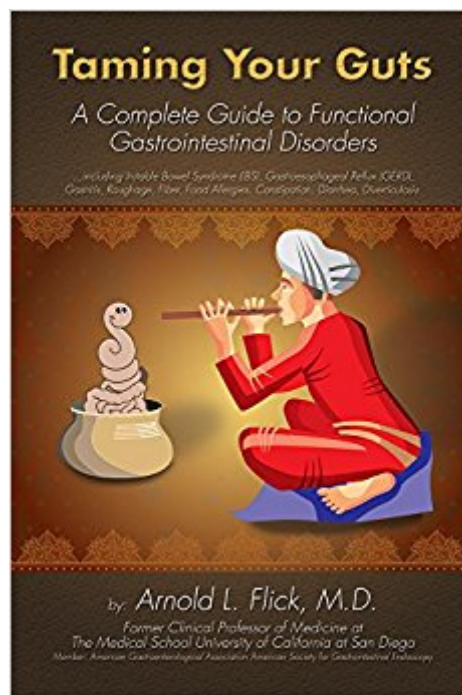


The book was found

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.

Book Information

Paperback: 184 pages

Publisher: AlphGraphics; 1st edition (2015)

Language: English

ISBN-10: 0692271597

ISBN-13: 978-0692271599

Package Dimensions: 8.4 x 5.5 x 0.9 inches

Shipping Weight: 12 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,816,703 in Books (See Top 100 in Books) #98 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #271 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #122790 in [Books > Self-Help](#)

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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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