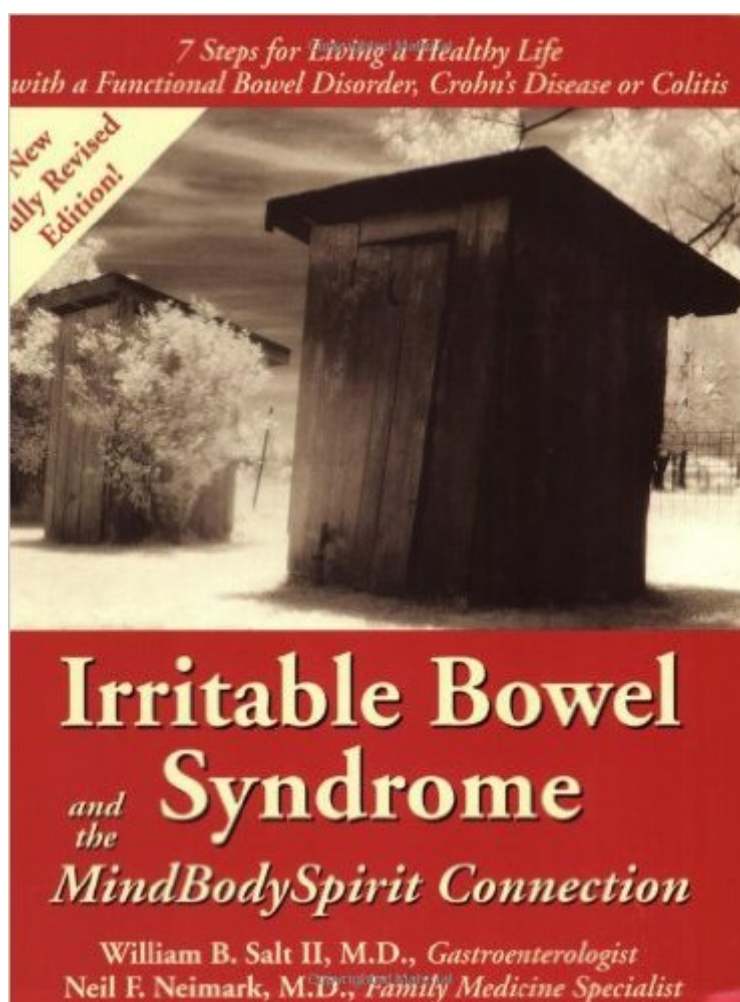


The book was found

# Irritable Bowel Syndrome & The MindBodySpirit Connection: 7 Steps For Living A Healthy Life With A Functional Bowel Disorder, Crohn's Disease, Or Colitis (Mind-Body-Spirit Connection Series.)





## Synopsis

One in five people suffer from Irritable Bowel Syndrome (IBS), colitis, or other functional bowel disorders. As a result, IBS is the second-leading cause of worker absenteeism. Sufferers will find an effective 8-step plan that includes learning about the causes of the disorders, the different types of disorders, looking at family history, doing self-tests, identifying problems with diet, and establishing a personalized healing plan. This book provides a holistic approach to controlling or even eliminating distressing gastrointestinal symptoms.

## Book Information

Series: Mind-Body-Spirit Connection Series.

Paperback: 336 pages

Publisher: Parkview Publishing; Second edition edition (January 1, 2002)

Language: English

ISBN-10: 0965703851

ISBN-13: 978-0965703857

Product Dimensions: 9 x 7 x 0.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #591,306 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #297 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #631 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

## Customer Reviews

This is the most comprehensive yet systematic, accessible, and intelligent book I've read on IBS (I had read 7-8 others before finding this one). You can waste much time and money on all sorts of herbal and medicinal products as well as alternative therapies with absolutely no gain--in fact, in many cases you may decide you feel worse. Salt and Neimark provide a complete analysis of the mind/body/spirit connection, taking you from the causes of your problem to the resolution of it that only knowledge and action can provide. Their approach employs all of the latest research in mainstream medicine as well as some bold and positive understandings that are unlikely to appear in the conventional literature. The only slight "negative" may be many of the illustrations, which are frankly insipid and unilluminating. On the other hand, they do provide some "breathing space" for the reader, possibly providing the text with a lighter tone and feel.

Collaboratively written by digestive disorder specialists Dr. William Salt and Dr. Neil Neimark, and now available in a fully revised and updated new edition, Irritable Bowel Syndrome And The MindBodySpirit Connection is an invaluable, hope-giving, practical, non-specialist general reader friendly guide offering seven specific steps to improving one's quality of life and health when living with a functional bowel disorder, Crohn's Disease or colitis. Individual chapters focus on using the power of emotional and psychological attitude as well as more traditionally important habits of proper diet, exercise, water drinking etc. A thoughtful and attentive book and an excellent supplement to a doctor's care, Irritable Bowel Syndrome And The MindBodySpirit Connection, with its practical and whole mind and body approach to maintaining good health, is important even to those who are fortunate enough to have compliantly regular bowels. A very highly recommended addition to personal and community library personal healthy and medical reference collections.

First and most important, there is no new information in this book and for two-thirds of it, it is mostly psycho bull and quotes from studies about how what you think and feel, and how you take care of your body, and your religious beliefs are all connected and who knows what is out of whack with you to be causing your IBS, but it could be one of a billion things, and here's a billion suggestions you have no doubt read somewhere before. Maybe it's your diet. Maybe it's stress. Maybe it's psychological. It is all over the place with causes and cures, and nothing really definitive or different. The last third is like a collection of everything ever written or thought about IBS. And the artwork is truly truly horrible, from outdated black and white stock photos to really terrible clip art. So awful.

My wife was just diagnosed with IBS and this book provided her with many answers.

I love this book. Very informative. I keep on returning back to this book for references whenever I developed symptoms. Great reference source

[Download to continue reading...](#)

Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.)

Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel

Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer by Monastyrsky, Konstantin 1st (first) Edition (10/15/2005) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Reverse Gut Diseases Naturally: Cures for Crohn's Disease, Ulcerative Colitis, Celiac Disease, IBS, and More Low Residue Diet Cookbook: 70 Low Residue (Low Fiber) Healthy Homemade Recipes for People with IBD, Diverticulitis, Crohn's Disease & Ulcerative Colitis Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More! The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) Beat Your Irritable Bowel Syndrome in 7 Simple Steps (Teach Yourself) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Doctor's Guide to Gastrointestinal Health Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more by Miskovitz M.D., Paul, Betancourt, Marian [Wiley,2005] [Paperback] The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS

[Dmca](#)