



## First Steps to Living with Digestive Problems

By Simon Atkins

Lion Hudson Plc, United Kingdom, 2016. Paperback. Book Condition: New. 179 x 125 mm. Language: English . Brand New Book. digestive problems can come in many guises, from difficulties in swallowing, through the stomach, to constipation, wind, IBS and beyond. In this handy introductory guide, GP and author Simon Atkins explains the issues in layman s language. He covers both what we can do for ourselves, and when we need to call on professional help. As digestive problems become more widespread and more acute - often fuelled by stress, obesity, lack of exercise and poor health - we all need to know what to do and when. This book covers food intolerance, medical treatments, what to be concerned about, dietary treatments, therapy and more.



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