



# Beat Your Irritable Bowel Syndrome in 7 Simple Steps (Teach Yourself)

*Paul Jenner*

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## **Beat Your Irritable Bowel Syndrome in 7 Simple Steps (Teach Yourself) Paul Jenner**

If you suffer from, or think you might be suffering from, IBS, this book will give you the solutions you need to regain your life. Not only does it explain all the worthwhile therapies, it helps you to identify which one will work for you. By showing you how to work with your doctor, and what the first steps are to beating this distressing condition, it will work through all the areas of your lifestyle which might be contributing, including diet and stress management, as well as making sure you have exactly the right clinical support. It will give you strategies for immediate relief, along with showing how the latest research findings can offer long-term solutions, and explains the benefits of both well-known and less well-known therapies, including:\*

- Exercise\*
- Relaxation and hypnotherapy\*
- Understanding the importance of balance in the gut

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