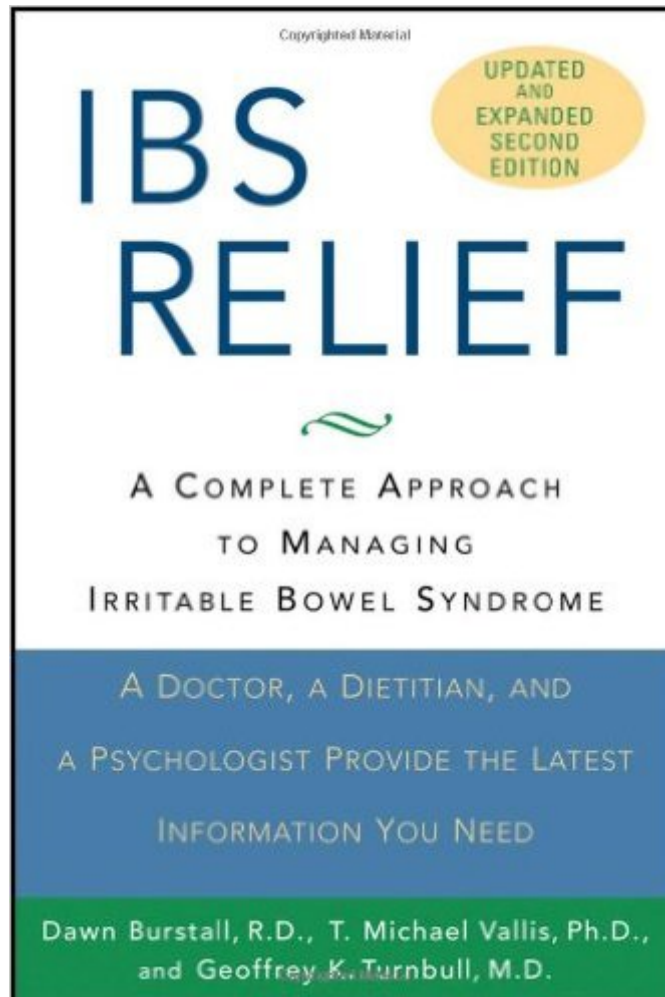


The book was found

IBS Relief: A Complete Approach To Managing Irritable Bowel Syndrome



Synopsis

Take control of IBS so IBS doesn't take control of your life IBS Relief, Second Edition is an extensively updated, hands-on guide to help you manage your symptoms and limit the frequency, intensity, and duration of irritable bowel syndrome (IBS) episodes. Written by a doctor, a dietitian, and a psychologist, this guide gives you a multidisciplinary approach encompassing every proven strategy for managing IBS, including new drug therapies and stress management techniques. This book won't confuse you with medical terminology--IBS is confounding enough. Instead, the book contains questionnaires, lists, diaries, stress and food tolerance tests, and other tools to help you determine the pattern of your symptoms, identify triggers, and take appropriate action. You'll learn how to manage your problem based on your specific symptoms. Approaches include:

- * A three-step process for managing irritable bowel through healthy eating
- * Recommended diet adjustments for the six most common IBS symptoms
- * Three stress-management strategies, including specific techniques for calming the body, calming the mind, and confronting stress
- * Three steps to controlling pain

This book gives you the tools, the techniques, and the information you need to make specific lifestyle and diet changes that can bring real relief.

Book Information

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Customer Reviews

I'm writing about the second edition of this book. I found this book to be a really decent read. It's gives really detailed information on how your body works and how it is thought IBS affects your whole digestive system. There is in depth information on your symptoms, and a variety of diet

modifications to follow based on your IBS symptoms. The MyPyramid section is helpful but at the same time as the writer stated in the book you can eat a food one time and it won't bother your IBS and then a next time you can possibly have symptoms. I know from personal experience dairy wreaks havoc on my system. I also too have an allergy to milk so i just stay away from dairy all together. This has seriously helped my stomach pains greatly. I do this modification though under the supervision of a doctor to make sure I'm getting enough nutrients. I also like the section explaining treatment options to help manage pain. It explains as to why most medications aren't effective and you really need to find ways to deal with the discomfort and find distraction to take your mind off of it. This book gives you coping strategies and makes me feel better about managing my symptoms.

This is the second edition of the same named book first published in 1999. The book seems to be written primarily from a dietitian's and psychologist's perspective so there are at times what I consider murky medical advice given, such as Healthy Eating and the concept of MyPyramid. The concept is that if you "stick" to your diet then you will be in control of your symptoms. I only wish! There are some good insights as to how powerful cognitive restructuring can be. One statement that made the book for me was "We recently did a study of the pain experienced by IBS sufferers versus Crohn's sufferers. We found that the pain of those with IBS was every bit as severe as the pain experienced by those with Crohn's disease. The difference between the two groups is: social support. Crohn's disease has more social support". This tells the authors and the readers that suffering with IBS can actually be greater than Crohn's because of the lack of support. To this end, the book does offer some valuable advice to talking to your doctor and learning to take control of your own health.

This book was an amazing read, very helpful with managing IBS. The book was in mint condition. Very happy with this buy.

I suffer with IBS. It is very informative and helps me a lot.

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