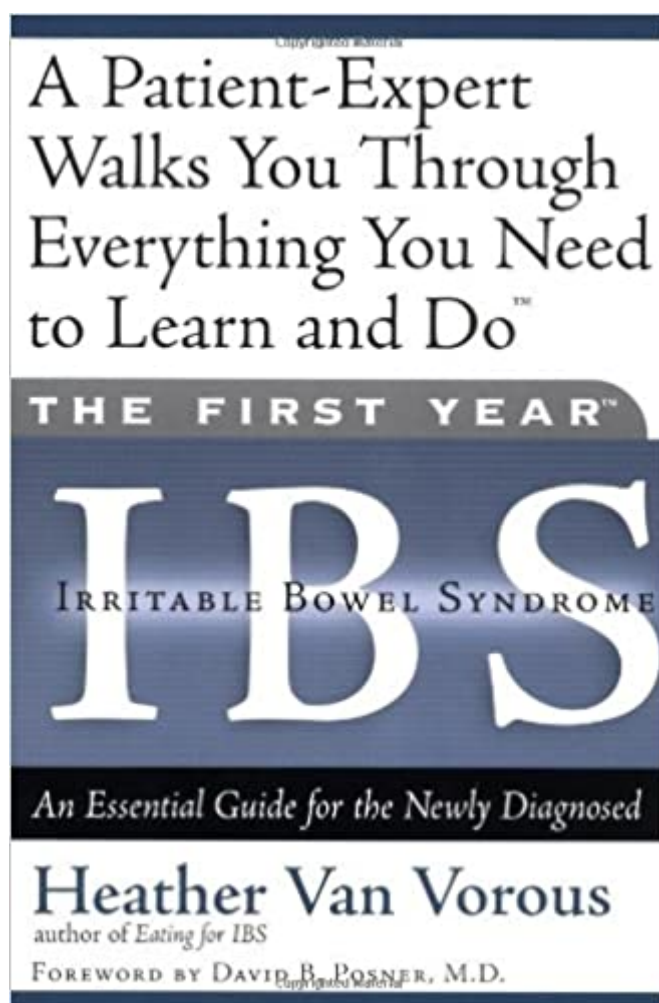


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# The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide For The Newly Diagnosed



## Synopsis

Like the other titles in the 'First Year' series, *The First Year IBS* offers two distinct advantages. First, it is written by a patient-expert, Heather Van Vorous, who has managed her IBS for more than fifteen years and knows firsthand what's required to manage her condition. Second, it guides readers through their first seven days following diagnosis, then the next three weeks of the first month, and finally the next eleven months of their first year, offering answers and advice to guide those with IBS into their new lifestyle. Starting with the day of diagnosis, Van Vorous provides detailed information about trigger foods, safe foods, soluble versus insoluble fiber, tips for eating and cooking, traveling, eating out, exercise, and much more. *The First Year IBS* will inspire and educate those with IBS as no other guide does.

## Book Information

Series: The First Year

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## Customer Reviews

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. Copyright 2001 Cahners Business Information, Inc.

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

Heather's work is outstanding. Her program is the only one that brought me relief from my IBS symptoms. Thank God for the work she did through the years. Doctors and gastroenterologists couldn't bring me relief and didn't even seem to believe me that I was in pain. Following her program, I can stay completely symptom-free!

Enormous help! One change has improved situation 80%!

I was diagnosed with IBS, but never really got any guidance from the local 'specialists' on what to do about it - I couldn't ever get more than a 5-minute discussion with a doctor on the subject. This book does a great job of explaining what IBS is, and what to do about it. It might not be the most detailed or technical book on the market, but it at least got me to the point where I understood what to do. I followed some of the recommendations of this book (especially moving to a low-fat diet), and it has worked wonders. STRONGLY recommended if you have IBS and just aren't sure where to start.

A decent guide to IBS. Covers areas my doctor didn't even go over with me.

Great informative book about IBS. When I was first diagnosed, I was told to drink Metamucil. Metamucil?? That's the equivalent of telling a vampire to eat garlic. Heather takes it from the patient's perspective and works with physicians to explain what is going on and how you can best

manage your IBS. I've used many of her tips and learned a lot about soluble and insoluble fibers which was invaluable. If you are newly diagnosed or know someone who is, this book will really help them understand what they are dealing with and how to best live with it. Though it's considered a benign condition, IBS completely disrupts your life when it's at it's worst and will hold you hostage in your home. This book helps you to manage it so you can be out in society and not panic so much about what might happen.

The book came on the day it was expected and just being diagnosed it had answers I needed through case studies. Thank you

I've been suffering for years from IBS/D and this book has it all, it's easy to read and gives you great information. I would highly recommend this book. It gives you all you need to know to live a healthy life once more. I do recommend the cookbook from Heather also, some of the recipes have things in them I can't find around here but for the most part it does have other ideas and recipes that you can use. Both books are great and I give them both five stars.

This book helped me understand after many years what my real problem is - IBS. It gave me wonderful advice on what to eat, how to eat and in what quantities. It's also helped me to not feel different and ashamed. I've had IBS since I was a child and never really knew what was going on. Now I can control the problem almost 100 % of the time. When I do have have an attack it is not as severe and they are not nearly as frequent. I would recommend this book to anyone suffering with IBS. I gave it 5 stars. Wish I could give it more but that's all they allow.

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