

《RELIEF FROM IBS: IRRITABLE BOW(ISBN=9780345367129)》

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内容简介

"Excellent."

WILLIAM A. WHITEHEAD, Ph.D.

THE JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE

"If you're bright, working hard, pushing fast -- and feeling a debilitating ache in your gut that comes and goes -- you may be one of the more than 22 million Americans, most of them women, suffering symptoms that are NOT life-threatening and CAN be relieved."

-- from RELIEF FROM IBS

At last, here is a practical, straightforward guide that will help you gain mastery over the frustrations of IBS and simplify your life. Inside you'll find all the information you need, including: The various causes of IBS and how you can minimize their effects; how to identify harmful stresses in your life and significantly reduce their impact; how to design a diet that is both healthful AND pleasurable, and much more.

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