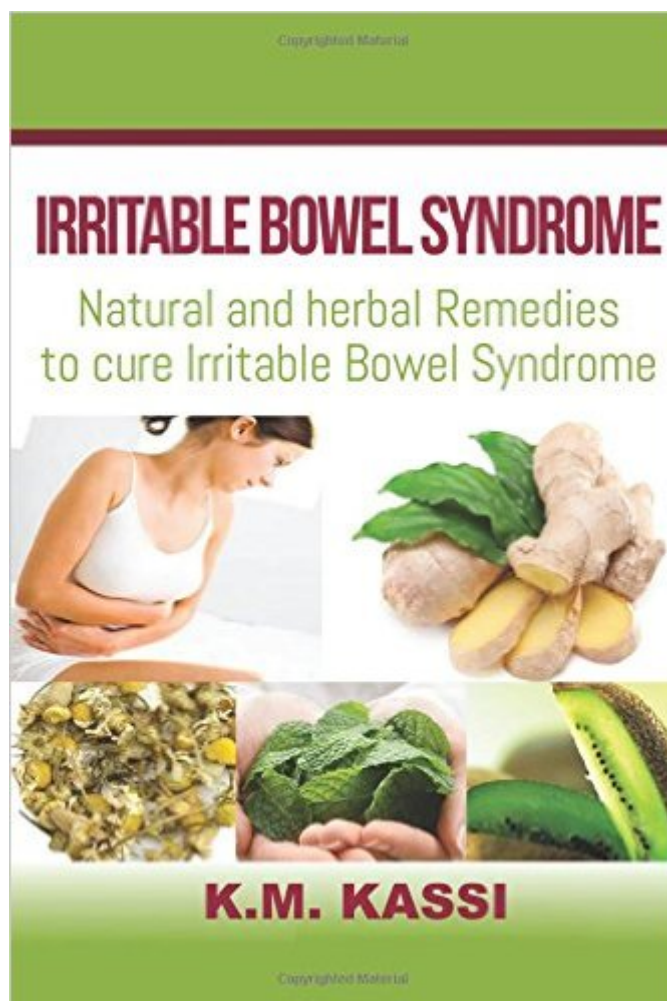


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# Irritable Bowel Syndrome: Natural And Herbal Remedies To Cure Irritable Bowel Syndrome



## Synopsis

This book contains proven steps and strategies on how to manage Irritable Bowel Syndrome or IBS and prevent it from controlling your life. IBS afflicts millions of people worldwide. The symptoms range from mild to severe; albeit, the long-term effects are the same – a decrease in the quality of life. There are many medicines that are believed to be effective in alleviating the symptoms of IBS. However, these medicines have adverse outcomes that can affect the quality of life of the afflicted person. Is there another effective way to manage IBS without the negative effects? The good news is there is! There are natural and herbal remedies to help an IBS sufferer overcome chronic symptoms of this medical condition. These practical remedies are guaranteed to work. Plus, they are easy to do and affordable. You may have an IBS, but you can still have that rewarding, fulfilling, successful life that you dream of. Find out the truth about IBS and be free from its hold starting today.

## Book Information

Paperback: 34 pages

Publisher: CreateSpace Independent Publishing Platform (August 31, 2016)

Language: English

ISBN-10: 1537422332

ISBN-13: 978-1537422336

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars – See all reviews (10 customer reviews)

Best Sellers Rank: #2,345,191 in Books (See Top 100 in Books) #174 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #820 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

This book-Irritable Bowel Syndrome by K.M. Kassi is a very informative book and it is really helpful. At first this book provides information on Irritable Bowel Syndrome and the diagnostic procedure to determine it. If any one has the symptoms mentioned in this book you have to check on laboratory tests definitely and take medicine. Normally medicine treats the illness but it gives adverse effects as well. Here a natural and herbal approach is provided as the remedy and their benefits are emphasized under each and every title. This book provides natural remedies for this by changing food items and diets. Steps to manage stress and exercising is also recommended here in this

book. Herbal remedies and alternative therapies are also discussed as remedies here. This book will provide you the necessary steps to live a fulfilled life even with IBS. The author has done a great research on the subject and his knowledge is clearly displayed through out this book. Highly recommended.

There is terrific information in this book! Whether you have mild or severe ibs learn how to minimize symptoms without taking harmful medicines. I am always looking for more natural ways to fight ailments and this book is awesome! Using food and herbal techniques you will find this book very interesting and very helpful!

As an IBS sufferer, I have tried to manage embarrassing symptoms for a long time. Now that I am trying to eliminate some of the medications that I take, I began to look for alternative methods to help me with my IBS symptoms. I stumbled across this book and I think it's a good high level overview of the types of foods and other techniques that can be used to reduce symptoms. Good advice, for people like me looking for a better way to deal with IBS.

This book was full of information on IBS and with it easy to read guide you will have a better understanding o what IBS is. It highlights the importance of dietary changes, learning to eat the right kind of food, and explains that the simple act of properly eating can already prepare the digestive system even before you get to swallow your food. I recommendâ € the book to anyone who has Irritable Bowel Syndrome great book.

This is one of the most toughest challenges one can face. Overcoming irritable bowel syndrome is not easy, but helpfully this book makes it a lot easier! It's full of clear, precise, down to earth advice we can start applying right away. If you're struggling with this issue, go ahead and grab a copy. You won't regret it

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