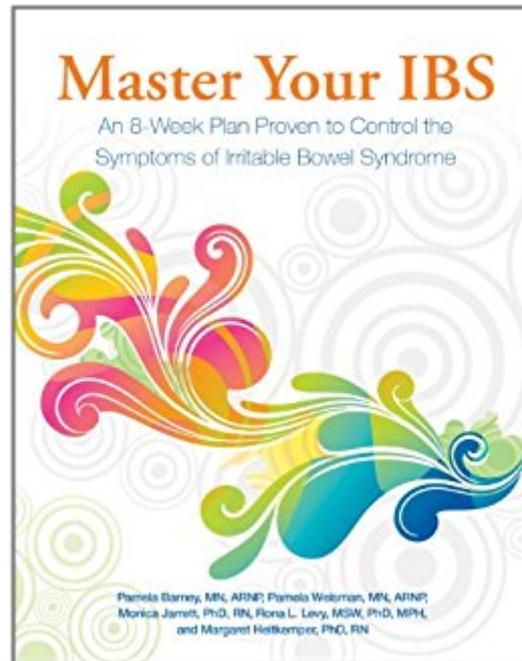


The book was found

# Master Your IBS



## Synopsis

This eight-week program was developed by a long-term, NIH-funded study at the University of Washington. Step-by-step guidance shows the reader how to reduce the severity and frequency of IBS symptoms by proven methods. Follow in the steps of hundreds of study participants and succeed at controlling the diarrhea, constipation, and pain without special diets, drugs, or equipment.

## Book Information

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## Customer Reviews

I've suffered from IBS for years, and there were times when it was so bad I have folded in half in the middle of a work day from abdominal cramping or had to get home NOW so I could have my half hour in the bathroom not at a restaurant. Those of you who suffer from IBS know what I'm talking about. :) One of the worst parts for me is how afraid I am to eat anything the next day. The doctors were very dismissive of my assertion that I had food triggers, but like many IBS sufferers I knew that wasn't the case. I have, however, had a hard time pinning down exactly what it was. One thing that frustrated me with this book is that the writers assume a tone that low-fat, high-fiber is the ONLY

way to go. They do deal with food triggers in one (short) section, but there isn't much guidance for how to go about it. They continue to suggest beans, low-fat dairy, and wheat products throughout which, according to studies coming out of Australia where some of the best IBS research is going on, are major trigger foods for a lot of people. The book also encourages people to look at nutritional labels for nutrient content, instead of ingredients, which I find completely backwards. A large chunk of this book deals with relaxation techniques. I do recognize that stress is a factor in my symptoms, and like most people, I do get stressed out occasionally. On the whole, however, I'm a confident, optimistic, low-strung person, so being told "just relax; take some yoga" is the most useless and frustrating piece of advice I've ever gotten from a doctor. (Nothing against Yoga; I really like it, but, at least for me, it doesn't fix IBS.

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