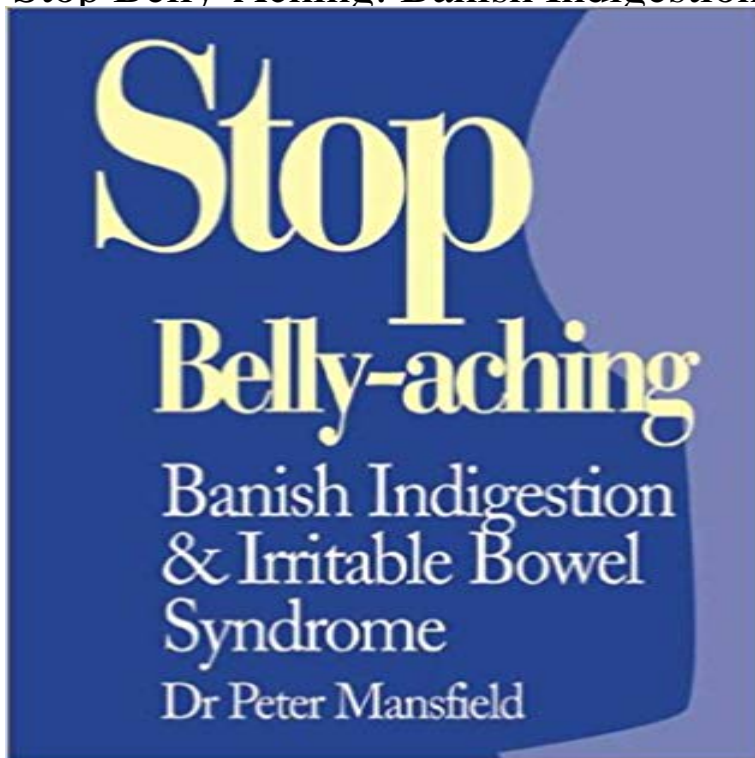


Stop Belly-Aching: Banish Indigestion & Irritable Bowel Syndrome



Designed to help the millions of people who suffer daily from digestive ailments, this straightforward guide contains a wealth of advice from a medical practitioner who advocates natural healing techniques. This back-to-basics approach examines the age-old and modern causes of poor digestive health, including the increasing use of chemicals and additives in the typical Western diet. Special diets and eating out are given special attention. The safe, natural practices outlined in this book will reveal the path to recovery and make digestive distress a thing of the past.

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Syndrome Paperback April 1, 2002. Provides natural healing remedies for sufferers of digestive ailments, examining
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