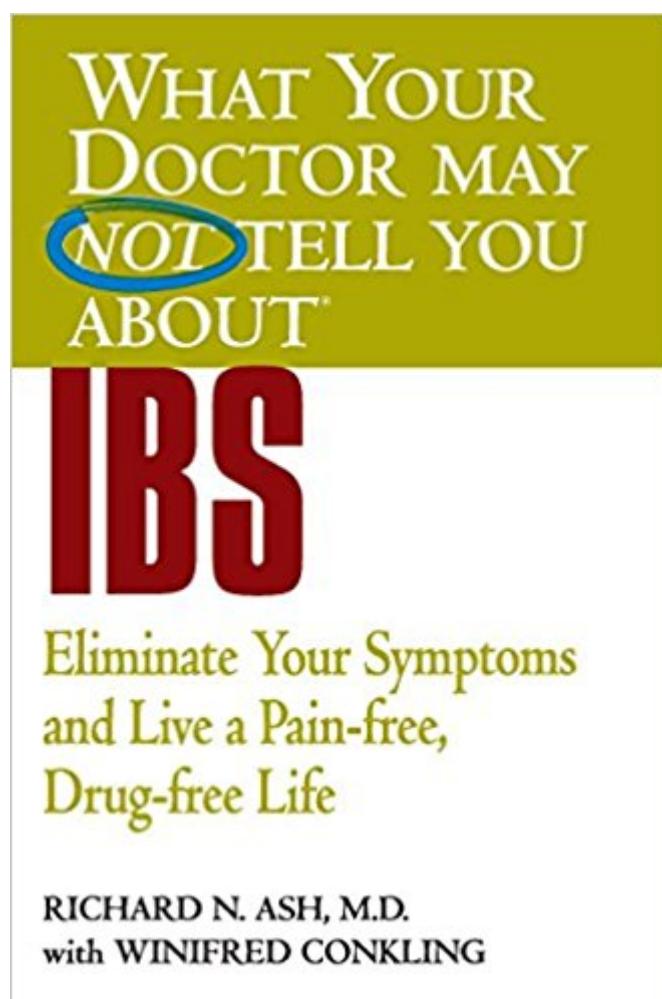


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# **What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms And Live A Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback))**





## Synopsis

With the exception of only the common cold, Irritable Bowel Syndrome (IBS) accounts for more work and school absences than any other illness. But drugs aren't always the best option - as Dr. Ash learned from experience. He has developed a program that helps relieve symptoms without drugs - and has applied his knowledge to the treatment of IBS, helping thousands of patients. In this groundbreaking treatment plan Dr. Ash reveals his drug-free approach to relieving the symptoms of IBS, using vitamin C, bioflavonoids, and other herbs and nutrients that help the body to heal itself. He also discusses the role of food allergies; the need for adequate diagnostic tests; and environmental factors, such as stress.

## Book Information

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## Customer Reviews

I stumbled upon this book several years ago when there weren't as many books (especially good ones) out about IBS. I decided to give it a chance, and I am so glad I did. As a matter of fact, not only am I so glad I found this book, several of my friends and family are too. No, not because my IBS problems subsided but because I've recommended or gifted this book to at least 10 other people. Pros:- Ash's book encourages readers to seek medical help for ruling out other, more serious GI disorders. Not only is that important for readers' wellbeing, it just helps them focus on what the problem actually is.- Book serves as a great introduction to clean-eating, which is absolutely essential to taming the IBS problem.- Ash takes a holistic approach to IBS and general

GI health. He covers stress, abdominal exercises, and supplements, in addition to the expected subjects of diet and medical care.- The fruit and vegetable lists, ordered from lowest to highest sugar content, are invaluable resources!- The grain list, ordered from least likely to cause allergic reactions to more likely, is equally useful.- The recipes are helpful to give readers a start on putting the individual, allowable food items together.- He focuses the issue of yeast and its effect on our bodies when it is growing rampantly. I think this is one of the essential takeaways from this book.Cons:- There is a little confusion about certain foods that are allowable for people who don't have a yeast problem in how they are listed in the book. For example, dill and sour pickles are listed in the allowable vegetable list on page 85, but they are listed as prohibited in the chapter about yeast overgrowth. Readers just have to be on the ball when it comes to details.

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