



IBS For Dummies

Carolyn Dean, L. Christine Wheeler

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Spot the triggers and handle IBS at home or work

Get control of your symptoms and improve your quality of life

Are you or a loved one suffering from IBS? This plain-English, reassuring guide explains all aspects of this frustrating condition and helps you find the right doctor and treatment plan. You get up-to-date information on the latest tests, healthy nutrition guidelines, diet and exercise plans, and the newest medicines and therapies to bring you much-needed relief.

Discover how to

- * Get an accurate diagnosis
- * Recognize the warning signs
- * Reduce your stress
- * Weigh treatment pros and cons
- * Adopt an IBS-friendly diet
- * Help children with IBS

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