



No More IBS: Beat Irritable Bowel Syndrome with the Medically Proven Women's Nutritional Advisory Service Programme

By Maryon Stewart, Alan Stewart

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, No More IBS: Beat Irritable Bowel Syndrome with the Medically Proven Women's Nutritional Advisory Service Programme, Maryon Stewart, Alan Stewart, Does IBS disrupt your life? Try this proven plan today and take control! Irritable Bowel Syndrome (IBS) is a condition that can be painful as well as debilitating. Yet it needn't be this way. This scientifically proven and highly effective approach to beating IBS will change your life in just ten weeks. Maryon Stewart, founder of The Women's Nutritional Advisory Service (WNAS), and Dr Alan Stewart, established medical advisor, have been treating IBS patients for years with great success. This comprehensive, practical and straightforward guide to overcoming IBS explains what it is, the symptoms and how you can control it by following a step-by-step diet. Includes: An eight-stage dietary programme to identify problems. Easy suggestions for relaxation and exercise. Medical and nutritional treatments for IBS. Recipe suggestions and real-life case studies.



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