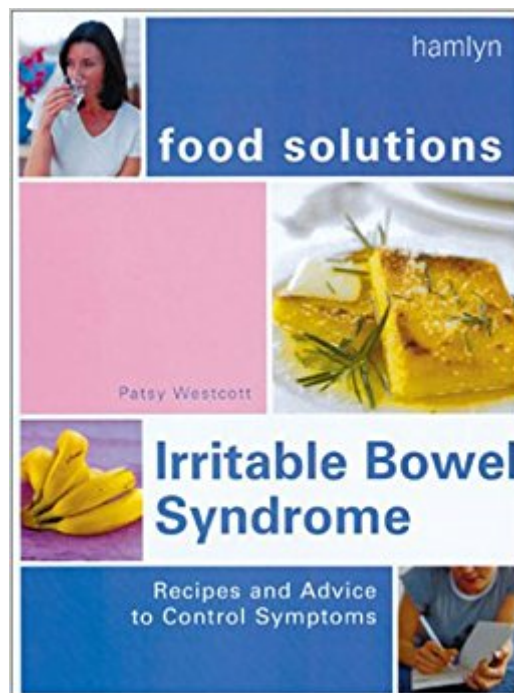




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# Irritable Bowel Syndrome (Food Solutions):: Recipes And Advice To Control Symptoms



## Synopsis

Good news for the 15% of the population who suffer from Irritable Bowel Syndrome (IBS)-attention to nutrition can prevent its occurrence and ease its symptoms, especially the painful and distressing intestinal bloating and release of excessive wind. An easy-to-understand introduction to the dietary causes of IBS accompanies over 60 special recipes for preparing your favorite foods-for breakfast, lunch, and dinner, as well as snacks and desserts-to alleviate the problems before they start. Charts explain which foods you can eat all the time, and which ones to avoid (yet you can even enjoy many of these when you follow special preparation methods). IBS also responds well to allergy and food intolerance therapies-just follow the helpful tips. With the handy plan for diet and exercise, plus recommendations for orthodox and alternative treatments, you're free from the discomfort and the anxieties of IBS.

## Book Information

Series: Food Solutions

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## Customer Reviews

Patsy Westcott is an experienced health writer with a particular interest in healthy eating. She is the author of a number of successful books in the Hamlyn Food Solutions series: Healthy Heart, Eczema, and Rheumatism and Arthritis.

The book provides classic symptoms for inflammatory bowel disease; such as, feeling of fullness, irritable bladder, headache, fatigue and fibromyalgia. The authors distinguish between mechanical

digestion and chemical digestion which is the enzyme breakdown of food in the body. IBS happens when the muscular activity or motility is altered. Contraction either speeds up or slows down food movements through the digestive tract. John Hopkins University found that 6 - 8 peristaltic contractions were the ideal; whereas, IBS patients can have as few as "0" contractions and as many as 25. A slowdown of food movements can lead to putrefaction of the food, fermentation and bacterial overgrowth. Classic triggers of this condition are dairy, insufficient fiber, excessive smoking, stress and certain types of drugs. The challenge for the patient is to diarize the food each day and the adverse reactions as a condition precedent to managing this disease. A related work by Hamlyn recommends the evaluation of stool samples for parasitic infection and the sigmoidoscopy or colonoscopy. Loperamide may be utilized to reduce bowel contractions and Mebeverine is an anti-spasm drug. Ispaghula husk may be used as a bulking agent to harden stool prior to elimination. Peppermint oil classically relaxes gut muscles. Hamlyn's work recommends that IBS patients reduce sugary foods, reduce or eliminate smoking, increase omega 3 oils and decrease milk consumption.

Vitalism is a profoundly science-ejected concept, though many CAM or 'natural health' cabals falsely claim that vitalism survives scientific scrutiny. This book is a prime example of naturopathy's vitalism [aka "vis medicatrix naturae"]. I quote: "naturopathy [...] the main aim of diagnosis is to find out how well your vital force is working [...in naturopathy,] hydrotherapy may be used to help stimulate the body's vital force [p.058]."-r.c.

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