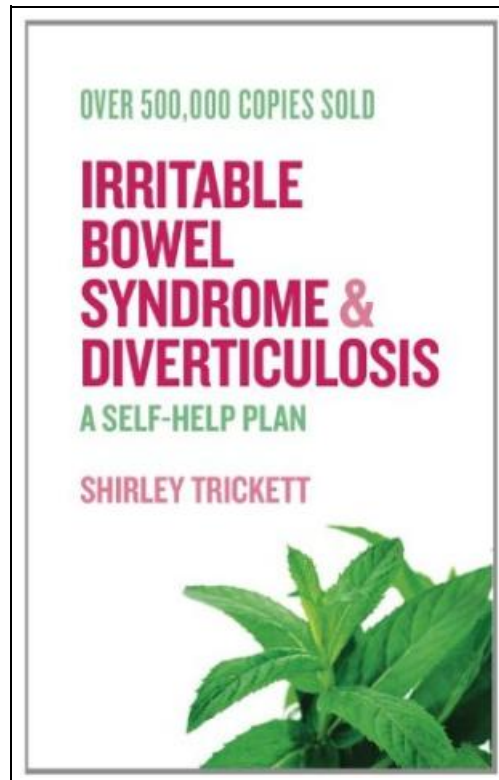


Irritable Bowel Syndrome and Diverticulosis: A Self-Help Plan



Filesize: 2.98 MB

Reviews

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).
(Kaya Rippin)

IRRITABLE BOWEL SYNDROME AND DIVERTICULOSIS: A SELF-HELP PLAN



Conari Press, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: If you experience chronic abdominal pain, bloating, flatulence, diarrhea, or constipation, you may be one of the 20% of Americans with Irritable Bowel Syndrome. Perhaps you've already been diagnosed with IBS and put on a high-fiber diet and medications with side effects you could do without. Shirley Trickett's new book is here to help! Her complete self-help plan focuses on cleaning and healing the digestive system with natural methods and not just patching over symptoms with drugs. Try any or all of these complementary therapies and experience lasting relief. Book jacket.



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