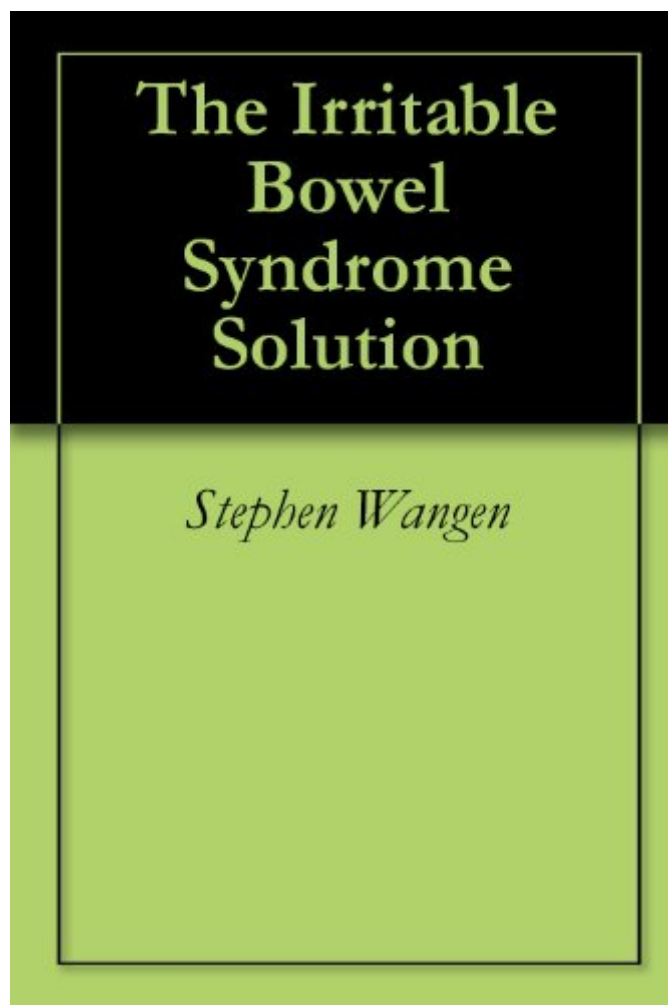


The book was found

# The Irritable Bowel Syndrome Solution



## Synopsis

This is the authoritative resource on IBS. In this easy to read book you will discover what actually causes IBS; how to find the cause of your own symptoms; how to treat your symptoms; and, where to go for help. If you have IBS, constipation, diarrhea, gas, bloating, indigestion, or chronic abdominal pain, there is a logical reason for your suffering. Written by Dr. Stephen Wangen, the founder of the IBS Treatment Center, this book explains how your symptoms can be cured. You do not need to eat more fiber; take medications or supplements for the rest of your life; or wonder if you are too stressed. You can actually live your life completely free of IBS and this book will help you discover how.

## Book Information

File Size: 1069 KB

Print Length: 176 pages

Publisher: Innate Health Publishing (May 2, 2012)

Publication Date: May 2, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00804ZQQ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #323,952 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome

#94 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Allergies #188 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

If you have "case" of chronic IBS you should build a little library of lit on it. This book is simple and easy to read and does what any good book should do, make you think. I thought and analyzed my diet - I have been irritated for about 8 months now but think I have it wrapped up. Interestingly I had it solved a few times but it came back, but this to me was in the process of identifying what I may be reacting to. I run a lot. When I increased my mileage to over 60 a week I started having issues. I

thought it may have been running. I took 6 weeks off - no change. I ran again. I have increased my mileage and intensity back, with IBS, and there was no difference. To make a long story short. I would have short fasts (10 - 15 hrs) which always cleared the issue. I would eat foods I don't normally eat and things were fine, but I make some mistakes along the way. I thought it was coffee, so stopped drinking it. I thought it was dairy and stopped eating this category of food. What I did read, in a running book, was try replacing the morning coffee with OJ - since coffee inhibits vitamin C uptake the avoidance of coffee would be beneficial in several ways: more vit C from OJ, more hydrated as coffee is a diuretic, and more hydrated in general (which would also help effects of IBS and water loss). Then it dawned! Citrus. I have not had citrus in a week and my IBS has gone down. Remember the little library - yup - no book will answer all. I discovered that perhaps what I am dealing with is a citrus intolerance (not an allergy) and as I gave up coffee and increased my dose of OJ my reactions became stronger: logically so, in hindsight. I may not be "cured" yet - but think I am there.

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