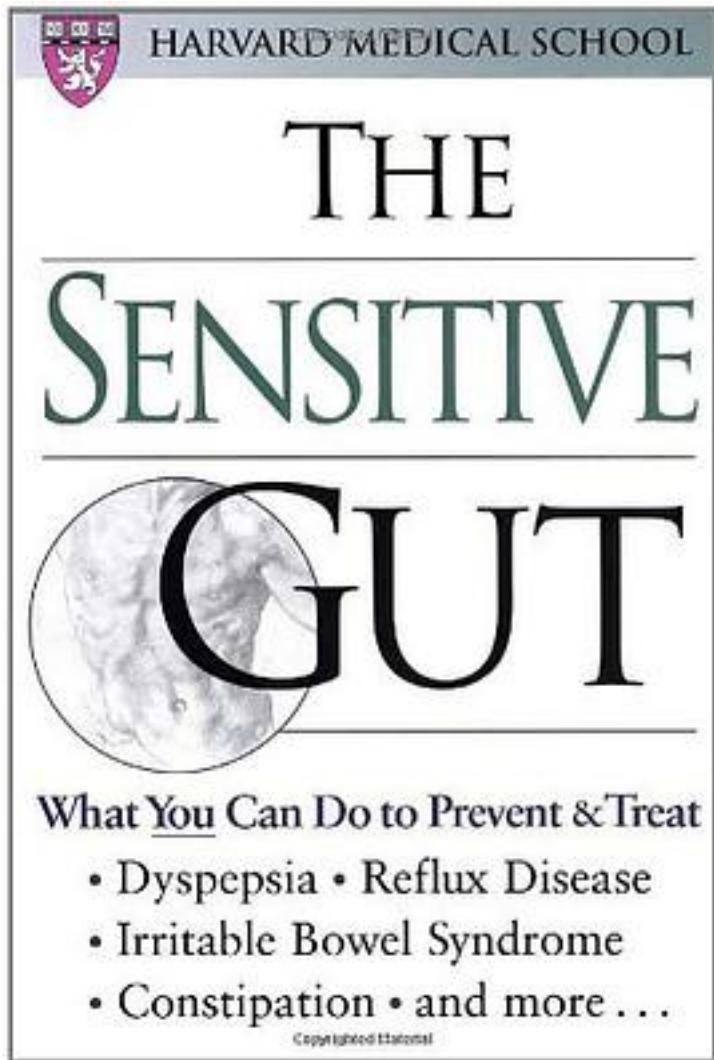


# The Sensitive Gut



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DO YOU EXPERIENCE FREQUENT STOMACHACHES

OR EXCESSIVE GAS AFTER EATING?

DOES EATING A SIMPLE MEAL LEAVE YOU

WITH A FEELING OF HEARTBURN?

DO CONSTIPATION AND DIARRHEA PLAGUE YOUR LIFE?

If you answered yes to any of these questions, you might be suffering from a gastrointestinal disorder. As many as one in four people experience these troublesome symptoms, and they don't get the problem adequately diagnosed and treated. In *The Sensitive Gut*, readers will learn that the root causes of these symptoms are often a group of disorders -- reflux disease, dyspepsia, irritable bowel syndrome (IBS), food allergies, or other conditions. The causes of these disorders are not fully understood, but their effects are quite real. This valuable guide explains each of these disorders and, more important, describes how they are diagnosed and treated. You will learn: how heartburn is exacerbated by high-fat foods, onions, garlic, alcohol, and coffee how cauliflower and chewing gum can trigger IBS how to determine whether you have dyspepsia or an ulcer which oral laxatives seem to be the most effective and produce the fewest side effects and much more... Besides suggesting eating plans to soothe and minimize symptoms, *The Sensitive Gut* also evaluates new alternative approaches such as relaxation response training, hypnosis, and biofeedback. Finally, lists of questions are included to help readers make the most of their time with their doctors. A reassuring and practical guide to managing common intestinal distress, *The Sensitive Gut* can improve the quality of life for millions of Americans.

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