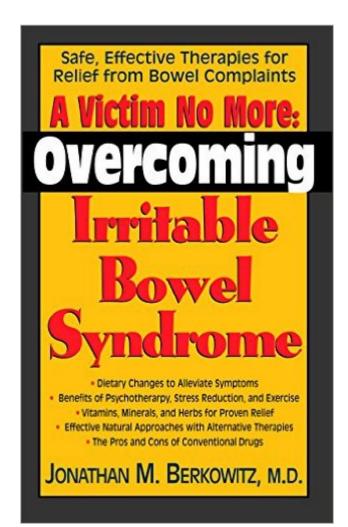
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A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies For Relief From Bowel Complaints





Synopsis

Irritable bowel syndrome (IBS) is a mysterious illness in which the large intestine fails to function normally. Its causes are not fully understood and treatments have often been ineffective. Now, Jonathan M. Berkowitz uses cutting-edge research to provide a compelling and effective approach to treat this complex illness. Using the best of conventional and natural therapies, Dr. Berkowitz shows how an individualised programme is the best way to heal IBS.

Book Information

Paperback: 156 pages Publisher: Basic Health Publications, Inc.; 1 edition (January 1, 2003) Language: English ISBN-10: 1591200784 ISBN-13: 978-1591200789 Product Dimensions: 6.1 x 0.4 x 9 inches Shipping Weight: 8 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #1,526,411 in Books (See Top 100 in Books) #127 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #620 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #4047 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

A very helpful book for those with irritable bowel syndrome (IBS). It covers, diet, exercise, supplements, psychological factors, and medications for relief of IBS. Highly recommended.

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