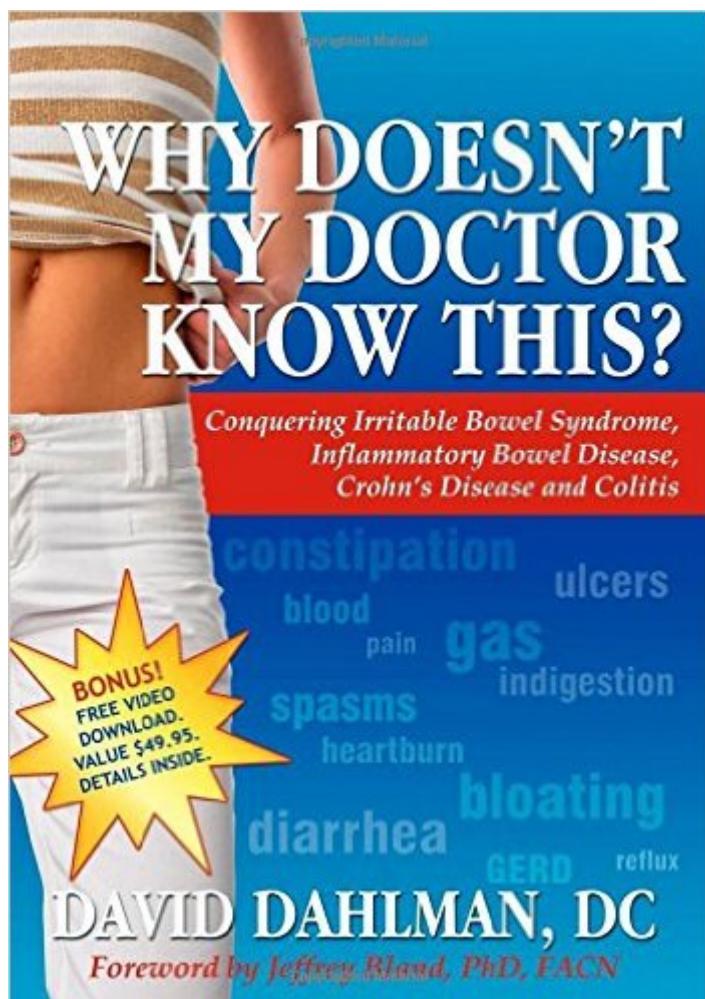


The book was found

# Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease And Colitis



## **Synopsis**

You're miserable, your quality of life has changed, your medications don't help and your doctor had the nerve to tell you that diet has nothing to do with your condition. ...but you know better! You can conquer these symptoms of Irritable Bowel Syndrome, Crohn's Disease and any form of Colitis: Gas, Bloating, Indigestion, Heartburn, Reflux, GERD, Diarrhea, Constipation, Alternating Diarrhea/Constipation, Abnormal Bowel Urgency, Abnormal Bowel Frequency, Pain, Spasms, Blood, Mucous, Hemorrhoids, Hiatal Hernia. *Why Doesn't My Doctor Know This?* Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis details the only physician designed step-by-step plan combined with dietary advice and an all natural supplement program. It will end your symptoms because it addresses these nine separate variables...Any or all of which may be the cause of your condition: \*Altered levels of beneficial bacteria (probiotics)

## **Book Information**

Paperback: 228 pages

Publisher: Morgan James Publishing; 1 edition (February 1, 2008)

Language: English

ISBN-10: 160037316X

ISBN-13: 978-1600373169

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ (42 customer reviews)

Best Sellers Rank: #878,070 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #410 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #4649 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## **Customer Reviews**

Dr. Dalman has finally written a book. I am thrilled. After my brother was cured of a nasty end-stage combination of Crohn's and Ulcerative Colitis, he noticed that his chronic psoriasis went away too. That sparked my interest in Dr. Dalman's work for my own health, since I suffer from that skin condition. I went online and printed out his 30 page report. I learned that the protocol and supplements are almost exactly identical, except for the fact that I can eat the legume family and raw, cruciferous foods, since I don't have G.I. tract symptoms at this time. On his website, which is very informative, this book was made available. Wanting to know more, I bought it and set out to read

and review it. Dahlman's main focus is to calm down and restore the G.I. tract through a combination of focusing on bacteria (good) and chemistry. To alter these conditions in the colon, it may be seen as a highly restrictive way to live, especially the dietary changes. It's important to remember that they are temporary and a process of elimination to produce the quickest results. He estimates about three months. Apparently, if you get well, you can work back in your old favorites. He mentions that many of the things we have tried in the past may well have some benefits, but have never been done simultaneously with all his suggestions. He urges us to purify our bodies, so the probiotic supplements, the antiinflammatory drink mixes etc, have a chance to work for you. The dietary guidelines will complement these supplements, which are borne out by nearly thirty years of research. He is not afraid of the complexity of his approach all, and has some sense, one can tell from the dark humour, that he has some dictator qualities.

[Download to continue reading...](#)

Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Cookbook,Anti Inflammatory Diet Cookbook,Anti-Inflammatory Recipes,Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer by Monastyrsky, Konstantin 1st (first) Edition (10/15/2005) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Reverse Gut Diseases Naturally: Cures for Crohn's

Disease, Ulcerative Colitis, Celiac Disease, IBS, and More Doctor's Guide to Gastrointestinal Health Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more by Miskovitz M.D., Paul, Betancourt, Marian [Wiley,2005] [Paperback] The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies) A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More!

[Dmca](#)