

The Everything Digestive Health Book - Angie Best-boss

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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. Author: Best-Boss, Angie Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Digestive Health Book Pages: 00320 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781598699593 Category: Health & Fitness : Healthy Living

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