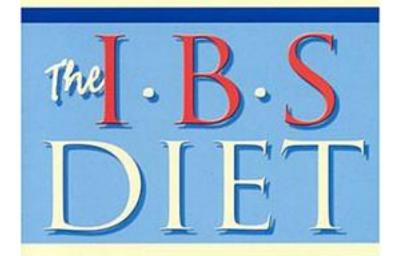
The IBS Diet

SARAH BREWER MD MICHELLE BERRIEDALE-JOHNSON



A DOCTOR'S PLAN TO:

- CALM YOUR DIGESTIVE SYSTEM
 THE NATURAL WAY
- ELIMINATE PAINFUL SYMPTOMS
 WITH FOOD AND SUPPLEMENTS

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This book offers 60 IBS-fighting recipes, and helps readers understand what irritable bowel syndrome (IBS) is, why it happens, and ways to control its symptoms.
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