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| Autore | Green Wendy |
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| ISBN | 1-78372-710-1 |
| Descrizione fisica | 1 online resource (160 pages) |
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| Sommario/riassunto | Up to one in five people in the UK suffer from irritable bowel syndrome (IBS). In this easy-to-follow book, Wendy Green explains how diet, food intolerances, gut infections, stress and hormones can contribute to IBS and offers practical advice to help you deal with the symptoms, including lifestyle changes and DIY complementary therapies. |