

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.)

By William B. Salt II MD, Neil F. Neimark MD

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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.

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Editorial Review

From Library Journal
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
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Review
...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*

About the Author

William B. Salt II, MD, coauthor of *Fibromyalgia and the MindBodySpirit Connection*, is a clinical associate professor in medicine at Ohio State University. He lives in Columbus, Ohio. **Neil F. Neimark, MD**, author of *The Handbook of Journaling: Tools for the Healing of Mind, Body, & Spirit*, is a family practitioner and professor of medicine at the University of California–Irvine. He lives in Irvine, California.

Users Review

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notice through surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yeah, by reading a book your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading a book, we give you that 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.) book as beginner and daily reading guide. Why, because this book is greater than just a book.

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Do you among people who can't read pleasurable if the sentence chained inside the straightway, hold on guys this kind of aren't like that. This 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.) book is readable simply by you who hate those perfect word style. You will find the info here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to provide to you. The writer connected with 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.) content conveys thinking easily to understand by many people. The printed and e-book are not different in the written content but it just different as it. So , do you nonetheless thinking 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.) is not loveable to be your top list reading book?

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