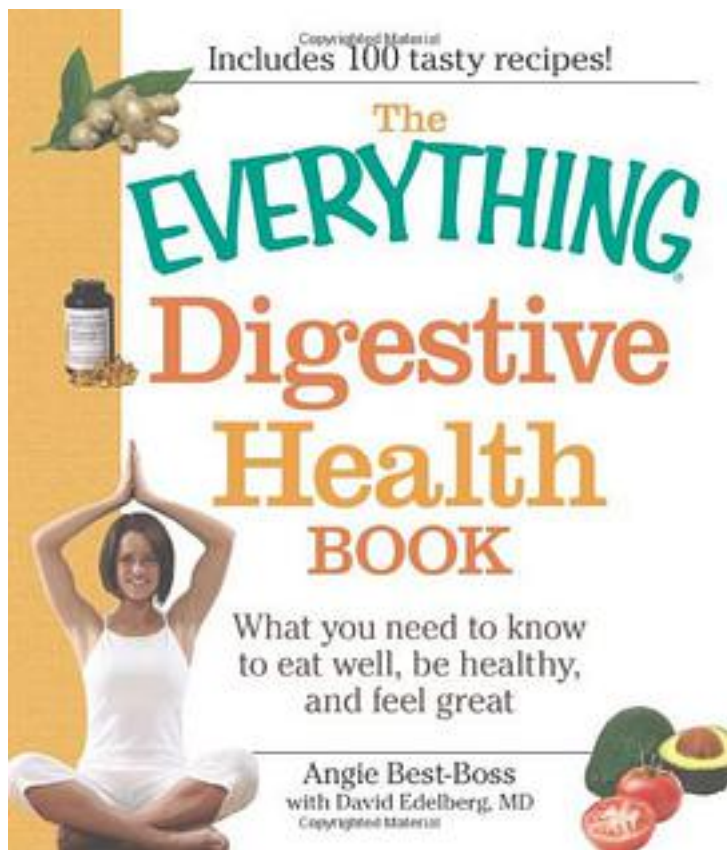


# The Everything Digestive Health Book



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From irritable bowel syndrome (IBS) to heartburn, gastrointestinal conditions are epidemic today. Luckily, with the right knowledge and care, sufferers can successfully manage their symptoms and feel better. This book is the essential guide for those dealing with any number of digestive health problems, including diverticulitis, constipation, acid reflux, and others. With this book sufferers learn how to:

Choose a specialist  
Understand their diagnosis  
Manage medications  
Select vitamin and herb supplements  
Avoid foods that exacerbate their condition, while still getting the nutrients they need  
Prepare recipes for delicious foods that are easy on the digestive tract  
This book includes prescriptive information to reassure even the most discouraged patient. It's the first step toward a comfortable, confident, and healthy new life.

作者介绍:

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