



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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Reviews

A very great pdf with lucid and perfect explanations. It really is rally interesting through reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).

-- **Keshaun Schneider**

Very helpful to any or all category of folks. It is writter in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.

-- **Hank Runte**