



**Irritable Bowel Syndrome: IBS Explained:
Achieve Relief from Irritable Bowel Syndrome
Symptoms through Diet Therapy and Natural
Treatments (Natural treatments, ... and nutritional
supplements to cure IBS)**

Brad Wilson

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Irritable Bowel Syndrome: IBS Explained: Achieve Relief from Irritable Bowel Syndrome Symptoms through Diet Therapy and Natural Treatments (Natural treatments, ... and nutritional supplements to cure IBS)

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Learn how to understand Irritable Bowel Syndrome and resolve it using natural and dietary therapies

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Regain Control of Your Digestive Health with Proven, Effective Natural Treatment Options For Irritable Bowel Syndrome!

Discover how to achieve relief from Irritable Bowel Syndrome symptoms through diet therapy and natural treatments that really work. Understand the basics of Irritable Bowel Syndrome (IBS), who is most likely to be affected by IBS and how the symptoms develop. Learn how to reduce or eliminate the abdominal cramps, bloating, gas, diarrhea or constipation that cause stress and anxiety in work and social situations, compromising the quality of your daily life.

Simple Strategies Can Improve Your Quality of Life

In 'Irritable Bowel Syndrome: IBS Explained' you will learn that IBS is not one condition but a complex process of multiple abnormalities, each amenable to customizable therapies that really work. Learn how to identify food allergies and other causes of overgrowth of the wrong bacteria and yeasts in the bowel that cause flare-ups and symptoms. Discover the simple dietary changes that can reduce both the severity and frequency of IBS flare-ups. Learn to identify situations when conventional medications may be used to help with symptoms temporarily while other methods of treatment are being used. Conventional medication options based on specific symptoms are clearly outlined and explained in this book too. Discover why these prescription drugs, even though they can quickly and effectively provide relief from symptoms, are not a good long-term solution Recognize the difference between symptom relief and relief from Irritable Bowel Syndrome. Learn which herbal remedies and nutritional supplements can be used to cure the problem permanently.

Treating IBS – the cause, not just the symptoms – involves several different natural approaches. In 'Irritable Bowel Syndrome: IBS Explained' these options are clearly presented, easy to understand and with your commitment to good health, easy to follow. All the recommended treatments in this book have been successfully used by a conventionally trained doctor, with experience in holistic medicine, natural and diet therapies and the use of herbal supplements. Natural treatments are safe, effective and can greatly improve

quality of life for people living with IBS.

Here Is A Preview Of What You'll Learn...

- Diagnosing Irritable Bowel Syndrome
- Understanding the Complexities of Irritable Bowel Syndrome
- Common Triggers for IBS Flare-Ups
- How to Manage IBS Symptoms
- Conventional Treatment Options
- Home Treatments
- Natural Treatment Options and Supplement Protocols
- Living With IBS
- The Addenbrookes Diet Plan
- Much, much more!

'Irritable Bowel Syndrome: IBS Explained' is a complete guide to resolving the daily digestive symptoms that are affecting the quality of your life.

Download your copy today!

Take action today and download this book for a limited time discount of only \$0.99! Regain control of your digestive health.

Tags: irritable bowel syndrome, natural treatments, diet therapy, herbal remedies, digestive symptoms, bloating, abdominal cramping

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