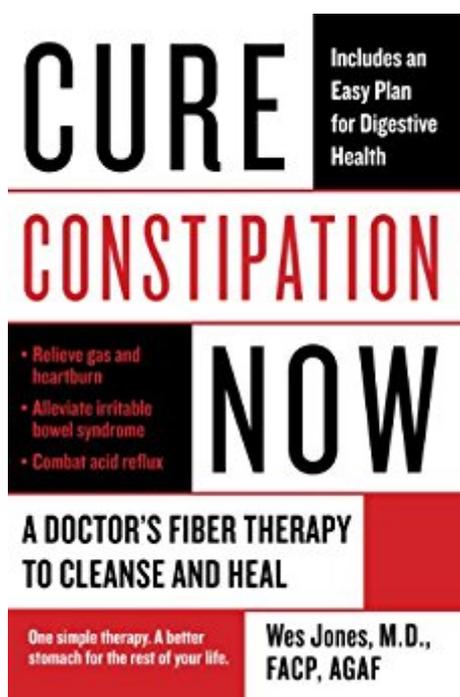


The book was found

Cure Constipation Now: A Doctor's Fiber Therapy To Cleanse And Heal



Synopsis

An easy-to-follow plan to regain a healthy gastrointestinal system-and relieve problems from gas to bloating to IBS. Close to 100 million Americans suffer from chronic-and sometimes very serious-gastrointestinal conditions. Prominent gastroenterologist Dr. Wesley Jones has found that virtually all digestive problems have one single underlying cause-constipation. Our modern diets and stressful lifestyles can make poor digestion such a common experience that sometimes people don't even recognize it as a problem. Here, Dr. Jones provides a proven program that has already helped thousands relieve and prevent constipation-related gastrointestinal problems for life. No one wants to talk about constipation, but millions suffer from it. Take as evidence the ubiquitous ads for Dannon's billion-dollar brand, Activia, which features Jamie Lee Curtis talking about "occasional irregularity." Constipation is one of the most common gastrointestinal complaints in the United States, resulting in about two million doctor visits annually. However, most people treat themselves without seeking medical help, as is evident from the millions of dollars Americans spend on laxatives each year. Now, this book will offer them a safe, proven, easy-to-follow program to relieve constipation once and for all. Because it's not just uncomfortable-it's unhealthy!

Book Information

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Customer Reviews

Sick to death of constipation? You could be! Cure Constipation Now...a groundbreaking new book by Dr. Wes Jones How can I say this? Constipation could be killing you--it is a fact. And while the author makes no claims that his book can cure sexual problems, end obesity, and achieve world peace...I am not so sure. I have never been so surprised or thrilled with a book--and I generally read ten books a week. I know that Dr. Wes Jones' groundbreaking ideas on curing constipation have saved my life, increased my vitality, protected my mental faculties, and transformed my daily living from lethargic and sludge-filled to exciting, vibrant, and LIGHT. Even though I am only a size two after years of careful dieting, I have never felt slim or "empty," as Dr. Jones describes in what has become in the last two days the most stunning and surprising book I have ever read. And I was convinced that there was nothing to be done...what a fool I was. I know that Cure Constipation Now will save my life and my brain--and that I will finally for the first time be comfortable in my own body. The book's message is a miracle--and it is so fetchingly offered than even a self-described know-it-all like me finally listened. But in summary, this engaging book shows the way to end constipation and probably ward off cancer, digestive disorders, and even depression and perhaps Alzheimer's through following his simple fiber plan. Isn't this a tall order? Absolutely...but the information in Cure Constipation Now trumps all doubt that even those who think they are "regular" could be suffering from debilitating life-long constipation that is robbing them of health and a vibrant life. Did you know that normal bowel elimination means having THREE FOOT-LONG STOOLS a day that have NO ODOR? Neither did I!

I'm going to display the fiber program below, but here was my experience with it. Before reading the review, note that I have used the Sugar-Free Citrucel (in powder form) as well as both the mint and original-flavored Milk of Magnesia produced by Phillips. Alright, here's the thing, I've been blessed by God to have this book offer me some recommendations that have given me some relief with my ailments. I've had gas reduced, abdominal pain reduced, the odor of my stools too were reduced in the bathroom, and there were days where I'd go without taking my Zantac pill for acid reflux. So then why only 3 stars? Because, I might have to start all over and go back to week 1, which I'm frustrated about. First of all, like I had stated before, I had been blessed to have some of my ailments reduced in severity; what was not happening though was that I was not completely passing my stools out, and so like many Americans, my stool was incomplete. I was confident that Citrucel was not going to be effective for me because I had previously used the product as a substitute to the gas-heavy Metamucil. So holding little faith that Citrucel was going to be effective for me, I felt

that I should have taken the highest recommended dose, even though I did not. I wanted to follow the program and gradually increase my dosage of the Citrucel fiber product. But aside from not being able to completely pass my stools, I've carried out this program for about 6-7 weeks now and at about the 3-4 week, my stool went from being the shape of a cucumber (which is what it is supposed to look like) to being a stool in liquid form (diarrhea). I drank a bottle of Pepto Bismol (not all at once) down, and it was not as effective as I had hoped. So from the 3-4 week on to the 6-7 week, I'd have regular diarrhea outputs.

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