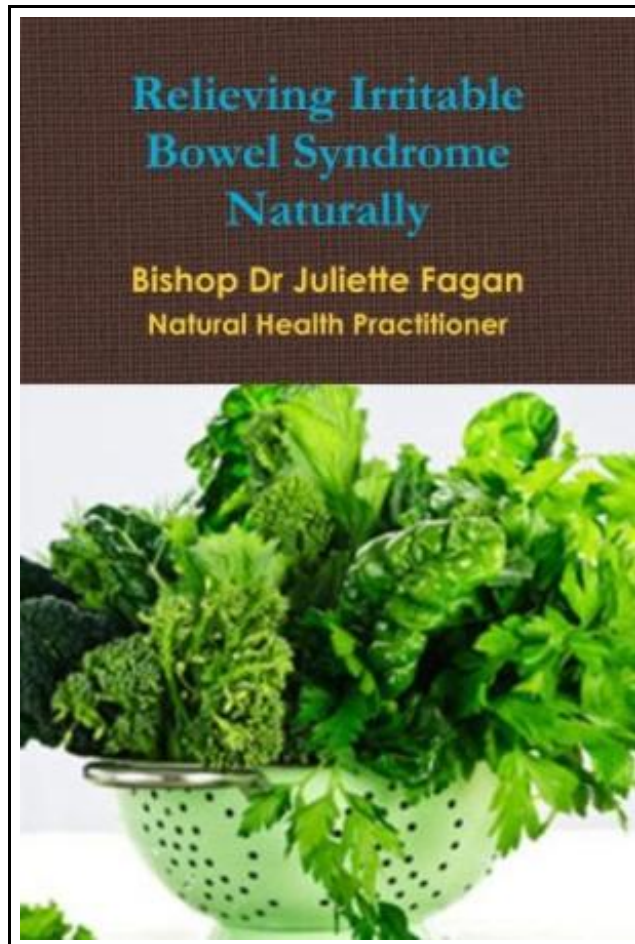


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Lulu.com, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Congrats! You are on your way to optimum health! Relieving Irritable Bowel Syndrome Naturally will explain everything there is to know about the easy steps you can take today to help heal Irritable Bowel Syndrome! As a natural health educator and consultant, you ll learn exactly what you should be doing in simple language. As with the majority of non-life threatening medical conditions, there are essentially two ways that you can deal with irritable bowel syndrome, learn more about it in this book. I will teach you about prebiotics, probiotics, foods, teas, stomach acids,diary products,smoothies,colon therapy and IBS, massages, enzymes and more. If you actually knew how many people were dealing with irritable bowels syndrome at any given time, you would probably be shocked. You can get the stats here. The body is truly an amazing machine that was uniquely created by God, and whenever it is working properly, we rarely have to worry about any problems or issues taking place on the inside.



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