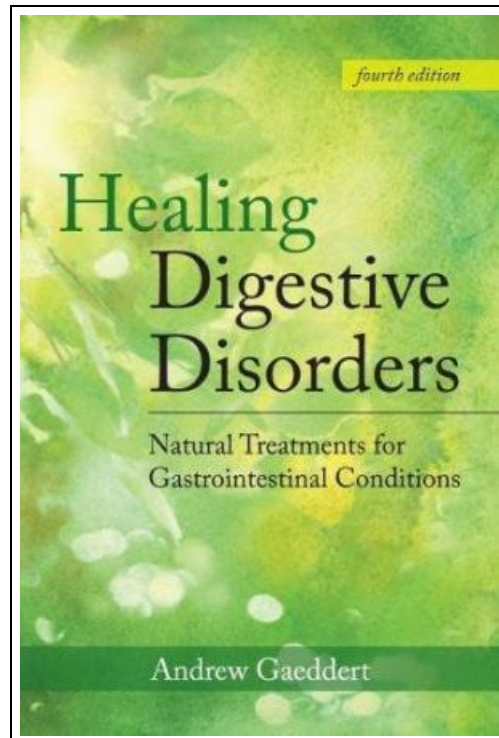


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PMPH-USA Limited, United States, 2017. Paperback. Condition: New. 4th Revised edition. Language: N/A. Brand New Book. Are you controlling your digestion, or is your digestion controlling you? Conventional medicine, while effective for those in acute crisis, often does little to help the over 60,000,000 people who suffer from chronic digestive problems. In this fully-updated fourth edition, readers are offered an extensive resource of natural remedies and recommended lifestyle changes that have helped thousands of people alleviate symptoms and heal their bodies. Drawing on his clinical experience, Andrew Gaeddert, who once suffered from Crohn's disease and irritable bowel syndrome (IBS), covers such topics as herbs and vitamins, Chinese medicine, meditation, and environmental triggers that affect digestion, helping the reader make sense of the multitude of available natural healing techniques. The fourth edition includes expanded case studies and real-life success stories that illustrate how the author's clients have been able to reduce or eliminate their digestive problems and enjoy greater energy. Organised in a practical manner, the book addresses obstacles to health, reducing fat intake, digestive-friendly grains, and food families as well as advanced treatment options for practitioners. Practitioners of complementary and integrative health care, and traditional Chinese medicine will find this book invaluable to help advise their clients. Key Features: Includes comprehensive appendices - Commonly Asked Questions and Answers, Food Families, Common Acupuncture Points Used in the Treatment of Digestive Disorders, and Additional Formulas (for treatment of digestive disorders). Illustrates effective treatments for acid reflux, chemo and radiotherapy side effects, constipation, Crohn's disease, diarrhea, diverticulitis, food sensitivities, gallbladder problems, gastritis, heartburn, hepatitis, indigestion, intestinal gas, irritable bowel syndrome, mouth ulcers, peptic ulcers, and ulcerative colitis.



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