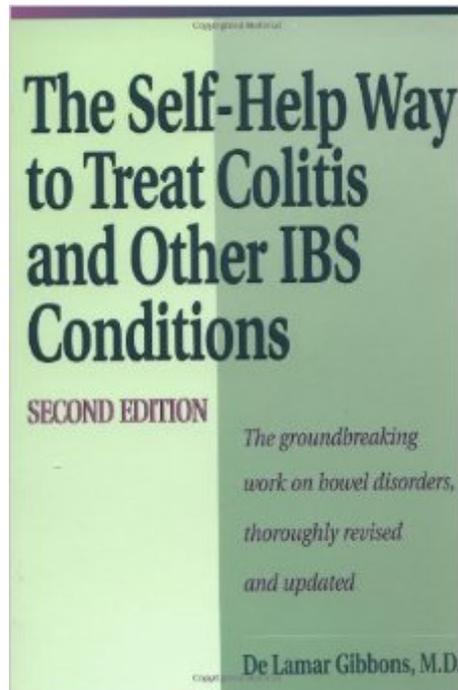


The book was found

Self Help Way To Treat Colitis And Other IBS Conditions, Second Edition



Synopsis

A new edition of the bestselling, groundbreaking work on bowel disorders Thoroughly updated and revised, *The Self-Help Way to Treat Colitis and Other IBS Conditions* returns with the latest research on the diseases of the gastrointestinal tract, such as ulcerative colitis, Crohn's disease, and irritable bowel syndrome. It also includes the practical, effective, do-it-yourself treatments that have made the book a classic of natural health.

Book Information

Paperback: 192 pages

Publisher: McGraw-Hill Education; 2 edition (August 15, 2001)

Language: English

ISBN-10: 0658012177

ISBN-13: 978-0658012174

Product Dimensions: 5.5 x 0.5 x 8.1 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #1,384,983 in Books (See Top 100 in Books) #110 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #584 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #92052 in [Books > Medical Books](#)

Customer Reviews

This is the best, most complete overview of the mechanics of fructose intolerance and how it affects bowel health that I have found in years of reading, but there are disappointing gaps in the author's practical advice, and some downright bizarre statements about weight loss. If you have found that the conventional high-fiber diet for IBS is not helping (or even making your IBS worse), read this book. This may be the key to your problems. Unfortunately, after convincingly establishing that fructose intolerance is at the root of much bowel distress, the author gives only spotty practical advice about what to eat and what to avoid. For example, he repeatedly warns against eating "wheat fiber," but says nothing whatsoever about oat or rice fiber. Are they safer? Just as bad? He mentions "waffle syrup made of corn" several times as a source of fructose. Is he implying that pure maple syrup is safe? Maple syrup is very high in fructose I believe, but anyone reading this book might assume that as long as the syrup is not derived from corn it is harmless. And his weight loss advice is just strange. He rails against ketogenic diets as unhealthy and counterproductive to weight

loss, then gives you his version to try! While the bulk of his argument is a revision of the unexamined conventional wisdom on "healthy" eating that he believes is all wrong for IBS sufferers, his weight loss advice is a hodge-podge of exactly the same kind of lazy conventional wisdom. I suspect this reflects the fact that serious bowel disorders (his area of expertise) are more likely to result in weight loss and emaciation than obesity, so his weight loss diet is kind of a careless afterthought.

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

Self Help Way To Treat Colitis and Other IBS Conditions, Second Edition Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS Reverse Gut Diseases Naturally: Cures for Crohn's Disease, Ulcerative Colitis, Celiac Disease, IBS, and More Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) 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 IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet. A Simple Guide To Budd-Chiari Syndrome, (Hepatic Vein Obstruction) Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For

Life (depression cure, postpartum depression, ... depression self help, depression free) Stop
Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help Family Ties That Bind: A
self-help guide to change through Family of Origin therapy (Personal Self-Help Series) The Wahls
Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune
Conditions

[Dmca](#)