



Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief

Dr. Jeffrey M. Lackner

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One in five adult Americans suffers from Irritable Bowel Syndrome. Millions seek relief through dietary changes or medications that often prove unsatisfactory and may be accompanied by side effects. It turns out that relief doesn't necessarily come from a bottle of pills or through diet changes—it can be achieved by learning behavioral self-management strategies that get to the source of the problem.

For over 10 years, Dr. Jeffrey M. Lackner has been helping patients gain control of their symptoms. His research—backed by grants from the National Institutes of Health—shows that these skills can help, whether their IBS involves diarrhea, constipation, or both.

Now Dr. Lackner's *Controlling IBS the Drug-Free Way* offers IBS sufferers the same tools that have helped many patients control their bowel problems. Research shows that the techniques featured in this book can improve IBS patients' condition and help them reclaim lives lost to this common gastrointestinal problem. The book offers a step-by-step approach that anyone with IBS can easily follow to reduce symptoms without drugs or professional help. User-friendly worksheets, interactive exercises, self-assessment checklists, and diaries for tracking symptoms and trigger foods are included to help readers master each skill. Also included are up-to-date overviews of medications and dietary strategies that readers can use to maximize symptom control.

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This Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this publication incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This specific Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief without we comprehend teach the one who examining it become critical in thinking and analyzing. Don't end up being worry Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief can bring if you are and not make your case space or bookshelves' become full because you can have it in the lovely laptop even telephone. This Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief having great arrangement in word and layout, so you will not experience uninterested in reading.

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People live in this new day of lifestyle always attempt to and must have the free time or they will get lots of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read is Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief.

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