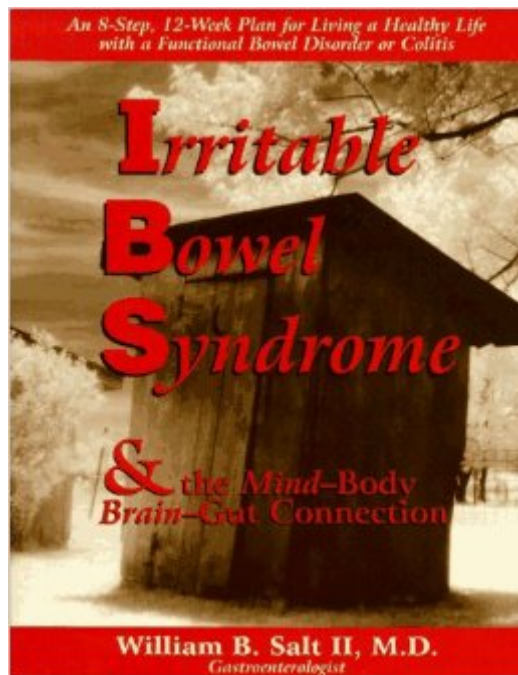


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# Irritable Bowel Syndrome & The Mind-Body Brain-Gut Connection: 8 Steps For Living A Healthy Life With A Functiona (Mind-Body Connection)



## Synopsis

One in five people suffer from irritable bowel syndrome, colitis, or other functional bowel disorders. As a result, irritable bowel syndrome is the second leading cause of worker absenteeism. This book will help sufferers by providing an effective eight step plan that includes learning about the causes of the disorders, the different types of disorders, looking at your family history, doing self-tests, identifying problems with your diet and establishing a personalized healing plan. Addressing mind-body connections, readers can control and limited distressing gastrointestinal symptoms.

## Book Information

Series: Mind-Body Connection

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Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

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## Customer Reviews

As a person that has suffered from Irritable Bowel Syndrome (IBS) for more than ten years, I must say that Dr. William B. Salt's book has been a God send to say the least. Dr. Salt's book is skillfully written with an enormous amount of detail about IBS, without becoming overwhelming to the reader. The book is easy to read in addition to being a very uplifting and positive guide. Dr. Salt's section on the "body, mind, gut connection is nothing short of outstanding, he carefully guides you symptom by symptom giving complete explanations for what may be going on with your gut. Simply put I have used the book so often that I have worn out my original copy, thus requiring the purchas of a second copy. Finally, I must tell you that I have read everything that I can get my hands on concerning IBS, and I have not found any other book that comes close to giving me all of the information that Dr. Salt's book provides, in other words, "WITH THIS BOOK YOU CAN'T GO WRONG. Kevin Golston

For more than 10 yrs I fought with my body and did not understand why I lost this fight so often. I asked for explanation and help many times, but nothing gave me proper insight information in my body-functions and how to re-establish the mind/body-connection. (IBS and its specific symptoms were never mentioned to me!) I lost faith in my own healing and drifted away from the "Remembered Wellness" (the healing placebo effect - page 49). Coincidentally I found Dr. Salt's book and this turned out to be a great eye-opener for me. Ofcourse the book offers lots of (medical)basic-information that surely has been published many times before, but essential to give me - the patient/reader - perspective and depth in understanding the complexity of gastrointestinal disorders. At page xxi Dr. Salt makes the following promise: "You can learn to be healthy. With this book you can explore your diagnosis and treatment options and then, armed with information and knowledge about your problem, you will be better able to partner with your doctor to heal." I have read the book and 'Thank you Dr. Salt' this is exactly what you did!

I had great expectations for this book. Not too many books include a step by step program for a road to recovery. Unfortunately, despite the title, this book does not provide one either. It lists steps, but they are more informative than an actual road to recovery. So I was very disappointed. The book is, however, an excellent reference for someone who has recently been diagnosed with IBS or for family/friends of an individual with IBS that wants to get a better understanding of the disorder.

Because of this book, I know I am not the only person with IBS. My life was run at the mercy of my gut. I was depressed. It was impossible to go anywhere before noon. Now I run my life. Every point that was meaningful to me from this book I brought up to my family physician. He knew & agreed with each point.. (i.e. the use of Imodium as needed; that depression with IBS is not unusual, etc.). I said, "But you didn't tell ME." Dr. Salt did tell me. I have met this gentleman and heard him speak. I heard him answer questions. He knows what he is talking about. I feel like he wrote this book for me. Using his 8 steps has helped put my life back in order. For that I say a hearty/healthy "THANK YOU" to this caring man.

After suffering for more than 20 years with IBS and going to every gastroenterologist I could find with no good results, this book is the only one that has made sense of this whole thing. Finally, someone knows exactly how I've been feeling and what to do about it. The suggestions in the book were a great help in my battle with IBS. He was compassionate and discrete, explaining symptoms

and diagnosis in a way that my other doctors never did. Thank you Dr. Salt. I can't wait to read other books. I've ordered another one today and can't wait for it to get here. I would recommend this book to others suffering with IBS, fibromyalgia and other related disorders.

Being a person who went to the doctor and was handed a pamphlet on Metamucil, and told to 'cope because there is no cure for IBS'....this book was a HUGE HELP! There is a lot of basic info, but also some solid advice with strong references to other experts. I loved the way it put my mind at ease regarding so many of my symptoms. This book is the beginning of the long journey to self-help for me. It gave me hope and understanding instead of telling me to "cope".

Dr. Salt's book has really helped me understand irritable bowel syndrome and that I can survive with this condition. He answered all the questions I have asked my physician for many years. Thank you Dr. Salt.

I would recommend this book to anyone suffering from IBS. There is a wealth of information contained within these pages. The book offers dietary information as well as stress management and relaxation techniques. What a wonderful find!! At last the medical community addresses this topic and in a caring manner.

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