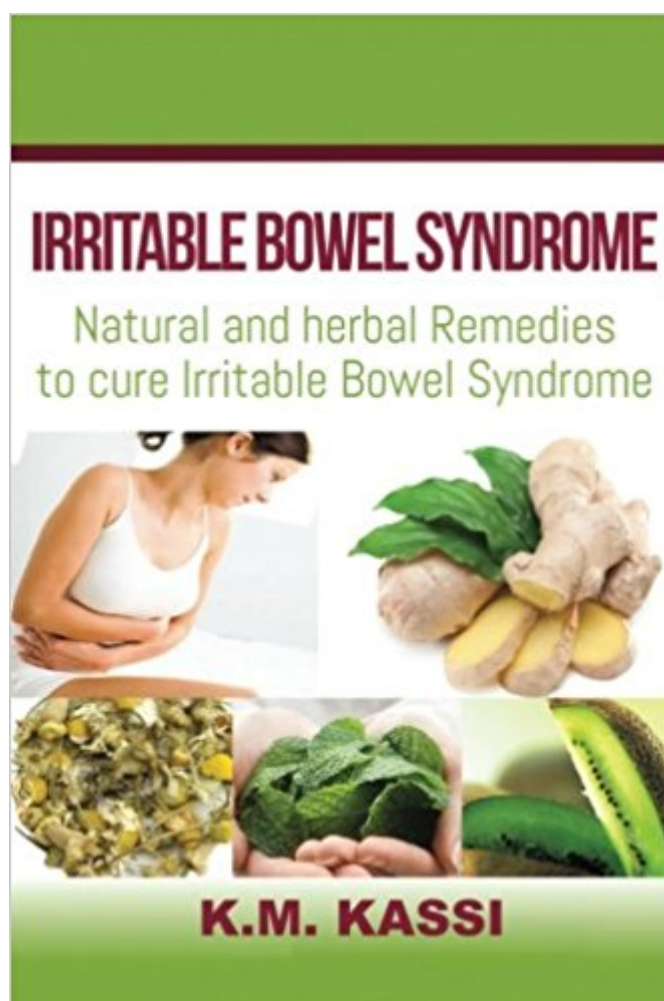


The book was found

# Irritable Bowel Syndrome: Natural And Herbal Remedies To Cure Irritable Bowel Syndrome



## Synopsis

This book contains proven steps and strategies on how to manage Irritable Bowel Syndrome or IBS and prevent it from controlling your life. IBS afflicts millions of people worldwide. The symptoms range from mild to severe; albeit, the long-term effects are the same – a decrease in the quality of life. There are many medicines that are believed to be effective in alleviating the symptoms of IBS. However, these medicines have adverse outcomes that can affect the quality of life of the afflicted person. Is there another effective way to manage IBS without the negative effects? The good news is there is! There are natural and herbal remedies to help an IBS sufferer overcome chronic symptoms of this medical condition. These practical remedies are guaranteed to work. Plus, they are easy to do and affordable. You may have an IBS, but you can still have that rewarding, fulfilling, successful life that you dream of. Find out the truth about IBS and be free from its hold starting today.

## Book Information

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## Customer Reviews

This book-Irritable Bowel Syndrome by K.M. Kassi is a very informative book and it is really helpful. At first this book provides information on Irritable Bowel Syndrome and the diagnostic procedure to determine it. If any one has the symptoms mentioned in this book you have to check on laboratory tests definitely and take medicine. Normally medicine treats the illness but it gives adverse effects as well. Here a natural and herbal approach is provided as the remedy and their benefits are emphasized under each and every title. This book provides natural remedies for this by changing food items and diets. Steps to manage stress and exercising is also recommended here in this

book. Herbal remedies and alternative therapies are also discussed as remedies here. This book will provide you the necessary steps to live a fulfilled life even with IBS. The author has done a great research on the subject and his knowledge is clearly displayed through out this book. Highly recommended.

There is terrific information in this book! Whether you have mild or severe ibs learn how to minimize symptoms without taking harmful medicines. I am always looking for more natural ways to fight ailments and this book is awesome! Using food and herbal techniques you will find this book very interesting and very helpful!

I believe it would help an ibs sufferer. Worth reading. Short, fast to the point. Takes less than an hour.

very useful book for introduction to IBS. love that it starts with natural alternatives; always important to try first, thanks for book

Had some very helpful material.

Not a lot of information for the price. Disappointed.

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and Remedies Cyclopeda: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Herbal Recipe Remedies: 30 Herbal Remedies That Work! (Herbal Recipes Private Collection Book 1) The Bible Cure for Irritable Bowel Syndrome: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome Beat The Bloat And Restore Healthy Digestion: Natural Remedies For Stomach Bloating, Gas, Food Intolerance, Irritable Bowel Syndrome And Constipation DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.)

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