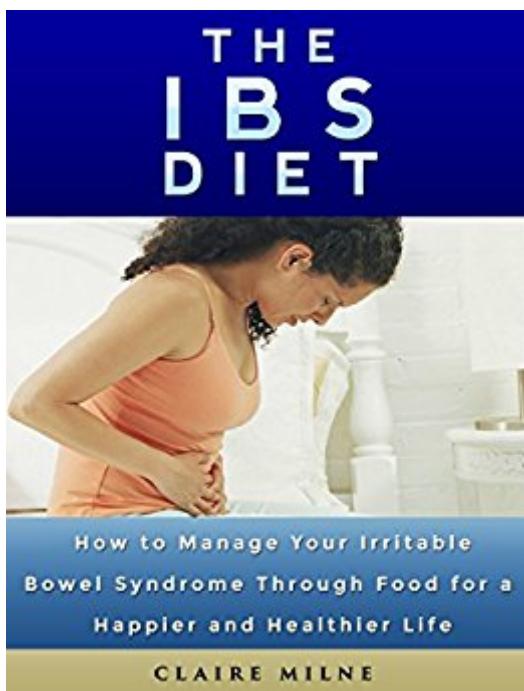


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# The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier And Happier Life (IBS Relief, IBS Solution)



## Synopsis

Discover How To Manage Your Irritable Bowel Syndrome Through Diet For A Happier More Carefree LifeToday only, get this Kindle book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to effectively deal with and manage your IBS symptoms through a change of diet, as well as through other lifestyle changes and strategies included in this book. As a sufferer of IBS, you will know that it can often be a very painful issue to live with, you may even be embarrassed to talk about it with others. However surprisingly, IBS is a very widespread condition that affects millions of people who have to go through a daily struggle with their symptoms. Thankfully, there are strategies and step by step methods which are included in this book that can really help you with your troublesome symptoms so that you can lead a normal and healthy life without all the stress that IBS can often bring. This book goes into detail on how to manage your irritable bowel syndrome through nutrition and also suggests other remedies, lifestyle changes and alternate therapies that have been proven to help IBS sufferers, making it a totally comprehensive guide. All of this will properly inform you on how to deal with your irritable bowel syndrome so that you can start to lead a more happy and positive life where IBS is no longer a defining part of how you live. Here Is A Preview Of What You'll Learn...What Irritable Bowel Syndrome Really Is The Basics of IBS ManagementDiet Management For IBSNatural Foods And Remedies For IBSAlternate Therapies and Complementary Therapies For IBSMuch, much more!Download your copy today!Take action today to learn how to effectively manage your irritable bowel syndrome and download this book for a limited time discount of only \$0.99! ¡ç Tags: IBS, irritable bowel syndrome, IBS diet, IBS help, IBS relief, IBS nutrition, abdominal health, digestion, digestive health, stomach pain, healthy eating, stress relief, nutrition, health, gut, stomach, lifestyle, stomach problems

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## **Customer Reviews**

This book contains very valuable information on Irritable Bowel Syndrome. I bought this book for my sister who recently got diagnosed with IBS, and I had no idea this disease was so painful and serious! The author manages to give great tips on how people with IBS can manage and treat this condition and live a normal life. Exercise, meditation, healthy eating and habits are key to IBS treatment! I will definitely recommend this book to my sister and other people suffering from IBS.

All to often people suffering from IBS seem to accept their condition and learn to try and live with it, however there are ways of beating it and this book can give you the answers. The IBS diet is more than just a diet, it helps you identify the types of IBS you may have, gives you ways of managing it, diet advice and even remedies and therapies that may even cure IBS all together. It's well written and easy to understand, if you suffer from this condition then it's certainly worth getting because it could prove invaluable. Highly recommended!

If most people are aware of Irritable Bowel Syndrome at all, they seem to perceive it as a mild annoyance. Maybe for some people, but in more severe cases this often-baffling condition can seriously affect your quality of life. The IBS Diet is a good introduction to Irritable Bowel Syndrome and its treatment. The book covers what IBS is; what to expect when you visit the doctor; which foods can help and which ones to avoid; nutritional supplements and complementary therapies that may be helpful. It's a quick read, making it an excellent starting point for anyone with unexplained gastrointestinal symptoms.

Just recently started suffering from IBS so this was a good beginners guide for a newbie like me,

Not sure this book is for people who've suffered a long time but I found the information helpful.

Happy I got this one when I did. Worth checking out!

IBS is something that affects millions of us. Yet it is very hard to find a good treatment plan. The only thing that I have ever found that 100% alleviated my symptoms was to follow this diet. I highly recommend this book for anyone suffering from IBS.

If you are recently diagnosed with IBS and wish to know what your natural treatment options are then this book provides you with a good brief review of the available options in an easy to read and follow manner.

I do like the general explanation of what IBS is and the diet tips: what to eat, what to avoid, eat less, etc... This part is good. I do not like the lack of exact recipes for dieting (only 5 of those). This part of the book is too general. You would expect to see more of detailed recipes and probably photos of the cooked meals. And the book could be much thicker if the author would have included more of these. The advice to visit the doctor was right, so I will give the author 4 stars for efforts.

This is a good introduction for anybody looking for basic information about ibs. If you are looking for basic help and answers this is a good book for you. I would recommend Yoga for anybody suffering with this problems.

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