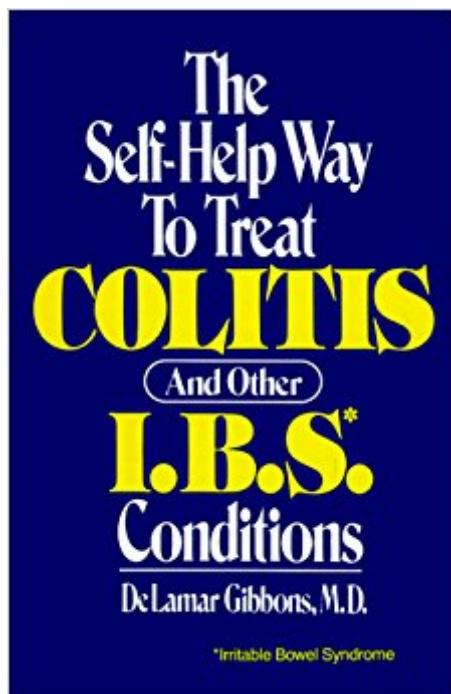


The book was found

# The Self-Help Way To Treat Colitis And Other I.B.S. Conditions



## Synopsis

Health, Medicine

## Book Information

Paperback: 160 pages

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## Customer Reviews

DeLamar Gibbons, M.D., practiced medicine in rural Utah and Idaho for more than 25 years and later served as director of clinical research for The Saturday Evening Post. He is the author of many medical articles and books.

For over half of my life (20+ years) I suffered from IBS. I had become almost completely homebound because of this. My life changed overnight when I bought this book. I started following the diet and I noticed a huge difference the first day. Within a few weeks I was a different person. I know this sounds corny but it's true. Dr. Gibbons saved my life. I have been pretty much symptom free now for several years. IBS no longer controls my life and IBS never even crosses my mind unless I'm bragging to someone about this book which I do every time the opportunity arises. This book will change your life. It did mine. I wish every person who suffers from IBS could know about this book. I thought there was no hope for me but I was wrong. I also lost about 120lbs. by doing nothing more than taking calcium like Dr. Gibbons suggests. The calcium blocks 14 grams of fat per dose from being absorbed by your body. The information in this book is nothing like what the doctors have told you in the past, it's probably the opposite but this will help you. Thanks Dr. Gibbons.

Dr. Gibbons lays out the causes and effects of I.B.S. He gives his own medical history that has effected him and how it lead him to find answer on how to best help himself. I have read the book and now follow his diet that he has explained what one needs to do to get immediate relief. I feel so much better now I can not believe the difference. Anyone who suffers with crohn's disease, celiac sprue, colitis, diverticulosis, galactosemia, infant colic, post-colostomy colitis, ulcerative colitis will benefit from this book. There are so many area's that are symptoms of I.B.S that I never even realized. My doctor was unsure at first when I started this diet, but he has seen the results and now believes, but more importantly, I feel great.

I had been to 3 separate doctors, had numerous tests, and tried a lengthy list of medications. I found out about this book in a chat room and the reviews were so glowing that I thought it must be a marketing scheme. I bought it anyway because I had nothing to lose at that point in my life. As I read the book, I felt vindicated and thought he was describing my life. This book changed my life. For anyone that has ever suffered from fructose intolerance this will make sense to you....my husband and I can now go out to dinner and a movie instead of a movie and then dinner (so that we can race home after for me to be sick!)

When I first browsed this book I said "Yes I know that", "Yes I know that", "Yes I know that". I put the book back on the shelf. After a couple of weeks I decided maybe there was something in the book I didn't know. I went back and bought it. It was nice to find confirmation of what I had found over the years to be helpful. My Doctor always looked at me like I was crazy when I told him these things. This book is a must read for anyone with bowel problems.

This book was the first one that actually helped me with my Irritable Bowel Syndrome (IBS). His thesis is based on the inability of some human digestive systems to properly digest fructose (which is found in most foods and drinks in the form of corn syrup.) His suggestions really made a difference!

My son has suffered with IBS all of his life. This was the first book or doctor who was able to help with his condition. Imagine my surprise to find that not only does Dr. Gibbons have a book but also a web site where you can send Dr. Gibbons questions. What a big help that has been in my sons life...

Another self-help guide for IBS, colitis, and other digestive problems. This book, written by an M.D.

that suffers from colitis, describes dietary approaches based on his personal experiences. His thesis is based on the inability of some people's digestive systems to properly digest fructose, found in many foods and drinks

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