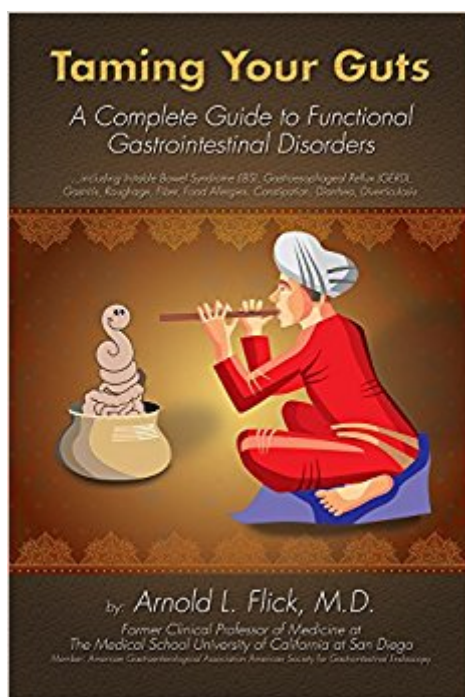


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# Taming Your Guts A Complete Guide To Functional Gastrointestinal Disorders (FGID) Including Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux (GERD), Gastritis, Roughage, Fiber, Food Allergies, Constipation, Diarrhea, Diverticulosis



## Synopsis

An easy-read (conversational style) on the various conditions called "functional gastrointestinal disorders" and their treatment. These include irritable bowel syndrome, gastroesophageal reflux, gastritis, fiber, food allergy, constipation, diarrhea, diverticulosis. Treatment diets are listed. The author is a retired Professor of Medicine in Gastroenterology and author on over a score of scientific papers.

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## Customer Reviews

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Taming Your Guts contains information I've needed for years. It has guided my understanding of how digestive problems develop and can be prevented. As a layman, I found the illustrations and diets particularly beneficial. My gratitude to Dr. Arnold Flick for sharing his knowledge and writing this valuable reference book!

One great book. Everyone should read for the best help for your health.

I wince when my doctor says "functional problem." He means the problem is in my head, and I feel dismissed. But the pain is real -- it is in my gut, not my head -- and Dr. Flick's approach is as thorough as it is humane. Anyone suffering from abdominal cramps, bloating, constipation or diarrhea will find help in these pages. Thorough, yet easy to read, Dr. Flick guides you step by step to relief.

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(Managing Irritable Bowel Syndrome Cookbooks 2) IBS for DUMMIES: Understanding irritable bowel syndrome with diarrhea The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More No Healthy Guts, No Glory - How to Treat and Cure Diarrhea, Acid Reflux, Constipation, Gas, Nausea, Ulcers, Menstrual Cramps, and Stomach Flu The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, Ibs, Diverticulosis, and More by Sierpina, Victor S. (2010) Paperback

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