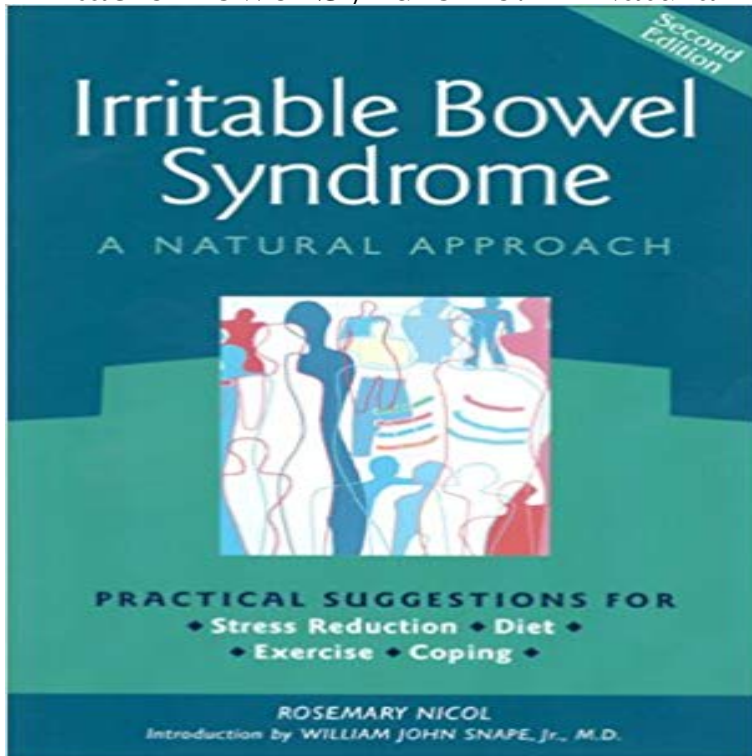


Irritable Bowel Syndrome: A Natural Approach



Traditional medicine offers no cure for the extremely common irritable bowel syndrome. Author Rosemary Nicol shows how it can be dealt with by addressing the causes: diet and stress. In Irritable Bowel Syndrome, she analyzes the factors that may precipitate the syndrome and helps readers find creative solutions through dietary alternatives and methods for controlling stress.

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