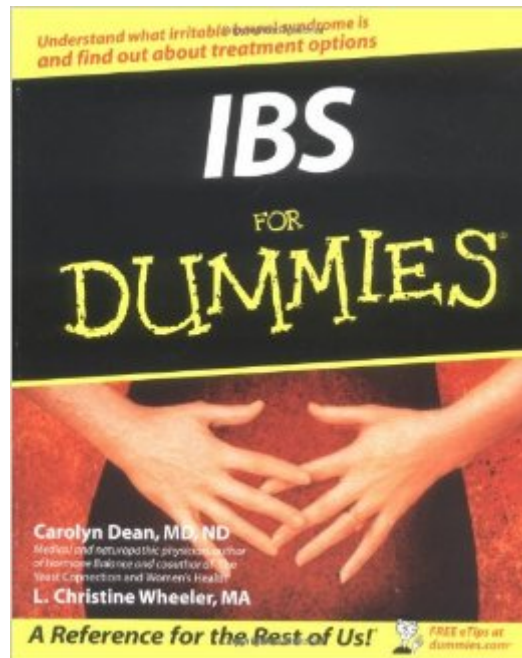


The book was found

# IBS For Dummies



## Synopsis

Spot the triggers and handle IBS at home or work Get control of your symptoms and improve your quality of life Are you or a loved one suffering from IBS? This plain-English, reassuring guide explains all aspects of this frustrating condition and helps you find the right doctor and treatment plan. You get up-to-date information on the latest tests, healthy nutrition guidelines, diet and exercise plans, and the newest medicines and therapies to bring you much-needed relief. Discover how to

- \* Get an accurate diagnosis
- \* Recognize the warning signs
- \* Reduce your stress
- \* Weigh treatment pros and cons
- \* Adopt an IBS-friendly diet
- \* Help children with IBS

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #234,079 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #159 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #17525 in [Books > Medical Books](#)

## Customer Reviews

As an IBS sufferer of alternating D and C, I found the book full of helpful information. The reason I chose to write a review was that a previous reviewer gave the book a bad review because it didn't focus on "Western Medicine" and thought the "elimination diet" wasn't a good idea. To me "Western Medicine" means throwing drugs at every problem. As a person who thinks using drugs to fix problems is a last resort, I found this book's suggestions on ways to deal with IBS informative. I'm also baffled as to why someone would think the elimination diet is a bad idea. Removing trigger foods and then slowly introducing things back one at a time to figure out what you can and cannot eat without suffering...hmm...how is that not a good idea? If you want a book to tell you what drugs to take so you can keep on eating processed foods and other crap that causes havoc in your body, don't even bother buying a book on IBS at all. If you have IBS, you have to come to terms with the

fact that you are not a human garbage can when it comes to food.

While I've found most "dummies" books to be comprehensive and objective, this one is not. Not only is it depressing (listing every food as a cause of IBS and recommending wearing adult diapers), it is also anti-Western medicine. Because the author has a doctorate of medicine and a doctorate of naturopathy, I had hoped this book would offer a well-balanced look at all avenues of treatment -- both Western and natural. Forget it. Every chapter ends with recommending a laundry list of obscure herbs and implementing her elimination diet. More information is never a bad thing and there are better books out there. "The First Year: IBS" is a good book, as is "Irritable Bowel Syndrome & The Mind-Body/Brain-Gut Connections: 8 Steps for Living a Healthy Life with a Functional Bowel Disorder" and "The Second Brain: A Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestine."

IBS For Dummies is likely the most complete and current book about IBS that has been written to date for the non-medical reader. It covers pretty well every topic and aspect about the illness and it does it very well. The book reads easily from cover-to-cover or as a reference from chapter to chapter. This book is for sufferers or for anyone who wants to learn more about this chronic illness. Certainly well worth the read and as an addition to your personal IBS book library.

How, may you ask, "IBS for Dummies" is a money saver? My 30-year-old son had several abdominal pain episodes, went to a digestive specialist and was to undergo a procedure that was not covered under insurance. Before the procedure, I bought and gave this book to him. He read it and realized that IBS was the culprit. Saved us a lot of money.

I found a lot of info in the book. It was one of the first I read on the topic of IBS. I would recommend it as a starting point, on your journey of info collection. It is hard to say it is a great reference because every case of IBS is so individualized.

IBS is a complex ailment. The diagnosis is not always clear because of the constellation of aggravating factors in today's diets. Classic triggers are infection, anti-biotics, bowel problems, genes and psychological stress. Sometimes allergies are problematic; such as, shellfish or peanuts. Lactose intolerance or glucose intolerance can be classic underlying causes. Aspartame in sodas is another potential area of investigation. A strength of the book is that the author lists

effective strategies to isolate the disease early and provide effective treatments to alleviate the stress. Some blood tests may be utilized to detect lactose intolerance like the hydrogen breath test. The IgE, IgG and IgM blood tests may be helpful for measuring gluten intolerance. Other factors cited by the author are high glucose levels, high fats/cholesterol and ethyl mercury levels in vaccines. Patients may be helped by: o chewing food thoroughly to minimize incomplete digestion o flax oil, whole grains and herbal teas o peppermint oil, fennel, ginger, chamomile, anise and oregano Helpful vitamin tonics (according to the author) are copper, magnesium, zinc, Vitamins A, D, E and K. Bromelain can be an extremely helpful digestive aid. Overall, the work is well researched. The contents would be helpful for anyone investigating diagnostic and treatment modalities for the underlying symptomatology of IBS and related conditions.

This is an excellent book for anyone with IBS or if someone they know who has it. It is written to be understood by anyone as are all of the For Dummies books I have read and has a lot of very useful information. I would recommend it to anyone.

If you or someone you know suffers from IBS, then this easy to read & understand, this is the book for you. Very educational, helps you know what food triggers this condition. Excellent condition, fast shipping!

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