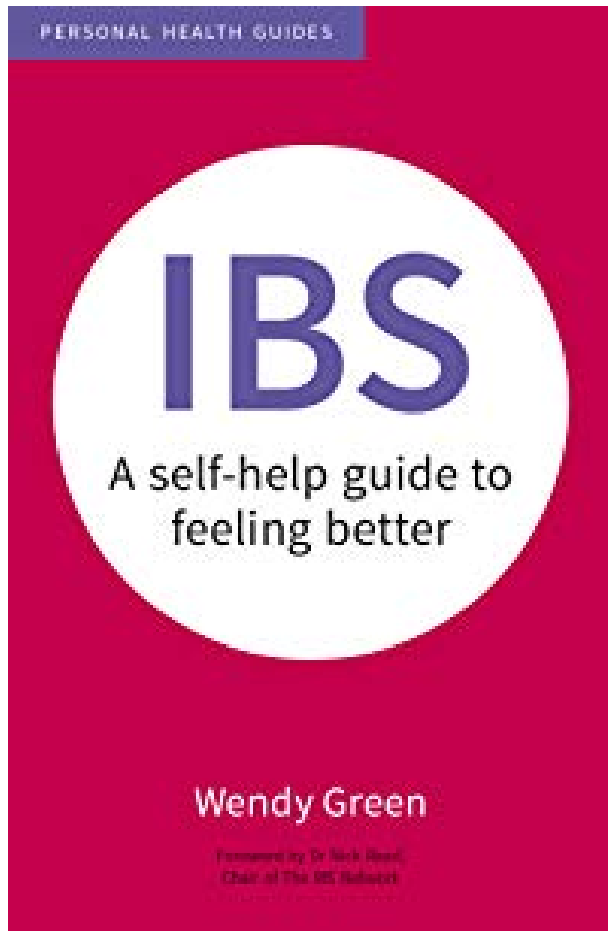


# IBS: A Self-Help Guide to Feeling Better



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[IBS: A Self-Help Guide to Feeling Better.pdf](#)

[IBS: A Self-Help Guide to Feeling Better.epub](#)

This easy-to-follow book explains how food intolerances, gut infections, bacterial imbalance, stress and hormones contribute to IBS, and offers practical advice and a holistic approach to help you deal with symptoms. Readers will learn to identify their IBS triggers and learn how to manage them, choose beneficial foods and supplements, manage stress and relax to reduce flare-ups.

They will also learn which types of exercise can relieve symptoms, and how to find helpful organizations and products.