



The Good Gut Guide: Help for IBS, Ulcerative Colitis, Crohn's Disease, Diverticulitis, Food Allergies and Other Gut Problems

Stephanie Zinser

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The most comprehensive self-help book ever written for sufferers of poor intestinal health (10 million in the UK). Claire Rayner has praised it as 'a splendidly detailed book... it will be a life-saver for a great many people' and Prof. R. John Nicholls called it 'an invaluable book for anyone with a bowel or digestive problem.'

One in five people in the UK suffer from lower gut disorders , which can be extremely painful and embarrassing. In *The Good Gut Guide*, Stephanie Zinser, a journalist and sufferer of ulcerative colitis herself, confronts these often ignored problems, with sections on: • Irritable Bowel Syndrome • Ulcerative Colitis • Crohn's disease • Coeliac Disease • Diverticulosis • haemorrhoids • bowel cancer.

This comprehensive book is not only an excellent medical resource, but also aims to give support on all elements of life as a sufferer of gut and bowel disorders. The psychological effect of these debilitating and embarrassing illnesses is considered, with advice on how to cope with depression, hospitals and sexual relationships. Diet and stress, often considered to be two of the root causes of gut disorders, are also discussed, as are helpful complementary therapies (including aromatherapy, homeopathy and acupuncture).

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Janette Collins:

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Charlene Martinez:

The Good Gut Guide: Help for IBS, Ulcerative Colitis, Crohn's Disease, Diverticulitis, Food Allergies and Other Gut Problems can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to place every word into joy arrangement in writing The Good Gut Guide: Help for IBS, Ulcerative Colitis, Crohn's Disease, Diverticulitis, Food Allergies and Other Gut Problems however doesn't forget the main place, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one among it. This great information may drawn you into fresh stage of crucial considering.

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