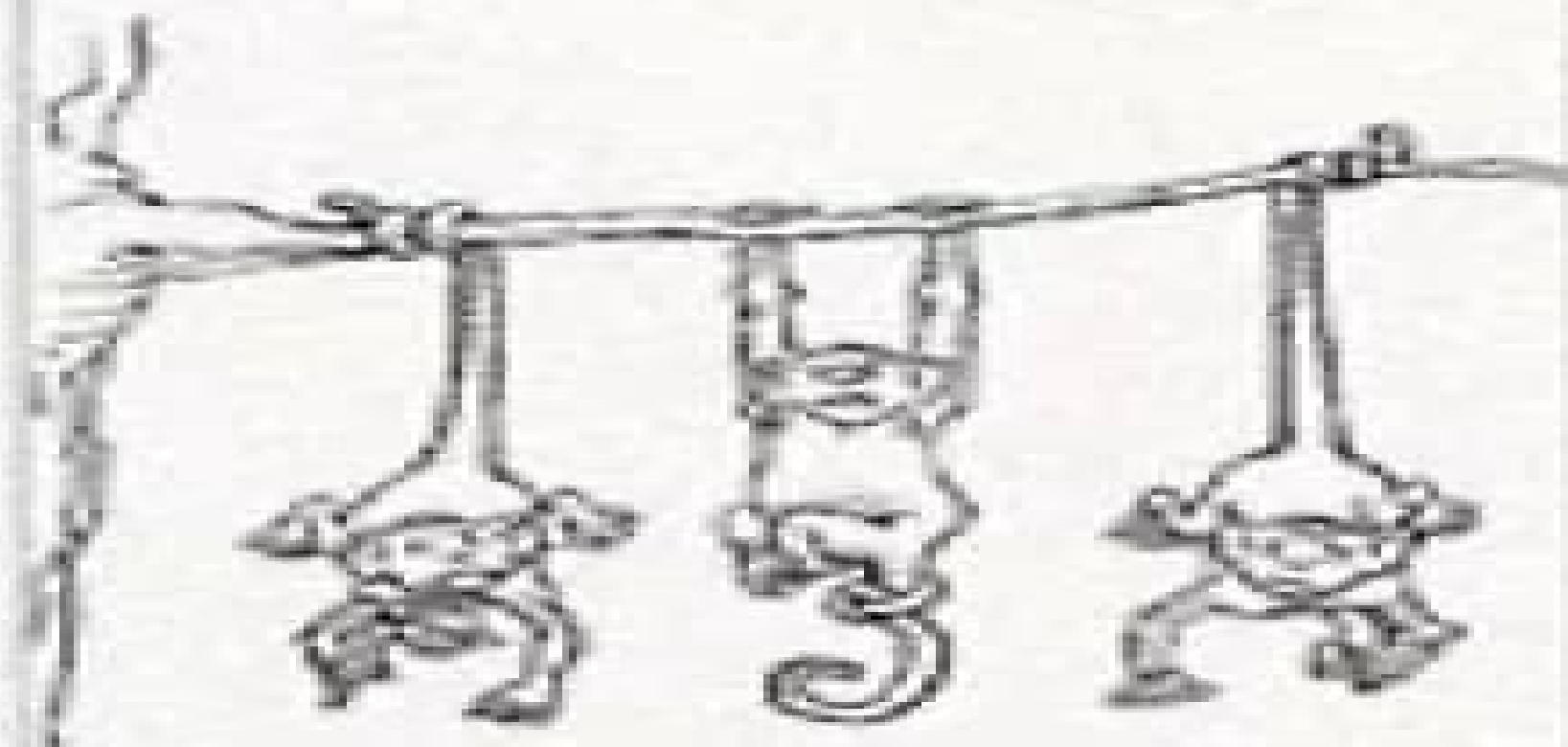


# Coping Successfully with Your Irritable Bowel

Rosemary Nicoll



# Coping Successfully With Your Irritable Bowel Overcoming Common Problems Series

**Sally Baxendale**



## **Coping Successfully With Your Irritable Bowel Overcoming Common Problems Series:**

Coping Successfully with Your Irritable Bowel Rosemary Nicol,1989      *Coping Successfully with Your Irritable Bowel* Rosemary Nicol,1989 Irritable bowel syndrome is one of the hidden problems of modern living This book explains what it is and why it happens and also how stress diet your family history and even your general approach to life can play a part For each factor Rosemary Nicol explains how you can solve the problem or live with it more easily One person in three suffers from IBS at some time in their lives If you feel queasy when under stress or suffer from stomach aches and digestive problems you may need this book      **Dr Dawn's Guide to Healthy Eating for IBS** Dawn Harper,2016-03-17 IBS Irritable Bowel Syndrome is debilitating and common affecting up to 20% of the population Typically affected individuals struggle to find a solution In this book Dr Dawn aims to present effective tips and suggestions Starting with a lucid explanation of the anatomy of the digestive system it covers everything from conditions such as diverticulitis and coeliac disease to food allergy and intolerance and the difference between them New research into FODMAPs a type of carbohydrate in common foods is also explored We also look at the physiological mechanisms of IBS including inflammation of the gut lining along with advice on lifestyle factors and realistic tips on how to help yourself Dr Dawn also examines medical tests and examinations when they may be necessary and exactly what doctors are looking for      **Overcoming Stress** Vernon Coleman,1988

