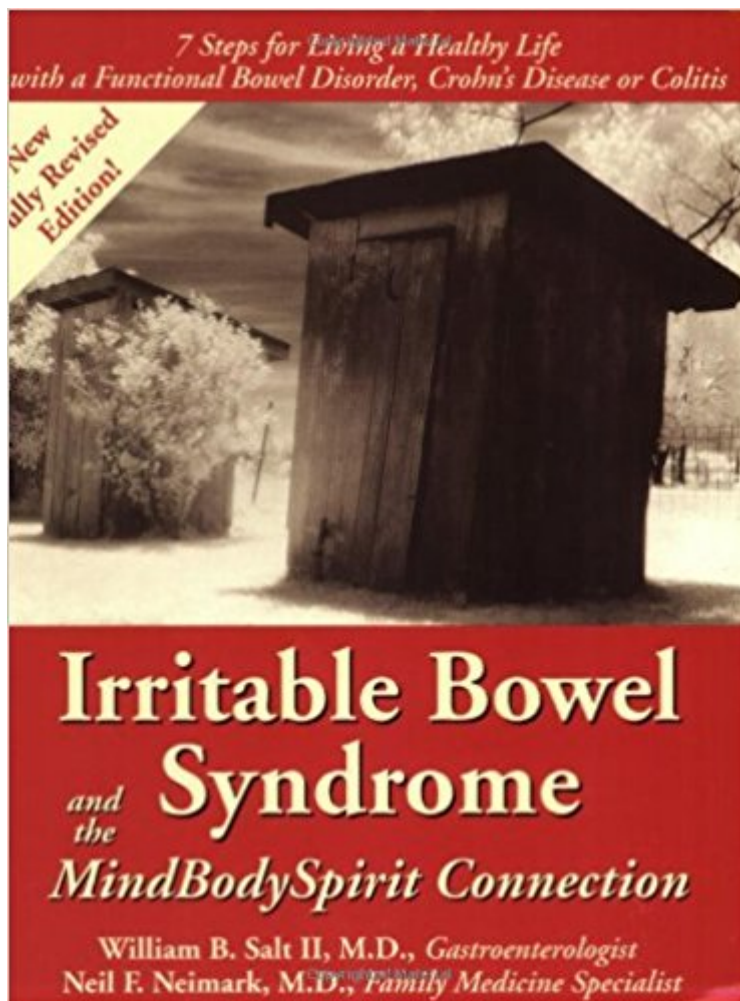


The book was found

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

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Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #550,891 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #287 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #537 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

With the help of medical doctor Neimark, Salt has updated and improved his excellent book on Irritable Bowel Syndrome (IBS) (LJ 10/15/97). This second edition preserves Salt's clear writing and lively illustrations while completely revising the format. Instead of eight steps on learning to live with IBS, now there are seven steps, which put greater emphasis on choices and action. A nice addition is a chapter on journaling as a mind/spirit health tool, and helpful symbols scattered throughout indicate that more detailed information on a subject is available on the publisher's web site. This book is essential, even for libraries that own the first edition. The Sensitive Gut also deals with irritable bowel syndrome, but it includes other functional gastrointestinal disorders as well: heartburn, dyspepsia, excessive gas, and constipation. It carries the powerful creditability of Harvard Medical School, but its textbook-like format may scare off many potential readers. This is

unfortunate, as the language is very clear and easy to understand. The book's conversational tone makes the explanation of the digestive system's mechanics one of the most entertaining yet concrete descriptions available. This guide also discusses the mind/gut connection and alternative medicine options, but since it covers a broader scope than Salt's book, there is less depth in most areas. This is a nice addition to larger collections but is not an essential purchase. KellyJo Houtz Griffin, Eatonville, WA Copyright 2002 Reed Business Information, Inc.

...by far the best book on the Mind/Body/Spirit connection that I have read in many years. -- Joan Borysenko, M.D. Author of *Minding the Body, Mending the Mind* and *Inner Peace for Busy People*...must reading for everyone who encounters this common condition. -- Christiane Northrup, M.D. Author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*A treasury of information to guide your process of healing. -- Bernie Siegel, M.D. Author of *Love, Medicine and Miracles* and *Prescriptions for Living*This book is essential. -- Library Journal

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.

Great book, and one of the doctors that wrote the book is my doctor. Good read.

Excellent reference but might be a little outdated? Not sure. But good basic information by very reputable physician

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.

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

The doctors provide very practical and compassionate information to help deal with this disease. I highly recommend the book to others.

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

very helpful

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Syndrome & Inflammatory Bowel Disease (Health Journeys) Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome The Ulcerative Colitis Cookbook - The Simple Ulcerative Colitis Diet: The Awesome Cookbook for Ulcerative colitis Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Cognitive-Behavioral Treatment of Irritable Bowel Syndrome: The Brain-Gut Connection The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed Food Symptom Diary: Logbook for symptoms in IBS, food allergies, food intolerances, indigestion, Crohn's disease, ulcerative colitis and leaky gut (pocket size) What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis

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