



The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More

Gayle K. Wood

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For those who frequently or even occasionally suffer from digestive problems here is a book offering natural ways to fight all types of intestinal ailments, without risky surgery or dangerous drugs. Using carefully researched information about proven natural remedies, The Complete Guide to Digestive Health provides valuable, practical health information. Whether a person suffers from heartburn, ulcers, constipation, diarrhea, lactose intolerance, acid reflux, flatulence, nausea, irritable bowel syndrome, or more, this book contains information about dietary changes, lifestyle adjustments, and homemade solutions that will ease even the most troublesome, often embarrassing, symptoms. This handy reference tool is a valuable at-your-fingertips resource for any home.

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