as I could tell, very little has changed since then. I highly recommend this book for those who live with IBS and professionals who are just getting into working with this population.

To answer your main questions about Irritable Bowel Syndrome, Gerard Guillory's IBS: A doctor's plan is an excellent place to start. It is filled with useful tips and has a reassuring tone. I highly recommend this book, along with Dawn Burstall et al.'s IBS relief: A Doctor, a Dietitian and a Psychologist Provide a Team Approach to Managing IBS. Both books complement each other well and provide useful information. (see my review of Burstall et al. at .com)

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