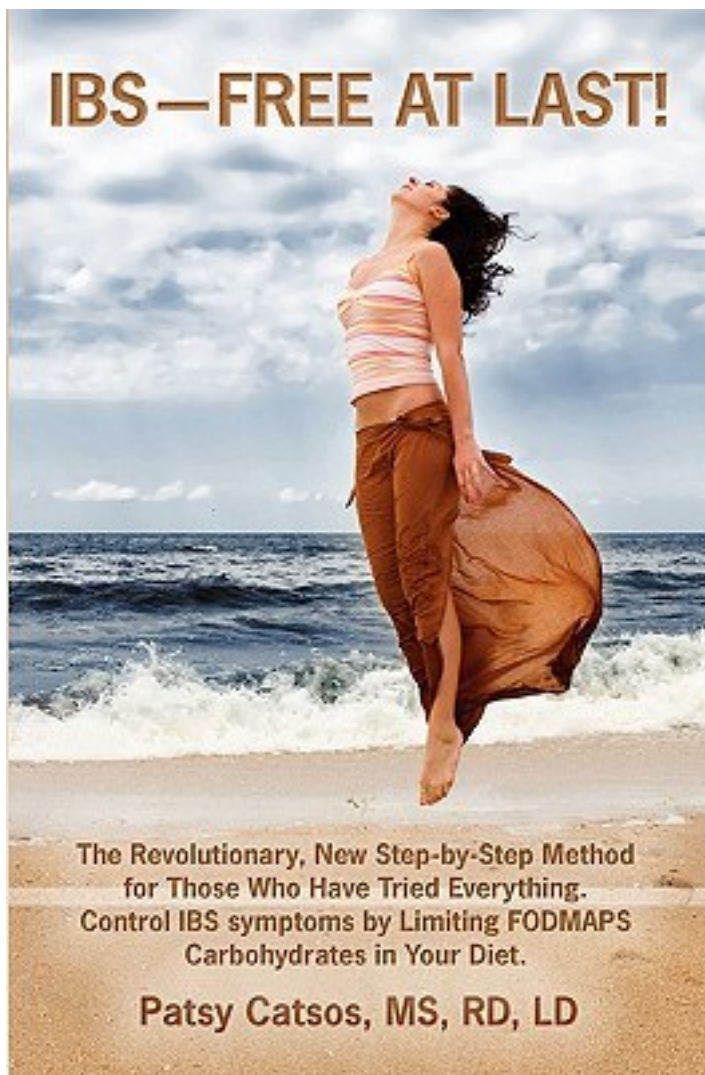


IBS



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著者:Parker, Tracy/ Lewis, Sara (CON)

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Irritable Bowel Syndrome affects 1 in 5 people around the world and is second only to the common cold as a cause of workplace absenteeism. Tracy Parker, a dietician who has spent six years in scientific research on IBS, has found that diet and lifestyle changes are the most effective ways of getting it under control. Along with extensive practical advice on what to eat and what to avoid, she offers in-depth scientific information on the causes and symptoms of the disease, how it's diagnosed, and the dangers of leaving it untreated. To make her advice practically effortless to follow, there are 50 delicious, nutritious recipes, along with simple suggestions for relieving stress and getting support from family and friends.

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