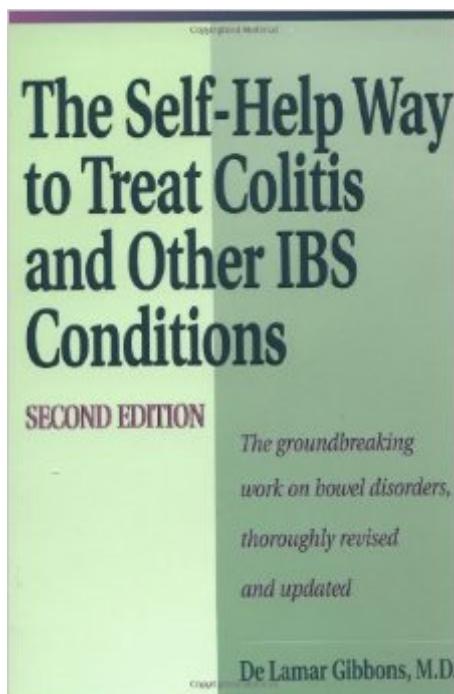


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# Self Help Way To Treat Colitis And Other IBS Conditions, Second Edition



## Synopsis

A new edition of the bestselling, groundbreaking work on bowel disorders Thoroughly updated and revised, *The Self-Help Way to Treat Colitis and Other IBS Conditions* returns with the latest research on the diseases of the gastrointestinal tract, such as ulcerative colitis, Crohn's disease, and irritable bowel syndrome. It also includes the practical, effective, do-it-yourself treatments that have made the book a classic of natural health.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (20 customer reviews)

Best Sellers Rank: #1,384,983 in Books (See Top 100 in Books) #110 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #584 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #92052 inÂ  Books > Medical Books

## Customer Reviews

This is the best, most complete overview of the mechanics of fructose intolerance and how it affects bowel health that I have found in years of reading, but there are disappointing gaps in the author's practical advice, and some downright bizarre statements about weight loss. If you have found that the conventional high-fiber diet for IBS is not helping (or even making your IBS worse), read this book. This may be the key to your problems. Unfortunately, after convincingly establishing that fructose intolerance is at the root of much bowel distress, the author gives only spotty practical advice about what to eat and what to avoid. For example, he repeatedly warns against eating "wheat fiber," but says nothing whatsoever about oat or rice fiber. Are they safer? Just as bad? He mentions "waffle syrup made of corn" several times as a source of fructose. Is he implying that pure maple syrup is safe? Maple syrup is very high in fructose I believe, but anyone reading this book might assume that as long as the syrup is not derived from corn it is harmless. And his weight loss advice is just strange. He rails against ketogenic diets as unhealthy and counterproductive to weight

loss, then gives you his version to try! While the bulk of his argument is a revision of the unexamined conventional wisdom on "healthy" eating that he believes is all wrong for IBS sufferers, his weight loss advice is a hodge-podge of exactly the same kind of lazy conventional wisdom. I suspect this reflects the fact that serious bowel disorders (his area of expertise) are more likely to result in weight loss and emaciation than obesity, so his weight loss diet is kind of a careless afterthought.

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