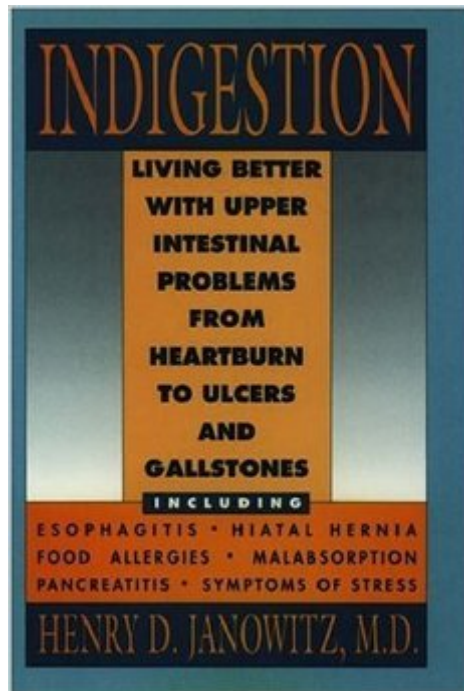


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# Indigestion: Living Better With Upper Intestinal Problems From Heartburn To Ulcers And Gallstones



## Synopsis

In clear language, free of medical jargon, with healthy doses of humor and many easy-to-understand examples, Dr. Henry D. Janowitz provides you with everything you need to know about indigestion, offering sound advice on how to avoid problems and soothing the fears of those in distress. He shows you how to prepare for a visit to the doctor--what the physician needs to know, what tests you might undergo, and what the latest diagnostic techniques are (including MRI and endoscopy). Dr. Janowitz then zeroes in on specific problems of the esophagus, stomach, gall bladder, liver, and pancreas. He outlines the causes of peptic ulcers and discusses the best methods of prevention and treatment, shows how to distinguish between chest pain originating in the esophagus and the anginal pain of heart disease, and surveys such problems as gallstones, pancreatic disorders, jaundice, malabsorption, maldigestion, and food allergies. He also examines the effects of aging on the upper digestive tract and, in a final chapter, illuminates the role of stress in functional indigestion. A reliable guide to extremely common medical complaints, Indigestion is must reading for anyone suffering from heartburn, ulcers, gall bladder disease, or any number of common gastrointestinal ailments.

## Book Information

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## Customer Reviews

In clear, jargon-free language, with healthy doses of humor and many easy-to-understand examples, the author of *Your Gut Feelings* and *Good Foods for Bad Stomachs*, Dr. Janowitz offers everything you need to know about indigestion, providing sound advice on how to avoid problems

and soothing the fears of those in distress. I found this book very helpful and will be for anyone suffering from any number of gastrointestinal ailments, from Crohn's to constipation to ulcers to GERD. A very good overall guide to upper intestinal health

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Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD  
The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More  
The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30)  
Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More  
The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series)  
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Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders  
50 Ways to Relieve Heartburn, Reflux and Ulcers  
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