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The Complete Idiot's Guide to Digestive Health (Complete Idiot's Guides (Lifestyle Paperback))

Dustin Garth James M.D., Liz Scott

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Start to digest easily with some food for thought...

Providing relief for a growing problem in America, *The Complete Idiot's Guide(r) to Digestive Health* covers the digestive issues affecting over 95 million people. It is a powerful combination of medical, dietary, and natural therapy to help sufferers and prevent their disorders from recurring.

•Provides an overview of symptoms and tests to help diagnose conditions

•Covers a variety of disorders including ulcers, IBS, reflux, celiac disease, gastritis, Crohn's disease, colitis, and chronic diarrhea

•A full range of medical treatments

•Dietary and natural protocols to help relieve conditions

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