



The Irritable Bowel Syndrome Sourcebook (Sourcebooks)

Laura O'Hare

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The Irritable Bowel Syndrome Sourcebook is a guide to taking control of this debilitating condition--from creating a journal, to tracking IBS triggers (food, drink, and stress), to finding the right diet and exercise to counteract the condition. You will also learn how alternative therapies may be helpful and how simple stress relievers can improve your daily life.

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