



Irritable Bowel Syndrome: The Essential Guide

By Sarah Dawson

Need2Know. Paperback. Book Condition: new. BRAND NEW, Irritable Bowel Syndrome: The Essential Guide, Sarah Dawson, What is Irritable Bowel Syndrome? How do I know if I have it? Should I change my lifestyle or diet? Most of us will suffer with diarrhoea, constipation, wind, bloated stomachs or abdominal pain at some point in our lives. But how do you know if you or someone in your family has IBS? What tests can be done to rule out more serious conditions and are food intolerance tests worth taking? Should you change your diet or eliminate certain foods and can lifestyle changes really make a difference? All these issues are covered in this book, along with advice and quotes from professional nutritionists, doctors and dieticians. There's even a chapter dedicated just to women, as well as some IBS-friendly menus. Whether you're a parent with a child who has IBS, a partner of someone who suffers with the condition or suspect you have IBS yourself, this book is here to help.



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Reviews

Thorough information! Its this kind of good read. Yes, it is perform, continue to an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Loyal Grady**

The ideal publication i at any time go through. It is actually rally fascinating throgh reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time.

-- **Alexandre Cruickshank**