

The IBS Healing Plan: Natural Ways to Beat Your Symptoms

Theresa Cheung

Hunter House (May 2008)

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Because of high prescription prices and a new emphasis on organics, more people are looking for natural ways to treat illness and chronic conditions without drugs or surgery. Many books now offer holistic treatments for common conditions including asthma, back pain, polycystic ovary syndrome, irritable bowel syndrome, and fibromyalgia.

According to Theresa Cheung, a health writer from London, fifteen to twenty percent of the population suffers from irritable bowel syndrome (IBS). The condition is one of the leading reason workers take sick days, second only to the common cold. Cheung's book, *The IBS Healing Plan: Natural Ways to Beat Your Symptoms* (Hunter House, 978-0-89793-507-4) helps readers understand their condition and manage it without medication by eliminating stress and identifying the foods that cause their symptoms to flare up.

"Interestingly, the origins of IBS might really be in our brains, and not in our bow-els," the author writes, "...but this does *not* mean it is in your imagina-tion." Cheung advised readers to avoid foods that are high in fat, which can trigger attacks, as well as cutting down on salt to avoid bloating.

WHITNEY HALLBERG (November 14, 2008)

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