



IBS: A Self-Help Guide to Feeling Better (Paperback)

By Wendy Green

Summersdale Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. In this easy-to-follow book, Wendy Green explains how food intolerances, gut infections, bacterial imbalance, stress and hormones contribute to IBS, and offers practical advice and a holistic approach to help you deal with the symptoms. From simple dietary and lifestyle changes to DIY complementary therapies, find out 50 things you can do today to help you cope with IBS, including: Identify your IBS triggers and learn how to manage them Choose beneficial foods and supplements Manage stress and relax to reduce flare-ups Learn which types of exercise can help to relieve symptoms Find helpful organisations and products.



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This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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-- Ambrose Thompson II

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