



Irritable Bowel Syndrome: The Essential Guide

By Sarah Dawson

Need2Know. Paperback. Book Condition: new. BRAND NEW, Irritable Bowel Syndrome: The Essential Guide, Sarah Dawson, What is Irritable Bowel Syndrome? How do I know if I have it? Should I change my lifestyle or diet? Most of us will suffer with diarrhoea, constipation, wind, bloated stomachs or abdominal pain at some point in our lives. But how do you know if you or someone in your family has IBS? What tests can be done to rule out more serious conditions and are food intolerance tests worth taking? Should you change your diet or eliminate certain foods and can lifestyle changes really make a difference? All these issues are covered in this book, along with advice and quotes from professional nutritionists, doctors and dieticians. There's even a chapter dedicated just to women, as well as some IBS-friendly menus. Whether you're a parent with a child who has IBS, a partner of someone who suffers with the condition or suspect you have IBS yourself, this book is here to help.



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