



The First Year: IBS: An Essential Guide for the Newly Diagnosed

By Heather Van Vorous

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Irritable Bowel Syndrome, commonly known as IBS, causes misery to millions. After the common cold, it is the most frequent reason for visiting a GP. Fortunately, much can be done to control and even overcome the worst symptoms through diet and exercise. The First Year: Irritable Bowel Syndrome is an informative patient-expert's guide to managing this condition. Heather Van Vorous, herself an IBS sufferer for over two decades, helps the reader understand how the digestive system works and why things go wrong. She then details the range of treatment options and vital lifestyle changes necessary for improvement, explaining:

- * Five key strategies to control symptoms
- * Ten commandments of eating for IBS
- * How exercise can help
- * How stress affects IBS and how to manage it
- * Effective complementary therapies
- * How to eat safely at restaurants, with friends and when travelling

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Editorial Review

About the Author

HEATHER VAN VOROUS, an IBS sufferer since age 9, is the author of the two best-selling IBS books in North America: **Eating for IBS** and **The First Year: IBS**. Her writing has led to an ongoing Canadian clinical research study of the groundbreaking dietary guidelines in **Eating for IBS**. That work also led to her inclusion in the 4th edition of Who's Who in Medicine and Healthcare. Today's Dietitian has featured her IBS dietary guidelines, and she has become recognized as the foremost patient-expert on Irritable Bowel Syndrome in America.

Heather is the host of Heather Cooks!, the television cooking show for good digestive health, which is also available on DVD. She is currently at work on her third IBS book. Heather is also the founder Heather's Tummy Care, an organization dedicated to serving people with IBS. Her mission is to offer education, support, and help that allows people with Irritable Bowel Syndrome to successfully manage their symptoms through simple, safe and effective lifestyle changes. You can visit Heather at her IBS patient support site, HelpForIBS.com.

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