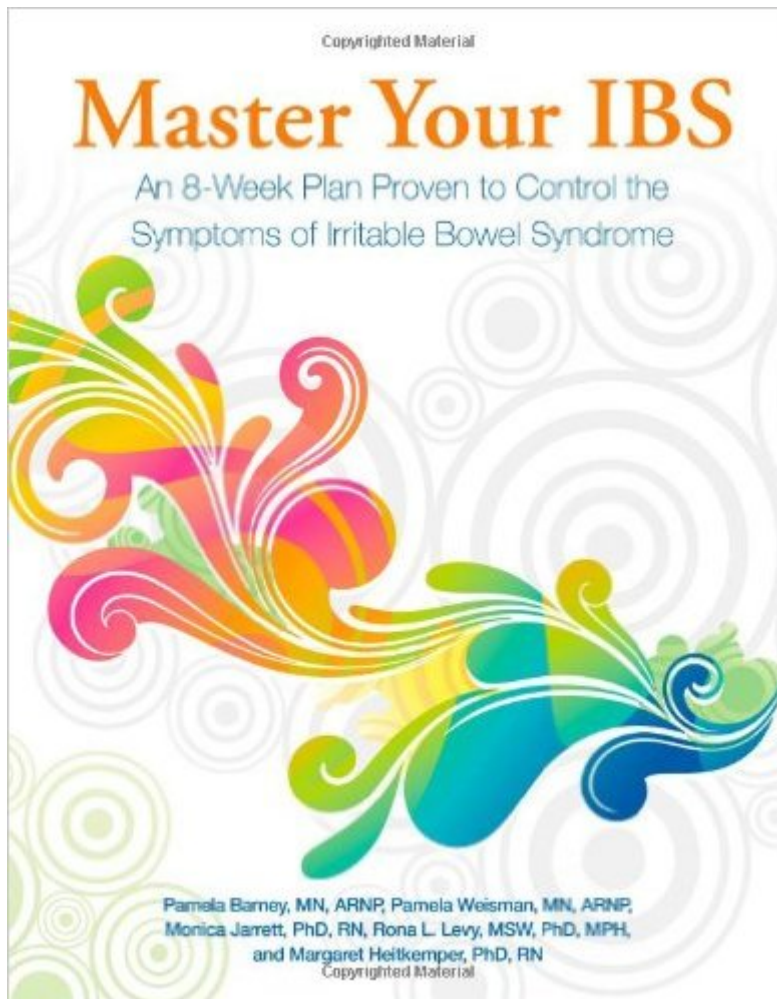


The book was found

Master Your IBS: An 8-Week Plan Proven To Control The Symptoms Of Irritable Bowel Syndrome



Synopsis

This eight-week program was developed by a long-term, NIH-funded study at the University of Washington. Step-by-step guidance shows the reader how to reduce the severity and frequency of IBS symptoms by proven methods. Follow in the steps of hundreds of study participants and succeed at controlling the diarrhea, constipation, and pain without special diets, drugs, or equipment.

Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #741,811 in Books (See Top 100 in Books) #65 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #351 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #177951 inÂ Books > Reference

Customer Reviews

I've suffered from IBS for years, and there were times when it was so bad I have folded in half in the middle of a work day from abdominal cramping or had to get home NOW so I could have my half hour in the bathroom not at a restaurant. Those of you who suffer from IBS know what I'm talking about. :) One of the worst parts for me is how afraid I am to eat anything the next day. The doctors were very dismissive of my assertion that I had food triggers, but like many IBS sufferers I knew that wasn't the case. I have, however, had a hard time pinning down exactly what it was. One thing that frustrated me with this book is that the writers assume a tone that low-fat, high-fiber is the ONLY way to go. They do deal with food triggers in one (short) section, but there isn't much guidance for how to go about it. They continue to suggest beans, low-fat dairy, and wheat products throughout which, according to studies coming out of Australia where some of the best IBS research is going on, are major trigger foods for a lot of people. The book also encourages people to look at nutritional labels for nutrient content, instead of ingredients, which I find completely backwards. A large chunk of this book deals with relaxation techniques. I do recognize that stress is a factor in my symptoms,

and like most people, I do get stressed out occasionally. On the whole, however, I'm a confident, optimistic, low-strung person, so being told "just relax; take some yoga" is the most useless and frustrating piece of advice I've ever gotten from a doctor. (Nothing against Yoga; I really like it, but, at least for me, it doesn't fix IBS.

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Master Your IBS: An 8-Week Plan Proven to Control the Symptoms of Irritable Bowel Syndrome
Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems
(IBS, Bowel Diet, Gastroenterology, Digestion) The IBS Diet: Overcome Irritable Bowel Syndrome
With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment
Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel
Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) The IBS Diet:
How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life
(IBS Relief, IBS Solution) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable
Bowel Syndrome 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 Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome.
Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease,
Rheumatoid Arthritis) Gastrointestinal Health Third Edition: The Proven Nutritional Program to
Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many
Other Digestive Disorders Gastrointestinal Health Third Edition: The Proven Nutritional Program to
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