



Irritable Bowel Syndrome: A Natural Approach

Rosemary Nicol

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A NATURAL PROGRAM FOR TAKING PERSONAL CONTROL OF YOUR IBS

Suffering from IBS can make you feel embarrassed and isolated. But you are not alone. Over 30 million Americans have irritable bowel syndrome. Many suffer in silence for years. In the past, doctors told patients that IBS wasn't a disease and that there were no medical treatments. Today, big drug companies are trying to convince you of the opposite—pills can solve your problem. Neither is correct. By addressing the causes of IBS—diet and stress—you can effectively relieve the symptoms without resorting to medication.

YOU CAN STOP IBS FROM RUINING YOUR LIFE

Clearly written with easy-to-understand explanations incorporating a holistic approach, *Irritable Bowel Syndrome: A Natural Approach* shows how to take effective action and details strategies that provide immediate relief of your symptoms. You will:

- **Learn the nature of IBS**
- **Develop coping strategies**
- **Explore alternative treatments**
- **Change your dietary habits**

DISCOVER ALTERNATIVES TO DRUG THERAPY

The natural solutions detailed in this book include creative dietary alternatives and recipes as well as methods for controlling stress. The treatments include:

- **Dietary changes**
- **Herbal medicine**
- **Stress management**
- **Relaxation exercises**
- **Yoga**
- **Meditation**



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