**Epilepsy: Complementary and Alternative Treatments** Sally Baxendale,2012-06-08 Epilepsy or seizure disorder is widespread affecting more than 350 000 in the UK and an estimated three million approximately in the US While anti epileptic drugs have a major role preventing seizure activity they may not be totally effective in achieving control and there is a strong burgeoning interest in lifestyle measures and complementary therapies which may help This book is intended to be a trusted source to help people with epilepsy make sense of the treatment choices given that epilepsy is not a single condition and some treatments may work for some but not other forms of the condition Each chapter includes information about the treatment evidence whether it will work for your type of epilepsy and practical considerations      **Overcoming Jealousy** Windy Dryden,1998 This book will enable you to think through whether your fears are reasonable and build relationships of confidence and trust      Living with the Challenges of Dementia Patrick McCurry,2015-07-16 More than 800 000 people in the UK are currently affected by dementia a figure set to increase as the population ages This book addressed to carers and loved ones explores how to handle the difficult emotions involved in looking after a loved one with dementia such as denial shame anger guilt and grief It examines the harrowing process of effectively losing a person on a day to day basis and suggests the best ways to maintain psychological health and well being Topics include Understanding the changes in memory personality and behaviour Developing an understanding of personal challenge Overcoming loneliness and isolation How family dynamics may affect the caring experience The long goodbye coping with progressive decline Severe dementia and end of life care Finding meaning in the experience is there a positive side of looking after someone with dementia      Dr

*Dawn's Guide to Digestive Health* Dawn Harper, 2015-10-22 This book features an in depth explanation of the digestive system explaining what each part is and exactly what it does Dr Dawn tells you all you need to know about digestive ailments from indigestion to stomach cancer constipation to diarrhoea irritable bowel syndrome to inflammatory bowel disease food poisoning to colon cancer and debunks myths and provides self help tips along the way She also explains clearly what medical tests are looking for so that anyone going for an investigation will know exactly what to expect along with treatment options

**Coping with a Hernia** David Delvin, 1998 Hernia surgery is one of the most common treatments done each year but many people who have them find it difficult to obtain all the information that would help them cope with the operation In this straightforward book Dr Delvin explains the causes and symptoms of hernias with advice to help you when you re talking to the doctor about the problems There have been enormous improvements in the treatments available and he explains the options and how you can get out of hospital and recover faster and more fully

**Natural Treatments for Arthritis** Christine Craggs-Hinton, 2011-03-17 More than nine million people in the UK have arthritis and there are over 200 kinds of rheumatic disease While it is not clear what causes arthritis or what might cure it plenty can be done to take control of symptoms and improve quality of life Natural Treatments for Arthritis looks at the range of options available It examines the range of supplements recommended for arthritis and how far they are really likely to help It also explores the controversial area of diet

**Coping with Strokes** Tom Smith, 2000 We all know how disabling a stroke can be but there is good news Recent medical advances improve the chances of prevention and of recovering after a stroke Find out about these new treatments and what you as carer or patient can do to spot the warning signs prevent an attack or in the event of a stroke to restore speech and movement from this informative book Tom Smith will also give you valuable advice for coping with the impact on family life and the emotional strain that a stroke can cause

**Irritable Bowel Diet Book** Rosemary Nicol, 2013-10-17 Irritable Bowel Syndrome affects up to 20 per cent of the population and the right food can make a huge difference to how you feel The Irritable Bowel Diet Book provides enormously popular recipes and suggestions for healthy and enjoyable meals The new edition of this tried and tested book will help you identify which foods cause you problems and is full of creative ideas for eating on a restricted diet Topics include What is IBS Wheat and other problem foods Food allergy or food intolerance Sensible advice about fibre in the diet Exclusion diets including FODMAPs Recipes and ideas for breakfast lunch and dinner Bread cakes and biscuits What to choose for snacks and work lunches Eating out Resources and further help

**Coping with Incontinence** Joan Gomez, 2003 Straight forward practical advice on an embarrassing problem

**Coping with Anxiety and Depression** Shirley Trickett, 1989 This is an updated self help guide for anyone who suffers from depression and anxiety It explains how and why these conditions occur suggesting positive ways of coping successfully It includes case histories and describes the different drug and non drug treatments available A list of additional books and tapes is also included

**Lifting Depression the Balanced Way** Lindsay Corrie, 2002 A holistic approach to treating depression which

advises on a range of alternative and conventional treatments and therapies      Rheumatoid Arthritis Mary-Claire  
Mason, Elaine Smith, 2001 A practical comprehensive guide to the variety of medications available for arthritis      Beating  
Job Burnout Donald Scott, 1989      *Bodysense* Vernon Coleman, 1990      **Waterstone's Guide to Books** Waterstone &  
Co, 1989      *British Book News*, 1989

## **Coping Successfully With Your Irritable Bowel Overcoming Common Problems Series** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Coping Successfully With Your Irritable Bowel Overcoming Common Problems Series**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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