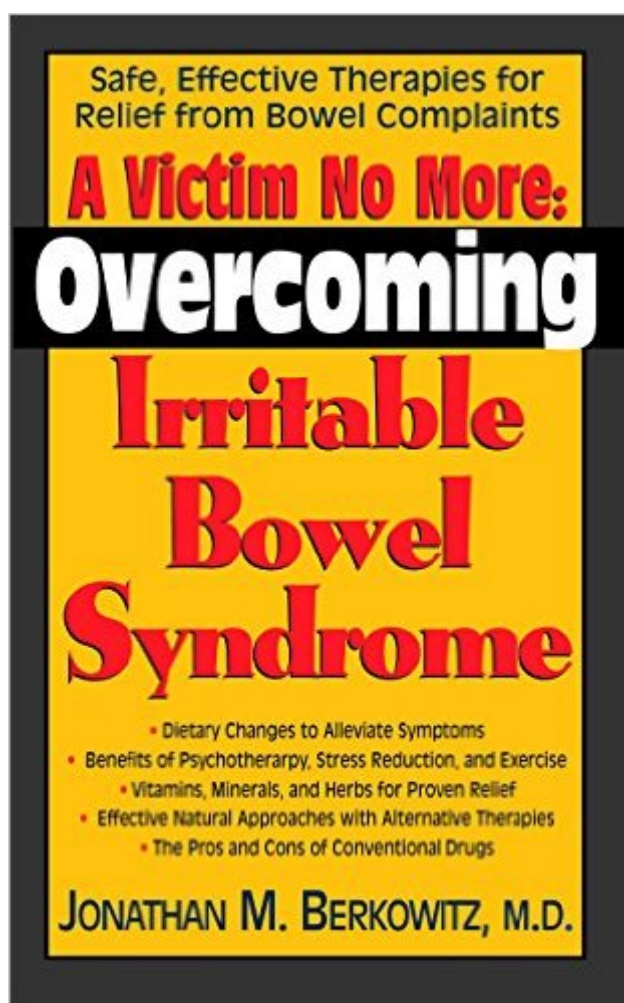


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# A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies For Relief From Bowel Complaints



## Synopsis

Irritable bowel syndrome (IBS) is a mysterious illness in which the large intestine fails to function normally. Its causes are not fully understood and treatments have often been ineffective. Now, Jonathan M. Berkowitz uses cutting-edge research to provide a compelling and effective approach to treat this complex illness. Using the best of conventional and natural therapies, Dr. Berkowitz shows how an individualised programme is the best way to heal IBS.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,526,411 in Books (See Top 100 in Books) #127 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #620 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #4047 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

A very helpful book for those with irritable bowel syndrome (IBS). It covers, diet, exercise, supplements, psychological factors, and medications for relief of IBS. Highly recommended.

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Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2)  
Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome  
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