



IBS For Dummies

Patricia Macnair

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IBS For Dummies Patricia Macnair

"The book manages to be comprehensive, easy-to-follow, hugely informative – and quite funny too (refreshing for a health title...)"

Mail on Sunday, *You Magazine*

Understand Irritable Bowel Syndrome, and take control

This reassuring guide to all aspects of IBS explains how to recognise and manage a wide range of symptoms, and understand the physical and emotional triggers of this frustrating condition. Inside you'll find expert guidance on the latest conventional and alternative treatment methods alongside information on nutrition, diet, and exercise, helping you to tailor your treatment to suit your needs, take your mind off your IBS, and live life to the full.

Discover how to:

- Understand the triggers and symptoms of IBS
- Get an accurate diagnosis and the right medical help
- Incorporate diet and exercise into your treatment plan
- Benefit from relaxation and stress-management techniques
- Live and work with IBS

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