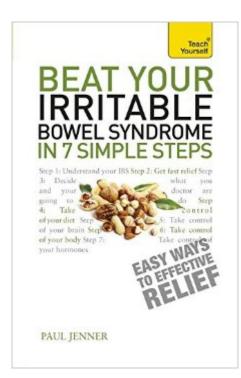
## The book was found

# Beat Your Irritable Bowel Syndrome In 7 Simple Steps (Teach Yourself)





### Synopsis

If you suffer from, or think you might be suffering from, IBS, this book will give you the solutions you need to regain your life. Not only does it explain all the worthwhile therapies, it helps you to identify which one will work for you. By showing you how to work with your doctor, and what the first steps are to beating this distressing condition, it will work through all the areas of your lifestyle which might be contributing, including diet and stress management, as well as making sure you have exactly the right clinical support. It will give you strategies for immediate relief, along with showing how the latest research findings can offer long-term solutions, and explains the benefits of both well-known and less well-known therapies, including:\* Exercise\* Relaxation and hypnotherapy\* Understanding the importance of balance in the gut

#### **Book Information**

Series: Teach Yourself Paperback: 224 pages Publisher: Teach Yourself; 1 edition (February 28, 2014) Language: English ISBN-10: 1444198009 ISBN-13: 978-1444198003 Product Dimensions: 5 x 0.5 x 8 inches Shipping Weight: 7 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #2,046,512 in Books (See Top 100 in Books) #154 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #748 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #1890 in Books > Health, Fitness & Dieting > Reference

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