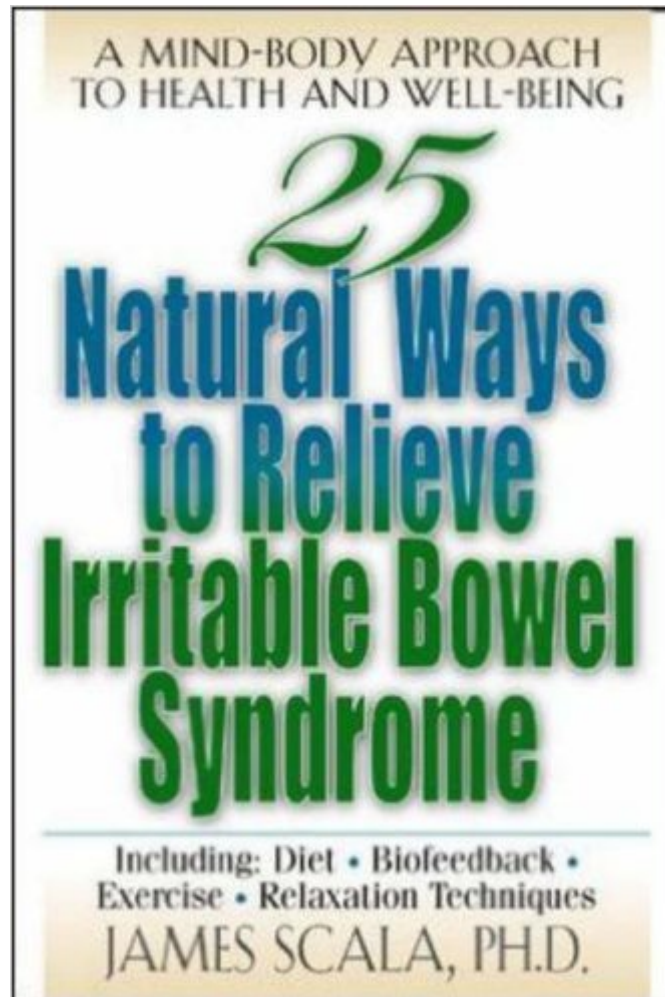


The book was found

25 Natural Ways To Relieve Irritable Bowel Syndrome



Synopsis

James Scala presents simple, natural ways to control this debilitating disorder, which affects 10 to 20 percent of all adults in America. The book covers vitamins, herbs, supplements, and visualization and relaxation techniques and shows how exercise and a balanced diet can lead to a cessation of symptoms.

Book Information

Paperback: 160 pages

Publisher: McGraw-Hill Education; 1 edition (December 1, 2000)

Language: English

ISBN-10: 0658007017

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Product Dimensions: 5.9 x 0.4 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,123,556 in Books (See Top 100 in Books) #161 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #766 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #30284 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

I would not recommend this book at all. The diet is terrible and if I followed it, it would have caused my husband great pain! James Scala has no idea, as clearly he doesn't suffer from IBS. I would not recommend this at all, it is the worst book I have ever bought! I want my money back and I will be writing to him tell him this aswell.

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