



Irritable Bowel Syndrome: Ibs Symptoms, Remedies and Prevention: The Alternative Healing Series

By Hayden Anderson

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Suffering from Irritable Bowel Syndrome but embarrassed to talk about it? Rest assured you are not alone in the misery caused by IBS as over twenty-five million people in the U.S. suffer from this disorder. Author Hayden Anderson has written Irritable Bowel Syndrome: IBS Symptoms, Remedies and Prevention to help people who suffer from IBS attacks take control of this disorder and end the discomfort, anxiety and embarrassment once and for all. Items covered in this book are: o What Irritable Bowel Syndrome is o Irritable Bowel Syndrome Symptoms o How to manage Irritable Bowel Syndrome o How stress affects Irritable Bowel Syndrome o Diet may be the cause of your Irritable Bowel Syndrome o Understanding medications to treat Irritable Bowel Syndrome o Alternative health remedies vs. medications o How to prevent Irritable Bowel Syndrome Stop letting Irritable Bowel Syndrome control your life. Apply the tips found in this book and free yourself from IBS once and for all.



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