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# IBS: 365 Tips For Living Well



## Synopsis

"Improve your health and quality of life with expert advice and strategies to outsmart IBS. Filled with practical tips and support to help you deal with the stress and lifestyle changes that come with living with IBS each day, IBS: 365 Tips for Living Well will show you how to: Find ways to treat your IBS effectively and avoid flare-ups, including prescription and over-the-counter medications, and complementary and alternative therapies Relieve stomach pain, gas, bloating, diarrhea, and constipation Know which food and beverages to eat and drink and which ones to avoid Begin a low-FODMAP diet to ease painful symptoms and improve digestion Feel confident at work, school, parties, and the gym and in all of your everyday activities Prevent IBS from compromising your personal relationships "

## Book Information

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## Customer Reviews

I have family members with IBS. This is a good starting place for strategies to deal with IBS. A lot of areas are covered including OTC Meds, herbals, and diet. Unfortunately IBS is a frustrating functional chronic problem and requires more research. The author made good suggestions based on cognitive therapy that may be helpful. I would suggest underlining those sections of the book that relate to your type of IBS. And then keep a record of your symptoms and what you tried. I'm thinking that for many patients with this problem, symptoms are like a moving target. What was helpful today, may not be useful tomorrow. It is critical to find a physician who will work closely with you.

So many great tips! Dr. Bolen, you understand what it really means to live with IBS. Your advice is specific and informative. Thank you for raising the veil some of us with IBS put over ourselves by acknowledging taboo topics, such as the impact IBS can have on our personal relationships.

Everything you need to know in one book. As a long time sufferer of IBS I highly recommend this book to the newly diagnosed as your starting point. By the end you will be well informed and headed in the right direction in taking back control. If you are a long time sufferer and think you have heard and read it all, you will find some new tips and facts for sure. One can go Dr. to Dr. and not get answers or get answers that you can understand. In this book you will find clear, concise suggestions, self-help tips and facts at your fingertips in terms we can all understand,. It is even written by someone who understands the psychological as well as the medical impact this disorder can cause. All in one book. Thanks Dr. Bolen!

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