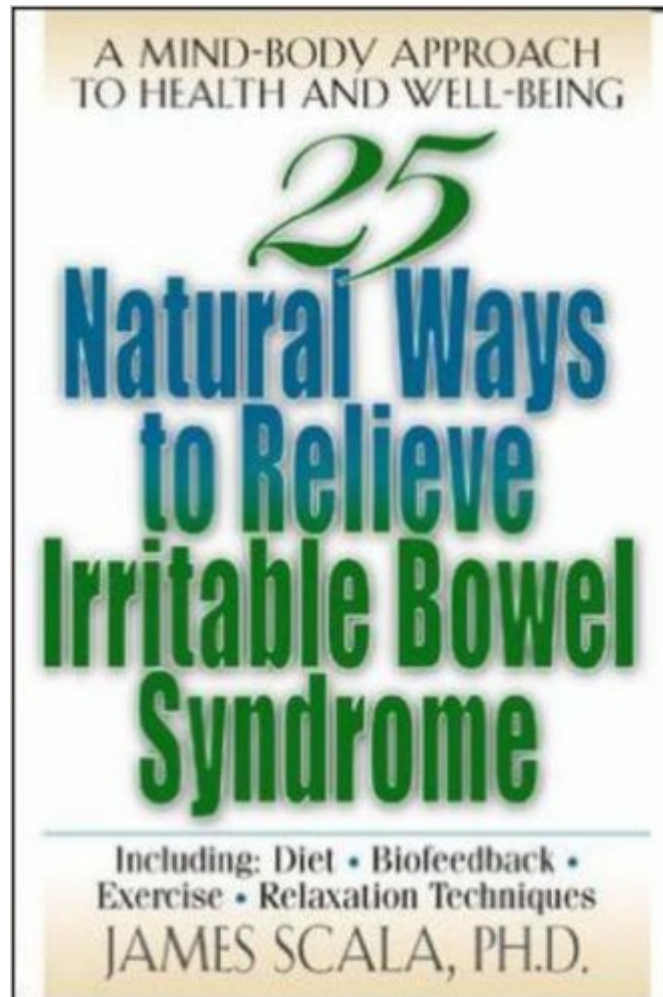


The book was found

25 Natural Ways To Relieve Irritable Bowel Syndrome



Synopsis

James Scala presents simple, natural ways to control this debilitating disorder, which affects 10 to 20 percent of all adults in America. The book covers vitamins, herbs, supplements, and visualization and relaxation techniques and shows how exercise and a balanced diet can lead to a cessation of symptoms.

Book Information

Paperback: 160 pages

Publisher: McGraw-Hill Education; 1 edition (December 1, 2000)

Language: English

ISBN-10: 0658007017

ISBN-13: 978-0658007019

Product Dimensions: 5.9 x 0.4 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,123,556 in Books (See Top 100 in Books) #161 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #766 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #30284 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

I would not recommend this book at all. The diet is terrible and if I followed it, it would have caused my husband great pain! James Scala has no idea, as clearly he doesn't suffer from IBS. I would not recommend this at all, it is the worst book I have ever bought! I want my money back and I will be writing to him tell him this aswell.

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

Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) 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) 25 Natural Ways to Relieve Irritable Bowel Syndrome 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.) A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed 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) IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades Low FODMAP: The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Good (Managing Irritable Bowel Syndrome Cookbooks) A New IBS Solution: Bacteria-The Missing Link in Treating Irritable Bowel Syndrome The Irritable Bowel Syndrome Solution LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) The NUTRITION NAVIGATOR [US]: Find the Perfect Portion Sizes for Your Fructose, Lactose and/or Sorbitol Intolerance or Irritable Bowel Syndrome Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) IBS Relief: A Complete Approach to Managing Irritable Bowel Syndrome Low FODMAP Menus for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet

[Dmca](#)