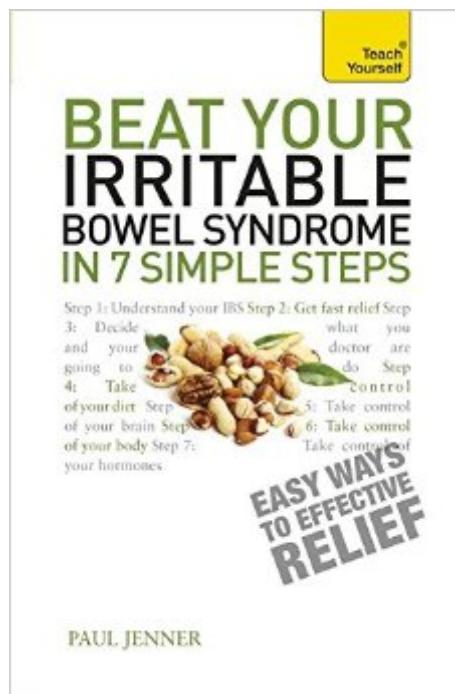


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# Beat Your Irritable Bowel Syndrome In 7 Simple Steps (Teach Yourself)



## Synopsis

If you suffer from, or think you might be suffering from, IBS, this book will give you the solutions you need to regain your life. Not only does it explain all the worthwhile therapies, it helps you to identify which one will work for you. By showing you how to work with your doctor, and what the first steps are to beating this distressing condition, it will work through all the areas of your lifestyle which might be contributing, including diet and stress management, as well as making sure you have exactly the right clinical support. It will give you strategies for immediate relief, along with showing how the latest research findings can offer long-term solutions, and explains the benefits of both well-known and less well-known therapies, including:<sup>\*</sup> Exercise<sup>\*</sup> Relaxation and hypnotherapy<sup>\*</sup> Understanding the importance of balance in the gut

## Book Information

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MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) IRRITABLE BOWEL SYNDROME - The Simple Basic Facts on How to: Manage and Control IBS Get Your Life Back Starting Now The NUTRITION NAVIGATOR [US]: Find the Perfect Portion Sizes for Your Fructose, Lactose and/or Sorbitol Intolerance or Irritable Bowel Syndrome Breaking the Bonds of Irritable Bowel Syndrome: A Psychological Approach to Regaining Control of Your Life The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Making Sense of IBS: A Physician Answers Your Questions about Irritable Bowel Syndrome (A Johns Hopkins Press Health Book) Master Your IBS: An 8-Week Plan Proven to Control the Symptoms of Irritable Bowel Syndrome The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer by Monastyrsky, Konstantin 1st (first) Edition (10/15/2005) IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades Low FODMAP: The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Good (Managing Irritable Bowel Syndrome Cookbooks)

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