

Reclaim Your Life From Ibs A Scientifically Proven Plan For Relief Without Restrictive Diets

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Reclaim Your Life From IBS

Reclaim Your Life From IBS, Dr Melisa Hunt has developed a remarkably accessible and comprehensive guide for lay people struggling with IBS Based on her own clinical research, the book lays out a practical guide for applying principles and techniques of cognitive behavioral therapy to aid in the treatment and management of IBS

Reducing the effects of IBS on life

The title of this book—Reclaim Your Life From IBS: A Scientifically Proven Plan For Relief Without Restrictive Diets—is a very bold claim While the majority of books on IBS focus on making changes to your diet, categorising symptoms that are encountered, and using management strategies to cope with the condition, the approach in

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