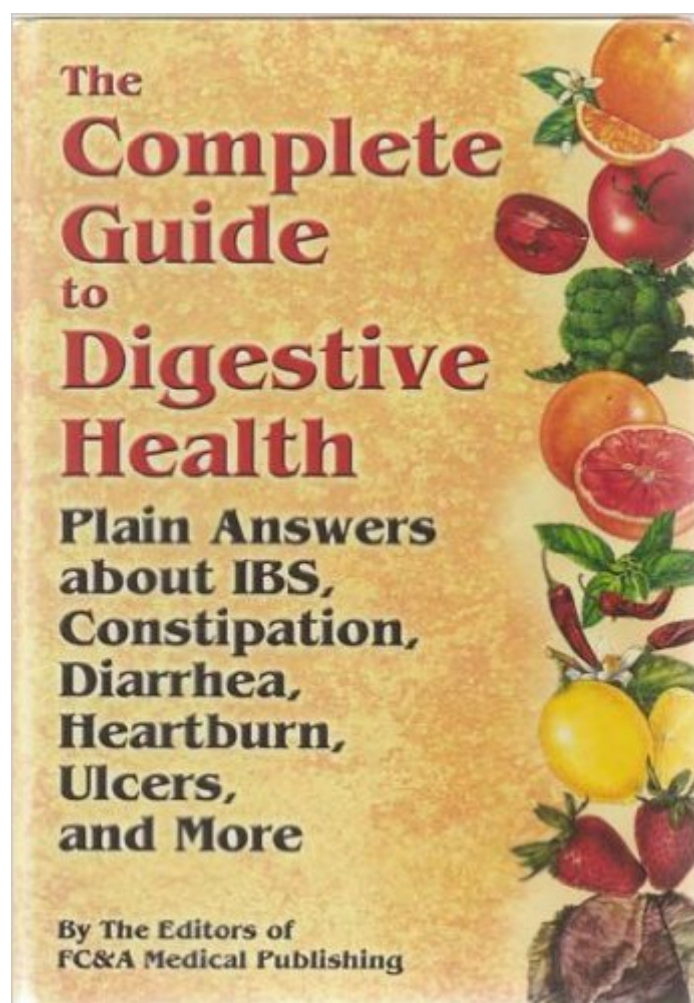


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# The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, And More



## Synopsis

The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More

## Book Information

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## Customer Reviews

I have read & referenced a number of books on digestive health. This book is excellent. It is one of the first that clearly & quickly gives you the information you need on food but also the medical exams to detect digestive health problems. Also, the book does a great job of giving you the advantages and disadvantages. For example, the authors talk about a food and then caution on potential problem. The authors talk about medicines like proton pump inhibitors, antacids, milk of magnesium and then give you the advantages and disadvantages. The authors talk about medical tests and how they are conducted, how to prepare, questions to ask your doctor, etc... The book is an excellent resource for anyone who wants to prevent a digestive problem, or suspects that they have a digestive problem, or is living with a digestive problem or recovering from one.

I developed Celiac Disease approx. 20 years ago. Not one doctor was able to help me with the problems that disease causes in your body. I spent a day reading this book (I am a very fast reader) and I found that the symptoms that I had been living with were described in this book. I decided to try a gluten free diet for one week. The next day was the difference between night and day. I have been eating gluten free for two years now... and am symptom free. Do I have to eat special foods... sometimes... but most of the time... I just have to pay attention to the labels on the foods I eat. More

and more restaurants are providing gluten free choices on their menus. When I read this book, it was like a new beginning in my digestive life!

I like this book. It is very informative. Answered a lot of question I had. I would recommend it to anyone who has digestive problems

As a person who has issues with diverticulitis I am always on the search for books, literature and articles that help out with those horrible flare-ups. This book had some valuable information which I must admit has given us some good stepping stones on the path to healthy digestive health. No book is a "one size fits all" but this one is worthy of a click and a purchase.

This book is very informative. I have used some advice given and I feel better. it is worth buying. The description is very right when it states that it is a valuable tool at-your-fingertips resource for any home.

Just received it and skipped around the chapters, information is not out dated and has some good information for you and your family. I received a mailer last month with a similar title for around 40 dollars, can beat the price.

I have not read the whole book yet but it has helped me understand the problems that my husband is experiencing now. Also my own issues too!The language is in lay-womens terms so it is easy to try some ideas that is recommended! I am looking forward to reading the rest of this book.

Pretty good information. Easy reading and organized very well. I would recommend this book as long as you can find a good deal.

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Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Constipation: How To Treat Constipation- How To Prevent Constipation- Along With Nutrition Diet And Exercise For Constipation Dr. M's Seven-X Plan for Digestive Health: Acid Reflux,

Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Ulcer Free: A complete guide to ulcers including ulcer symptoms,ulcer causes,ulcer diet,ulcer herbal remedies for treating ulcers. Indigestion: Living Better with Upper Intestinal Problems from Heartburn to Ulcers and Gallstones 50 Ways to Relieve Heartburn, Reflux and Ulcers The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) The Everything Guide To The Low-FODMAP Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders

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