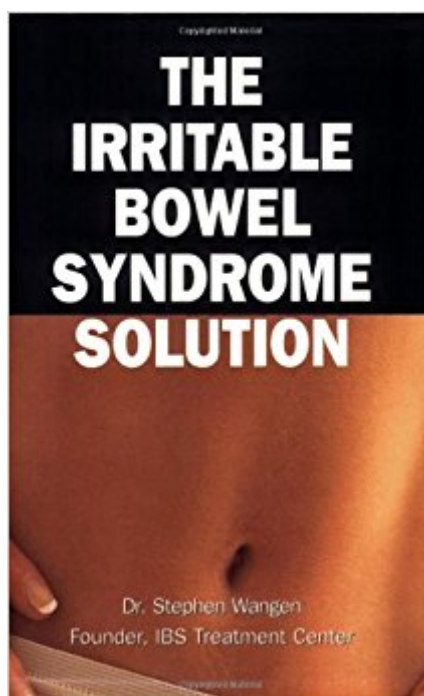


The book was found

The Irritable Bowel Syndrome Solution: How It's Cured At The IBS Treatment Center



Synopsis

The authoritative resource on irritable bowel syndrome (IBS) written by the founder and Chief Medical Officer of the IBS Treatment Center, the first and only clinic in the nation specialized in treating IBS. There are 50 million people who suffer needlessly from digestive problems. Dr. Wangen shares his experience and explains why they should expect to be cured and how it is done.

Book Information

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Customer Reviews

After 20 years I no longer need medications and am completely symptom free. I enthusiastically recommend Dr. Wangen. --Steve Harmon, Architect

Dr. Wangen uses humor, case studies from the hundreds of patients he has helped overcome IBS, and very simple and easy to understand language in this extremely practical and timely book on irritable bowel syndrome. He has an uncanny ability to take a complicated subject and break it down into very logical pieces. This book is not only well written and interesting, it also describes what an individual needs to do to cure their IBS. Everyone is unique, and most books don't acknowledge this. This book is not a one size fits all treatment for IBS. It describes how to identify your individual triggers for IBS and what you need to do to eliminate them. You'll be left wondering why no one told you all of this long ago.

If you have "case" of chronic IBS you should build a little library of lit on it. This book is simple and

easy to read and does what any good book should do, make you think. I thought and analyzed my diet - I have been irritated for about 8 months now but think I have it wrapped up. Interestingly I had it solved a few times but it came back, but this to me was in the process of identifying what I may be reacting to. I run a lot. When I increased my mileage to over 60 a week I started having issues. I thought it may have been running. I took 6 weeks off - no change. I ran again. I have increased my mileage and intensity back, with IBS, and there was no difference. To make a long story short. I would have short fasts (10 - 15 hrs) which always cleared the issue. I would eat foods I don't normally eat and things were fine, but I make some mistakes along the way. I thought it was coffee, so stopped drinking it. I thought it was dairy and stopped eating this category of food. What I did read, in a running book, was try replacing the morning coffee with OJ - since coffee inhibits vitamin C uptake the avoidance of coffee would be beneficial in several ways: more vit C from OJ, more hydrated as coffee is a diuretic, and more hydrated in general (which would also help effects of IBS and water loss). Then it dawned! Citrus. I have not had citrus in a week and my IBS has gone down. Remember the little library - yup - no book will answer all. I discovered that perhaps what I am dealing with is a citrus intolerance (not an allergy) and as I gave up coffee and increased my dose of OJ my reactions became stronger: logically so, in hindsight. I may not be "cured" yet - but think I am there. I have isolated foods that have triggered IBS and am now comfortable for the first time in weeks. The book will give you ways to think. It develops your knowledge and will give you other ideas to follow. Be your own detective with IBS because as I am learning the interactions are quite complex and an average family doctor will not have the time to deal with your case. If you are at a health facility that you need to see a new practitioner each visit (many places have these) you really need to become your own detective. Buy the book - quite simple. I remember reading a criticism something along the lines that the book was a self-promo for the author's clinic: it's not so. BUT - if I was on my second year of IBS I would seriously consider a visit to such a specialist as my health is quite important to me. I do think the book needs a better index to make it easier to find simple terms.

I credit this book as the beginning of the end of my years of suffering with IBS. Armed with this new knowledge, I went to my internist and told her I had learned in Dr. Wangen's book that IBS can result from one of three major causes: food sensitivity, bacterial imbalance, or parasite infection. She immediately sent me to the lab for an ova/parasite test and, sure enough, I had cryptosporidiosis, a protozoan intestinal infection. All it took was three pills of Alinia (nitazoxanide) over a course of three days to kill the protozoa. Cryptosporidiosis cases must be reported to health departments. A woman from my county health division followed up with a telephone call to try and

trace the source of the contamination, which can often be a restaurant, impure water, or even a swimming pool. She said, contrary to the literature on the subject which says a typical infection is acute for just a couple of weeks of extreme diarrhea, most people have chronic cases for several years which involve painful intestinal cramping and soft stools that keep you house bound a good part of the day. After treatment, the symptoms frequently intensify for a few weeks as the parasites die off, as was my case. She said doctors often don't think to test for ova and parasites. I had been to a gastroenterologist for the problem a year ago and was diagnosed with diverticulitis. The antibiotics, Flagyl and Cipro, did nothing to help the problem, so I question the accuracy of that diagnosis. Since my colonoscopy was clear, the doctor just said "reduce stress and increase fiber." I had to laugh when I read in Dr. Wangen's book how doctors frequently send patients out the door with those exact instructions. I originally ordered this book as an ebook from Dr. Wangen's site, but I couldn't read it on my iPad. So I ordered the Kindle version from .com and it worked great. Very small price to pay for very big relief.

This is a promotion for a treatment center. No real help at all...unless you pay for a trip to a center! Waste of money.

This book is well written and full of understandable, rational explanations and, significantly, hope. Not just hope, but hope for a cure. So different from everything else I have learned about this syndrome, this group of very conventional, scientific doctors, states you just need to look in the right places and a cause will be found for the varied, and sometimes fluctuating, symptoms of this problem. In fact, I am now planning to make a trip to their clinic to get evaluated and hopefully cured!

It would not be an exaggeration to say that this book changed my life....let me explain. I have been diagnosed with IBS-D, at first it was a relief to finally have a name for it. But, I soon realized that despite having a name there was little to nothing that would help or make it go away. The standard lines I would hear from MANY doctors - "eat more fiber" "reduce your stress". I was really frustrated, worn out and thought that I would have to live with this chronic pain and discomfort for the remainder of my life. For the first time (in a very long time) I had hope after reading this book. So much in fact that I went to Seattle to meet with Dr. Wangen. I went through some of the allergy testing and the results were amazing - allergic to Dairy and egg whites were the biggies. Since then I have removed these and other items from my diet and have definitely noticed a big difference. If

you have IBS-D or C and are frustrated with doctors telling you there is nothing they can do for you (except prescribe antidepressants, take Fibercon, and stress less) I would recommend reading the book. If for nothing else, to realize that you can get relief from IBS and start living your life again.

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