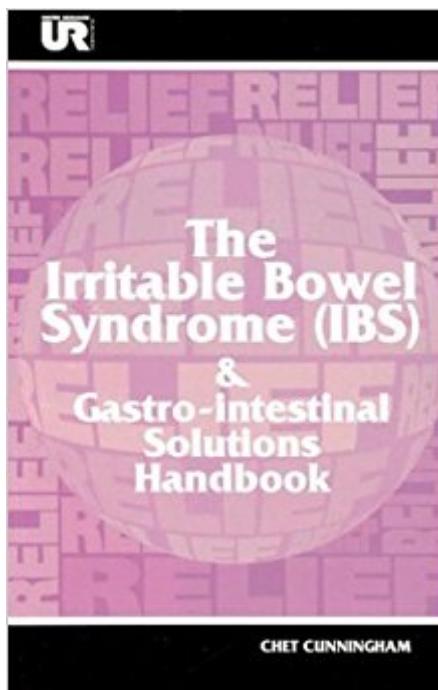


The book was found

# The Irritable Bowel Syndrome (IBS) And Gastrointestinal Solutions Handbook



## **Synopsis**

The book covers Irritable Bowel Syndrome(IBS) and other gastro-intestinal problems including Diverticulosis, Diverticulitis, Gall-Bladder problems, Stomach and Intestinal Ulcers, Inflammatory Bowel Disease and Esophagus. Moreover, the book distinguishes between symptoms, appropriate treatments and preventative measures. The book suggests all-natural and alternative treatments for the relief of painful and debilitating symptoms.

## **Book Information**

Paperback: 232 pages

Publisher: United Research Publishers; English Language edition (April 1997)

Language: English

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Average Customer Review: 3.6 out of 5 stars 12 customer reviews

Best Sellers Rank: #772,839 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #361 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #1383 in Books > Textbooks > Medicine & Health Sciences > Medicine > General

## **Customer Reviews**

"In desperation, I sent for your book. Your statement concerning dietary fiber was a miracle - symptoms disappeared." -- NP - Franklin, MA "My suffering from gas, bloating and abdominal pains have eased. The suggestions in the book about caffeine and sugar worked!" -- MN - Oneonta, NY "The book is clear, precise and even funny. I now have good ideas on what I can and cannot eat." -- HG - Arlington, TX

Chet Cunningham is a prolific author with over 300 books to his credit. He specializes in consumer focused health books, using exhaustive research. His conversational, easy-to-understand style consistently wins highly favorable testimonials and has established him as a leader in his field.

I read the book and found some useful information but a lot of the things mentioned I had already tryed, but have not found anything that has helped much at all. Going on 25 some odd years with

the problem.

## Useful

Not only is this book a waste of money but its title is so misleading that borders on the fraudulent. Only about 15% of the book deals with the purported subject (IBS). The only thing you are going to learn from this Handbook is that you should not smoke, take caffeine, drink alcoholic beverages or eat fat and sugar. And then only on general health principles, not because this regime would be particularly helpful in alleviating the IBS symptoms. What a take!

Hi, I just read this book and was favorably surprised. The negative reviews in here do not seem to be accurate. For example, one review says that only 15% of the book dealt with IBS. This is NOT true. 2/3 of the book discusses IBS directly and the rest helps distinguish between other diseases and IBS. This is exactly what is in the title. I called the company with a question. They were very helpful and knowledgeable. Their web site is [...] and the phone number is on the front page. I think they are under new ownership and may explain why my experience was so good. This book may be basic in some ways, but it certainly is accurate. It is an excellent primer on the subject and deserves strong consideration. It gave my daughter three new treatments to try. Two of the treatments really helped. That is what we wanted.

my friend had this book and highly recommended that i buy one. i am glad i did. it answered questions that i had never thought to ask. .

I need some help. I ordered the above Handbook out of the February 2002 AARP Bulletin on February 2002. I mailed them a check. I have not received my handbook. There was no telephone number to call to find out the status of the order. The mailing address is United Research Publishers Dept. AAS-7 PMB T; 132 North El Camino Real; Encinitas CA 92024. If anyone knows a telephone number that I could call, please give it to me. Thanks Nan Curtis

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This book contains loads of info on natural and alternative methods to alleviate IBS and gastrointestinal distress. It is easy and even fun to read. I personally tried the evening primrose supplements recommended in the book. I can't explain why this helped. But my IBS problems are gone.

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Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more  
Taming Your Guts A complete guide to functional gastrointestinal disorders (FGID) including Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux (GERD), Gastritis, Roughage, Fiber, Food allergies, Constipation, Diarrhea, Diverticulosis Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome

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