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No More Digestive Problems: The Answers Every Woman Needs--Real Solutions to Stop the Pain and Achieve Lasting Digestive Health

By Cynthia Yoshida

Random House USA Inc, United States, 2005. Paperback. Book Condition: New. Reprint. 173 x 104 mm. Language: English . Brand New Book. A staggering one in four women suffers some kind of gastrointestinal disorder. Some conditions, like irritable bowel syndrome, afflict more than twice as many women as men. Yet all too often, women suffer in silence--or fail to benefit when they receive the same treatment as men. Now, in this accessible, comprehensive guide, one of the country's leading gastroenterologists, Dr. Cynthia Yoshida, provides the answers every woman needs, starting with a tour of the female GI system and the profound role sex hormones play. Brought to you by the American Gastroenterological Association, the book features the newest breakthrough medical treatments, plus advice on diet and gentle natural therapies that really work. No More Digestive Problems includes: - Handling the effects of PMS, pregnancy, and menopause - The surprising influence of weight on digestion--with vital information on eating disorders - Combating common ills from bloating, belching, and heartburn to the runs and constipation - Meeting the challenges of reflux (GERD), food intolerances, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD) - The crucial facts about women and colon...



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Reviews

Here is the best ebook i actually have go through until now. It really is simplistic but shocks within the fifty percent in the ebook. Your daily life period will probably be transform once you total reading this book.

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The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

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