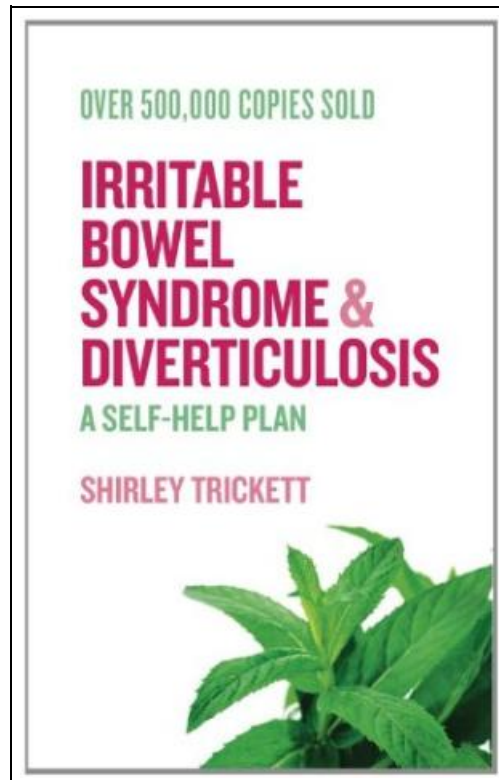


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Conari Press, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: If you experience chronic abdominal pain, bloating, flatulence, diarrhea, or constipation, you may be one of the 20% of Americans with Irritable Bowel Syndrome. Perhaps you've already been diagnosed with IBS and put on a high-fiber diet and medications with side effects you could do without. Shirley Trickett's new book is here to help! Her complete self-help plan focuses on cleaning and healing the digestive system with natural methods and not just patching over symptoms with drugs. Try any or all of these complementary therapies and experience lasting relief. Book jacket.



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