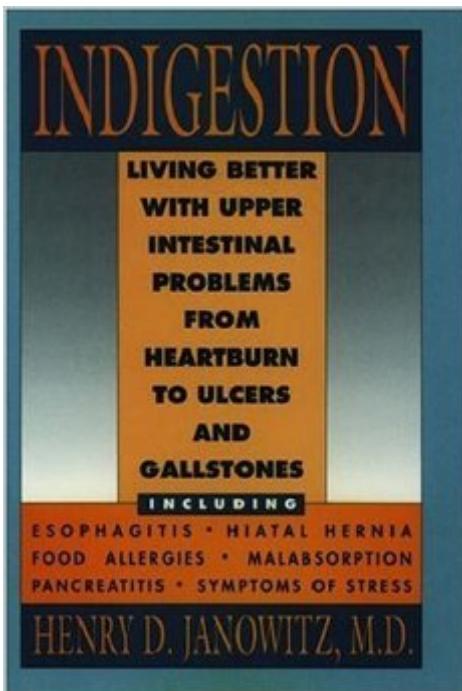


The book was found

# Indigestion: Living Better With Upper Intestinal Problems From Heartburn To Ulcers And Gallstones



## Synopsis

In clear language, free of medical jargon, with healthy doses of humor and many easy-to-understand examples, Dr. Henry D. Janowitz provides you with everything you need to know about indigestion, offering sound advice on how to avoid problems and soothing the fears of those in distress. He shows you how to prepare for a visit to the doctor--what the physician needs to know, what tests you might undergo, and what the latest diagnostic techniques are (including MRI and endoscopy). Dr. Janowitz then zeroes in on specific problems of the esophagus, stomach, gall bladder, liver, and pancreas. He outlines the causes of peptic ulcers and discusses the best methods of prevention and treatment, shows how to distinguish between chest pain originating in the esophagus and the anginal pain of heart disease, and surveys such problems as gallstones, pancreatic disorders, jaundice, malabsorption, maldigestion, and food allergies. He also examines the effects of aging on the upper digestive tract and, in a final chapter, illuminates the role of stress in functional indigestion. A reliable guide to extremely common medical complaints, *Indigestion* is must reading for anyone suffering from heartburn, ulcers, gall bladder disease, or any number of common gastrointestinal ailments.

## Book Information

Paperback: 256 pages

Publisher: Oxford University Press; Reprint edition (January 6, 1994)

Language: English

ISBN-10: 019508554X

ISBN-13: 978-0195085549

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #4,084,787 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis #814 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Gastroenterology #2744 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

## Customer Reviews

In clear, jargon-free language, with healthy doses of humor and many easy-to-understand examples, the author of *Your Gut Feelings* and *Good Foods for Bad Stomachs*, Dr. Janowitz offers everything you need to know about indigestion, providing sound advice on how to avoid problems

and soothing the fears of those in distress. I found this book very helpful and will be for anyone suffering from any number of gastrointestinal ailments, from Crohn's to constipation to ulcers to GERD. A very good overall guide to upper intestinal health

In clear, jargon-free language, with healthy doses of humor and many easy-to-understand examples, the author of Your Gut Feelings and Good Foods for Bad Stomachs, Dr. Janowitz offers everything you need to know about indigestion, providing sound advice on how to avoid problems and soothing the fears of those in distress. I found this book very helpful and will be for anyone suffering from any number of gastrointestinal ailments, from Crohn's to constipation to ulcers to GERD. A very good overall guide to upper intestinal health.

[Download to continue reading...](#)

Indigestion: Living Better with Upper Intestinal Problems from Heartburn to Ulcers and Gallstones  
Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders 50 Ways to Relieve Heartburn, Reflux and Ulcers Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) The Tide of War: The 1814 Invasions of Upper Canada (Upper Canada Preserved \_ War of 1812) The Flames of War: The Fight for Upper Canada, July\_December 1813 (Upper Canada Preserved \_ War of 1812) The Pendulum of War: The Fight for Upper Canada, January\_June1813 (Upper Canada Preserved \_ War of 1812) The Call to Arms: The 1812 Invasions of Upper Canada (Upper Canada Preserved \_ War of 1812) The Ashes of War: The Fight for Upper Canada, August 1814\_March 1815 (Upper Canada Preserved \_ War of 1812) Ulcer Free: A complete guide to ulcers

including ulcer symptoms, ulcer causes, ulcer diet, ulcer herbal remedies for treating ulcers. Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) The Old Money Book: Living Better While Spending Less - Secret's of America's Upper Class The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

[Dmca](#)