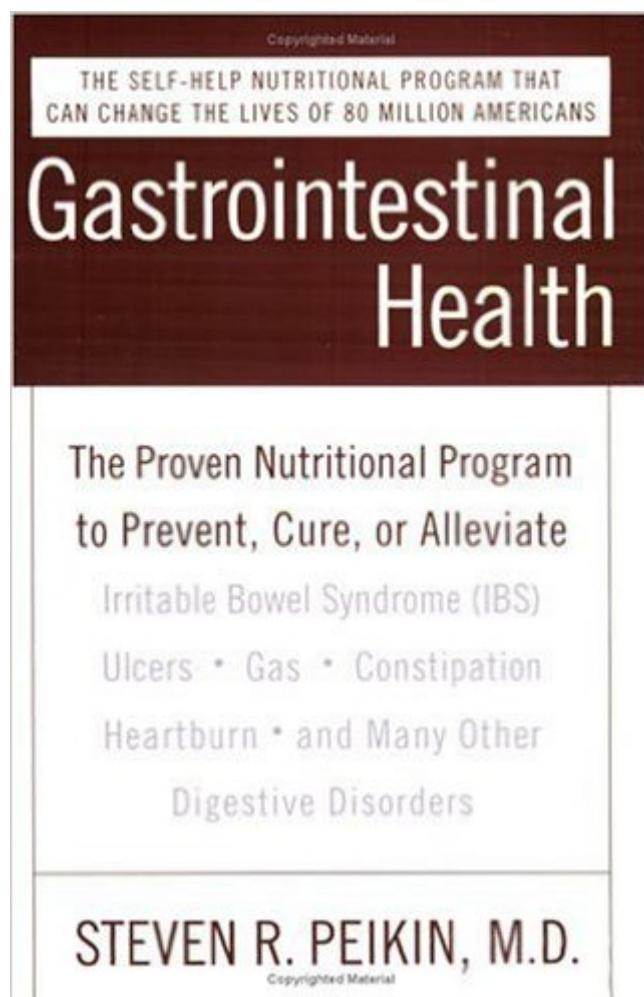


The book was found

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





Synopsis

Do you suffer from heartburn? Is an ulcer bothering you? Are the difficult symptoms of irritable bowel syndrome compromising your life? If so, you are not alone. You are that one out of every three Americans that suffers from chronic digestive problems. Whether it's constipation, diarrhea, gas, hemorrhoids, ulcers, heartburn, colitis, gallstones, or one of the many other digestive tract problems, Dr. Steven Peikin's self-help nutritional program will help keep you out of the doctor's officeâ "and feeling great. Based on the latest research and his own clinical experience, Dr. Peikin prescribes a healthy diet high in fiber and low in fat, spices, lactose, and caffeine. He provides a detailed list of "flag foods" to avoid in the case of specific problems; shows you how to use exercise, over-the-counter drugs, prescription drugs, and stress management to complement the program; and offers advice for coordinating the program with weight loss (or weight gain), working with medical professionals, and measuring progress. "Highly recommended for its thorough coverage, sound advice, and healthy suggestions,"* *Gastrointestinal Healthâ* "now revised and updated with the latest information on new drugs and researchâ "is everything you need to know to find fast relief from a wide range of gastrointestinal difficulties. Library Journal

Book Information

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Customer Reviews

I read the earlier edition of this book and have the new edition. I thought it was good enough to buy the second edition. If you ever watch the commercials on TV during the evening news you would think pretty much everyone in the United States has something wrong with their stomach. That is

not too far off. I've seen tv commercials encouraging teenagers to start taking laxatives. This book is good because it gives real life examples and doesn't try to tell anyone to always eat perfectly which is basically impossible and even if it is possible the person would die of monotony probably. For example I used to eat 3 or 4 pork chops at one meal but the book says meat should not be as significant a part of the diet. This causes you to lose weight also in a safe way. The biggest thing I think is the part about exercise. The book says go for a long walk every night. If you do this and also identify things you may not be able to digest such as milk you shouldn't have too many stomach problems. There's milk out now called 'Lactaid' which has the lactose enzyme added in. Those who don't do these things will ultimately try to treat their problems with over the counter or prescription drugs rather than attack the problems at the source. Updated 12/23/07----- Since I read this book and wrote the original review I have learned more about diet. The hell that I went through with my stomach was mainly caused by flooding my system with white sugar and other refined sweeteners such as high fructose corn syrup. White sugar is basically a poison for the body. The soft drink and candy companies are poisoning America and the entire world really with this crap.

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