

Written by a nutritionist who cured himself of his own irritable bowel syndrome, this book contains cutting edge information not found elsewhere. As a young man the author experienced abdominal pain, cramping and bloating, painful gas and alternating bouts of constipation and diarrhea. Instead of denying or ignoring these symptoms, he decided that he was going to take the time to figure out what caused his circumstances and what relieves this IBS condition. Eventually, Joel permanently cured himself of IBS symptoms and became a nutritionist whose job it was to help other people solve their digestive disorders. This book is a continuation of his work, in which he makes certain that you understand what causes IBS, and how you can stop experiencing all IBS symptoms. He describes an easy-to-use treatment that can stop irritable bowel syndrome discomfort in as little as 10 minutes. He also gives a complete list of foods to avoid and tells you which foods can soothe your intestines and help to keep your body healthy. Makes food-shopping easy! Joel takes a holistic approach to treating and preventing IBS, by addressing emotional issues as well. This holistic approach actualizes faster results and can deliver a permanent solution. This book is packed with potentially life changing information, presented concisely, that will help anyone suffering from digestive discomfort, colitis and/or irritable bowel disorder. This book can help someone make a quick shift into a healthier, happier, more pleasurable life.

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