

Irritable Bowel Solutions



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Irritable Bowel Syndrome (IBS) is a condition that is often misunderstood and misdiagnosed. Despite common perceptions, only 50% of cases are related to diet and the causes of the other 50% of cases are rarely examined and sufferers are unable to find suitable treatment. In this groundbreaking new book, Professor John Hunter reveals how you can solve the causes of your IBS. Using his carefully-constructed questionnaire, find out the reasons for your symptoms then turn to the appropriate chapter to learn how to treat them. Irritable Bowel Solutions also answers all the other questions that might be causing concern, such as: -What if I don't fit any of the types described? -What do probiotics really do and are they helpful? -Will my disease always affect me or can I manage it effectively?

作者介绍:

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标签

肠易激综合征

科普

评论

国内的关于肠道易激综合症的词条全面被污染，很难找到可信的讯息，这个时候真的要靠wikipedia和amazon上的书了，妈的，国内网站真害人！这本书很详尽可靠，写给普通人看的。

这本书是真的同时适合病人和医生阅读的医学科普书，我说的医生不是指非消化内科专业的医生，而是专业医生都能从阅读中体会到顿悟的快感。看完之后有强烈的愿望翻译出来介绍给国内的读者。

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书评

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