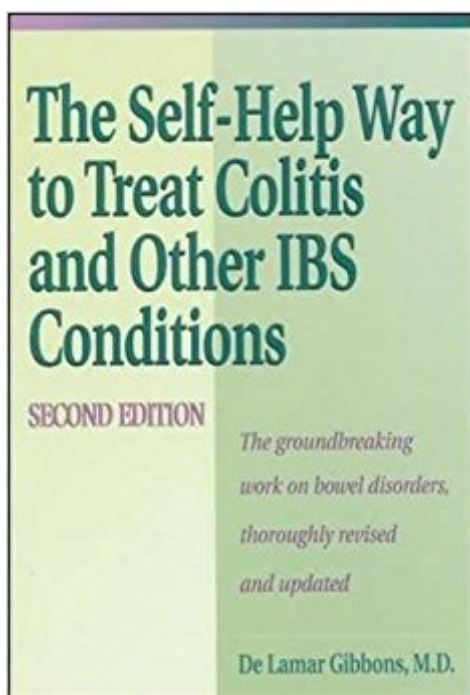


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# Self Help Way To Treat Colitis And Other IBS Conditions, Second Edition



## Synopsis

A new edition of the bestselling, groundbreaking work on bowel disorders Thoroughly updated and revised, *The Self-Help Way to Treat Colitis and Other IBS Conditions* returns with the latest research on the diseases of the gastrointestinal tract, such as ulcerative colitis, Crohn's disease, and irritable bowel syndrome. It also includes the practical, effective, do-it-yourself treatments that have made the book a classic of natural health.

## Book Information

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## Customer Reviews

DeLamar Gibbons, M.D., practiced medicine in rural Utah and Idaho for more than 25 years and later served as director of clinical research for *The Saturday Evening Post*. He is the author of many medical articles and books.

I found this book when feeling much despair in the treatment of my daughter who was diagnosed with ulcerative colitis. I cannot recommend this book enough to anyone who has any IBD inflammatory bowel disease or IBS inflammatory bowel syndrome. We were offered surgery, (colon removal,) or heavy duty medications for our elementary age girl. She had been sick for several (7) months with bloody diarrhea. Some medications helped for a short period of time,(prednisone and mesalamine,) but it was only weeks before they didn't help. It finally occurred to me that we needed to look closer at fructose when she became quite ill after Halloween weekend. She had consumed soda pop, orange juice, and way too much candy. At first we stopped the fructose for about 5 days,

we saw some improvement. But to fully implement this treatment we needed to stop milk as well, (she still got to eat cheeses and yogurts). We also reduced wheat products, only giving low fiber types like white bread in small doses and switching to gluten free whenever we could. Also we had already stopped the polyols, sugar alcohol artificial sweeteners. Some artificial sweeteners are okay and are quite helpful, such as aspartame. This was early in December 2009. I have since found out that this is called a FODMAP diet. Getting information on this diet appears somewhat limited, but it's out there and in this book. Nine days after full implementation of this method with our daughter and the blood in her stools stopped. Fifteen days after implementing this method and my daughter told me her bowel movements are back to the way they were 8 months ago prior to all of this starting, aka normal. She is not taking any medications. She is getting supplements of iron for her residual anemia and she takes a child size dose of basic, inexpensive probiotics. She also gets some vitamins. At first we weren't sure that this would be a lasting effect, maybe just a remission. But after looking long and hard for information on this I really truly believe that this is the answer I intended. We did not get information on this from our paid experts. We were told that diet has nothing to do with it. We were serving her medications with fruit juice several times a day! Our daughter is well, eating well, playing well, and her energy is returning to previous levels. Nothing could make us happier. She's not suffering, just having to pay attention to what she eats along with help from her parents. We have made sure she has her special treats for her special occasions at school and with friends. It is my understanding that fructose malabsorption is common and that is not abnormal for many to have sensitivities to consuming large loads or doses of sugar in whatever form it may come in. I will now always be a proponent of this concept. My grandmother died of ulcerative colitis in 1980. She was the best cook of all the chewy gooey sweets. I think of her often this time of year, the holidays... De Lamar Gibbons MD is my #1, all time hero. We owe him much gratitude.

This book really worked for me. It's small, and to the point, but as simple as it is, I couldn't find the same information anywhere else! It's written by a doctor who had to deal with UC himself. The theory is still on the fringes, and you won't hear about sugar intolerances and sugar, fructose problems anywhere. However, they are a key factor in getting well in a number of illnesses. I would definitely recommend this book for a read and to try out if you are dealing with chronic illnesses from unexplained origins.. such as UC, CD etc. God bless the author. PS- I've noted some further info, not included in the book. To properly avoid ALL fructose foods, also add to the list (besides those in the book and all fruits); corn, corn syrup, beets, carrots, tomato, peas, eggplant, and sweet potato. I've also noticed it is helpful to just avoid any form of "glucose syrup".

I was diagnosed 17 years ago with UC at the age of 21. I've read many books and tried every diet, not to mention been to most types of alternative practitioners, & a slew of western doctors in various states, with no positive results. I recently got this book and for the first time I saw immediate & positive change. This book tells you what to avoid, and WHY. After fighting this disease for many years, I have never felt better. And after reading this book never have I had such a clear understanding of how the body's digestion works, and I certainly have never felt this good in almost 2 decades.

I have gone through five other books promising to solve IBS problems with diet. I have tried the low fiber, no dairy, no sugar (besides fruit and honey)no gluten, and no starch diets. I was strict with all of those diets and had no results. After a year of suffering daily with IBS I was feeling better in 5 days with just this one method. And the best part is I didn't have to change that much about how I was eating!!

This was purchased to help a family member understand her condition and how to deal with it. All these self help/information books fit into ones library for understanding, yet all are not always in agreement. One must decide for themselves what works best for them.

Suffering from IBS...this book is sure to help. My doctor said I would have to take meds the rest of my life, and I, by the grace of God found this book in the library. It has change my life and I have passed it on to many others. And it has changed their lives as well. It works!!

It's not bad but it wasn't the solution for me

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