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# IRRITABLE BOWEL SYNDROME: THE ESSENTIAL GUIDE

## IRRITABLE BOWEL SYNDROME

The Essential Guide



Need2Know. Paperback. Book Condition: new. BRAND NEW, Irritable Bowel Syndrome: The Essential Guide, Sarah Dawson, What is Irritable Bowel Syndrome? How do I know if I have it? Should I change my lifestyle or diet? Most of us will suffer with diarrhoea, constipation, wind, bloated stomachs or abdominal pain at some point in our lives. But how do you know if you or someone in your family has IBS? What tests can be done to rule out more serious conditions...

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- Authored by Sarah Dawson
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