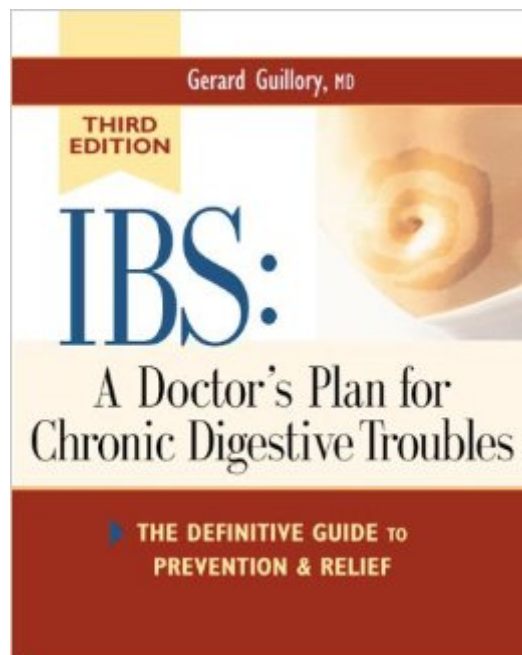


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# IBS: A Doctor's Plan For Chronic Digestive Troubles 3 Ed: The Definitive Guide To Prevention And Relief



## Synopsis

Irritable bowel syndrome (IBS), the most common of all digestive disorders, is the leading cause of recurrent abdominal pain. This expanded edition sums up the latest research and offers new information on treatments and on the relationship of anxiety disorders to IBS. The benchmark IBS book, now with updated medical information, includes alternative and natural treatments.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

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## Customer Reviews

Dr. Guillory offers a revised and newly updated edition of his definitive guide for the one in five people suffering from spastic colon, cramping pains or nausea after eating, constipation, gas, and diarrhea--the variety of uncomfortable digestive symptoms known as IBS--Irritable Bowel Syndrome. Revealing questionnaires and special temporary diets are featured, as well as detailed information about testing and medications. Included are special stress reduction techniques along with corrective exercises and advice on lifestyle changes that provide relief

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This book gave me an excellent overview of what it is like for healthcare providers as well as patients to deal with this difficult diagnosis. I planned on using this as a reference but it is so well written that I actually read it cover to cover. I was worried by the 2001 publication that it might be outdated. As far as I could tell, very little has changed since then. I highly recommend this book for those who live with IBS and professionals who are just getting into working with this population.

To answer your main questions about Irritable Bowel Syndrome, Gerard Guillory's *\_IBS: A doctor's plan\_* is an excellent place to start. It is filled with useful tips and has a reassuring tone. I highly recommend this book, along with Dawn Burstall et al.'s *\_IBS relief: A Doctor, a Dietitian and a Psychologist Provide a Team Approach to Managing IBS\_*. Both books complement each other well and provide useful information. (see my review of Burstall et al. at .com)

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Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues  
Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs  
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 Everything Guide To The Low-FODMAP Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders  
The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders  
Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More  
What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback))  
Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders  
HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides)  
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)  
Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief  
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Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30) Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes for IBS and other Digestive Disorders 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 Food Diary: For IBS, Crohn's, Celiac and other Digestive Disorders

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