

[PDF] The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide For The Newly Diagnosed

Heather Van Vorous, David B. Posner - pdf download free book



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Description:

From Publishers Weekly Statistics show that Irritable Bowel Syndrome (IBS) is the second leading

cause of worker absenteeism in the U.S., according to Van Vorous (Eating for IBS), who has lived with the condition since she was nine, but because her severe abdominal pain was dismissed by her pediatrician, was not diagnosed until seven years later. And although IBS studies are currently underway, sufferers in the past found themselves either ignored or stigmatized. Because she had to work out her own strategy for dealing with IBS, Van Vorous is a "patient-expert" in other words, she's well qualified to write this informative and reassuring guide. She advises those suffering from IBS symptoms abdominal pain, constipation or diarrhea, for example to first obtain an accurate diagnosis. Once other illnesses are ruled out and the syndrome has been properly diagnosed, a patient with IBS can lead a normal life by maintaining proper eating habits, learning to manage stress, using prescription medication and dietary supplements when necessary, and even utilizing alternative therapies such as acupuncture. Van Vorous draws on medical research, her own experience with IBS, and other patient anecdotes to support her suggestions. Accessible and clearly written, with recipes for colon-kind foods and advice for parents who have children with IBS, this is an excellent resource for people learning how to live with the syndrome.

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From Library Journal The second installment of the publisher's new "The First Year" series, this text on Irritable Bowel Syndrome (IBS) walks the reader through the first year of diagnosis. As with the authors of other titles in the series, Van Vorous is a "patient-expert"; she is also the author of *Eating for IBS* and founder of eatingforibs.com. In a conversational style, she explains how to manage symptoms by breaking the year into manageable steps. She includes diet guidelines that feature some appetizing recipes and suggestions for eating out. She also discusses relaxation techniques and some alternative therapies. Personal stories from other IBS sufferers are sprinkled throughout, as are tips for children with IBS. An especially useful chart on medications is also provided. This book differs from William Salt's *Irritable Bowel Syndrome and the Mind-Body Brain-Gut Connection* (LJ 10/15/97) and other guides to IBS by prescribing a first-year-only timetable of steps, focused mainly on diet. Salt's book focuses more on lifestyle and stress management issues. Recommended for any health collection. KellyJo Houtz Griffin, Eatonville, WA
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