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## The Ibs Healing Plan: Natural Ways to Beat Your Symptoms (Hardback)

By Theresa Cheung

Hunter House Publishers, United States, 2008. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Irritable bowel syndrome is characterized by bloating, abdominal pain, and altered bowel habits. This hard-to-handle problem affects nearly all facets of an individual's life, but because many patients find it difficult to discuss their bowel problems with their doctors, they often suffer in silence. Although there is no cure for the disorder, there are ways to significantly ease and even prevent its symptoms. This book's effective self-help solutions let patients take control of IBS. First, an introduction to the condition spells out its causes and symptoms and helps readers determine if they actually have IBS. The book then focuses on five key strategies: maintaining proper eating habits, stress management, dietary supplements, alternative therapies such as yoga and acupuncture, and the use of appropriate prescription medications. Accessible and clearly written, the book is punctuated with case histories, up-to-the-minute research, and advice on working with a physician.



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### Reviews

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