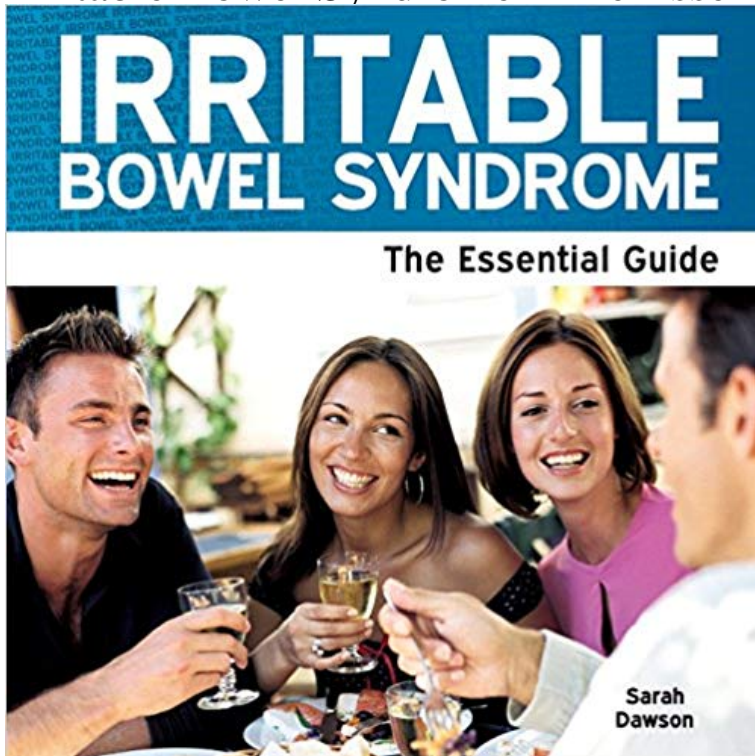


Irritable Bowel Syndrome - The Essential Guide



Research suggests that as many as eight million people in the UK have IBS. While its fair to say that most of us can suffer with uncomfortable and embarrassing digestive problems at some point in our lives, how do you know if youre suffering with IBS? What tests can be done to rule out more serious conditions? Should you change your diet or eliminate certain foods? Can lifestyle changes really make a difference? All these issues are covered in this book, along with advice and information from professional nutritionists, doctors and dieticians. Theres even a chapter dedicated just to women, as well as some IBS-friendly menus and case studies. Whether youre a parent with a child who has IBS, a partner of someone who suffers with the condition or suspect you have IBS yourself, youll find essential information here. The best cure for IBS is to understand it, and this book will help. Author: Sarah Dawson

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