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Irritable Bowel Solutions: The Essential Guide to Irritable Bowel Syndrome, Its Causes and Treatments

Professor John Hunter

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Irritable Bowel Syndrome (IBS) is a condition that is often misunderstood and misdiagnosed. Despite common perceptions, only 50% of cases are related to diet and the causes of the other 50% of cases are rarely examined, leaving sufferers unable to find suitable treatment. In this groundbreaking new book, Professor John Hunter reveals how you can solve the causes of your IBS. Using his carefully-constructed questionnaire, find out the reasons for your symptoms, then turn to the appropriate chapter to learn how to treat them. *Irritable Bowel Solutions* also answers all the other questions that might be causing concern, such as: *What if I don't fit any of the types described? What do probiotics really do and are they helpful? Will my disease always affect me or can I manage it effectively?*

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