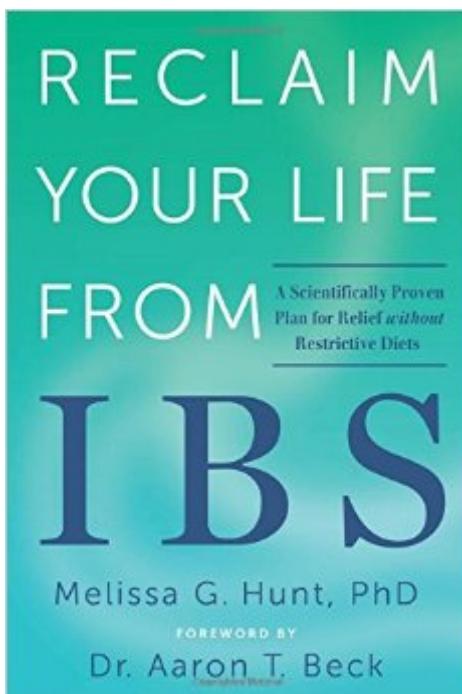


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# Reclaim Your Life From IBS: A Scientifically Proven Plan For Relief Without Restrictive Diets



## Synopsis

A revolutionary approach to handling todayâ™s most prevalent gastrointestinal disorder. IBS is often linked to stress, but the vast majority of treatments focus only on restrictive diets. By contrast, this book addresses the emotional component of the disorder through new research based in Cognitive Behavioral Therapy. It actually encourages people to change the way they think about the ailment and stop avoiding situations they fear might exacerbate their symptoms. Tested in a unique randomized controlled trial by the authorâ "who is a clinical psychologist and scientistâ "this program, based on a solid scientific foundation, offers new hope for IBS sufferers hoping to reclaim their life.

## Book Information

Paperback: 224 pages

Publisher: Sterling; 1 edition (April 5, 2016)

Language: English

ISBN-10: 145491887X

ISBN-13: 978-1454918875

Product Dimensions: 8.9 x 6 x 0.6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #29,318 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #9 inÂ Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs #11 inÂ Books > Medical Books > Medicine > Internal Medicine > Gastroenterology

## Customer Reviews

I was diagnosed with IBS-D a decade ago and have seen countless physicians, dieticians, and alternative medicine practitioners all without much success in treating the disorder. One of the symptoms that seemed to get worse over time was my anxiety. Negative thoughts could now cause significant anxiety which worsened my digestive symptoms. This trapped me in a downward cycle that anyone with IBS is intimately familiar with. A friend recommended I try breaking the cycle by treating the anxiety. That led me to this specific book. Dr. Hunt provides an effective treatment plan that can help change your life. I can say with definitive certainty that going through Dr. Hunt's book has helped me handle daily stress and lowered my levels of anxiety across the board. The result has been fewer IBS flares, less pain, and a higher quality of life. I highly recommend this book to

anyone currently suffering from IBS or any form of digestive disease.

After 15 years of trying multiple doctors, invasive tests, hypnotherapy, antidepressants, low Fodmap and paleo diets, probiotics and more, I finally found the book written by the doctor who makes sense of it all! Dr. Hunt has the unique combination of extensive scientific research, paired with decades of patient feedback in her psychology practice, which means that she TRULY understands what we are going through. I promise you will see yourself in the patient testimonies in this book, and better yet, you'll be able to record and decipher your own symptoms and triggers in the exercises. Her writing is clear and hopeful. It feels like a conversation with a close friend who also happens to be a brilliant doctor- what a comforting combination! You will feel empowered and excited to get out of the small world that IBS has confined you to, and you'll be armed with the scientific and psychological evidence that you can actually do it! You will be surprised to read how many myths are out there about the treatment of IBS, and thrilled to let go of the restrictive way you have been living, despite minimal improvement. Read this book and find hope for life as you knew it!

I found this book really helpful. I had tried lots of restrictive diets on the advice of my doctor (dairy, gluten, low fiber) and none of them really seemed to help. This book made me realize I had a lot more control over my IBS than I realized. I still have symptoms sometimes, but they're a lot less than they were and they bother me less too. I was driving with a friend to go see a show in the city and my gut started cramping. I used to freak out in situations like that. This time around I just used deep breathing and the cramping stopped! I enjoyed the show with my friend and only used the bathroom once during intermission. I definitely recommend this book - it's a really different approach, but it works!

I have read few other books to improve my IBS symptoms. Books containing new diet plans and meditation techniques are all very useful. But the insight into the real problem I gained after reading this book is extremely helpful to me. This book clearly explains how mental condition is related to the gut problems. I was always aware of this connection but the idea was not this clear to me. Living in a professional world full of deadlines and job duties, puts lots of pressure on human body and intestinal problems such as IBS are just one way the body is alarming about the mental issues. This book focuses on this aspect and tries to provide simple but strong techniques to block the route from outside stress to the body and intestine. The book is very easy to read, no technicality,,,so my recommendation as a person with IBS symptoms is give it a read,,I am sure you will find it very

useful!

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