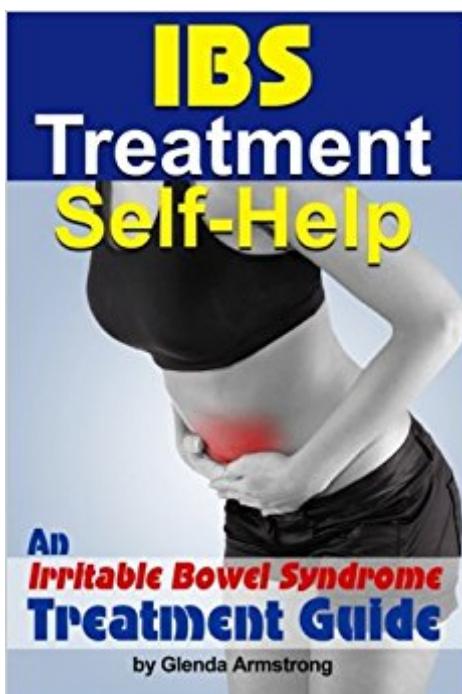


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# IBS Treatment Self-Help: Discover How To Effectively Treat IBS ~ An Irritable Bowel Syndrome Treatment Guide



## Synopsis

Do you frequently experience bouts of abdominal pains? Many people simply dismiss upset stomachs or abdominal pain, blaming a specific food that their "tummy didn't agree with". But when the pains are coupled with either diarrhea or constipation, it likely means a more serious condition. Irritable Bowel Syndrome or IBS is a common ailment that doesn't always choose the right time and place, making the condition even more "irritating" than the name suggests. Some are driven to seek relief by altogether reducing their food intake thus relieving their intestines from fullness. They think that decreasing the number or frequency of bowel movements will prevent the irritation of the intestines. But what's a better way to deal with IBS? How do you properly manage its symptoms and prevent recurrence? That's exactly what this book is designed to help explain. I'm going to give you plenty of easy-to-understand information, including tips to help you manage your episodes of IBS. I've even included a section on what to expect when you consult your doctor, what medical treatments are available, and what lifestyle changes you can carry out on your own to limit or prevent the recurrence of IBS. Let's get started now so you can tackle this problem sooner rather than later!

## Book Information

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## Customer Reviews

The Good News... Irritable Bowel Syndrome Is Not A Life Threatening Disease according the the author Glenda Armstrong but according to me it can make you wish you were dead. I have had it hit me in the middle of a department store during the rush hour. This little book is God sent. The author

starts by explaining exactly what is IBS, and you will be surprised it is not what you think. Do you really have IBS or just bad food causing your problems. The multiple causes are explored and there are many areas to identify the IBS. You will discover your Irritable Bowel Syndrome could be caused from anything from your credit card to your cough syrup. You will learn the 7 major symptoms of IBS, you need to identify the problem. Do mostly old men get the problem? Wrong... mostly it is people under the age 45 and more women than men. Next Glenda reveals how to test to discover if you really have it or just some bad coleslaw. Then and most important to me is how to treat the condition both medically and naturally. There is a full chapter giving you Natural Home Remedies which in many cases will solve your IBS. You learn simple life style changes that can make a major difference in your health. A copy of this book should be in every home. You never know when you need this information before the IBS becomes serious. Highly Recommended!

Excellent. I have a few questions for her. Wish I could contact her.

Really well-written, easy to read, concise and informative guide. Taught me a lot about a problem I have been facing for some time now and i'm glad to say this guide certainly gave me the important knowledge I needed to make changes to counteract the issue. Glenda Armstrong knows what he's talking about!

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