



## Irritable Bowel Solutions: The Essential Guide to Irritable Bowel Syndrome, Its Causes and Treatments

By Professor John Hunter

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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, leaving sufferers 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?*

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## **Irritable Bowel Solutions: The Essential Guide to Irritable Bowel Syndrome, Its Causes and Treatments** By Professor John Hunter Bibliography

- Sales Rank: #1283081 in Books
- Brand: imusti
- Published on: 2009-02-01
- Released on: 2007-11-20
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .70" w x 5.50" l, .50 pounds
- Binding: Paperback
- 208 pages

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### **Editorial Review**

#### Review

"invaluable...offers hope for those suffering from a bowel condition" Daily Mail "cuts through the confusion surrounding the condition...a must for all those affected by IBS" Health and Fitness

#### About the Author

Professor John Hunter is a physician and an authority on diseases of the gut including IBS, Crohn's disease, and Colitis, and an expert on the subject of food allergy and intolerance. He has contributed more than 100 research papers to major medical journals such as the *British Medical Journal* and *The Lancet*, and is the author of *Solve Your Food Intolerance*.

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