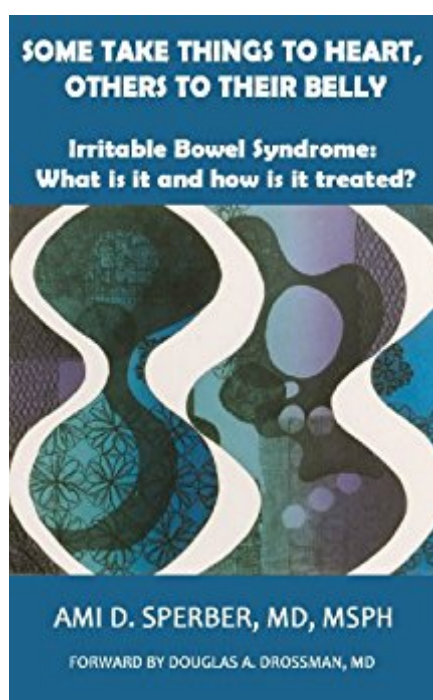


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Some Take Things To Heart, Others To Their Belly - Irritable Bowel Syndrome: What Is It And How Is It Treated?



Synopsis

If you, a friend, or a family member is suffering from IBS, this book is for you. Irritable bowel syndrome, or IBS, is the most common of the functional disorders of the digestive tract. The condition is complex, chronic, and unpredictable. It is characterized by multiple, often painful, symptoms. The cause of the symptoms is not found on routine testing like an x-ray, or blood test. In other words nothing appears wrong in the tests. But physical examinations and routine tests all assess structure – not function – and IBS involves a problem with the way nerves and muscles function. This has led to a great deal of misunderstanding about IBS, and to needless suffering. In this book Ami Sperber, MD provides a fresh and clear guide to help people understand the condition and the diagnostic process. Individuals with IBS will find useful ways to self-manage and gain a greater sense of confidence. The approach is empowering, helping people improve chances for treatment success. The book contains clear and detailed explanations of treatment approaches. These range from diet to complementary and alternative medicine to medications and to combinations of therapies. Each chapter begins with quotes and personal anecdotes to help others recognize they are not alone in their journey of self-discovery and personal care, and ends with summaries of vital information. For quick references or detailed explanations, this book provides it all. Dr. Sperber is an internationally recognized physician and researcher. He has a long history of contributing to the understanding of living with and treating IBS and related conditions.

Book Information

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Customer Reviews

Unlike books that deal only with symptoms of IBS, this very readable book tells the entire story of this complex syndrome. It documents history, research, and evaluations of potential cures. It helps with doctor/patient relationships as well as a realistic look at patient self-responsibility, current drugs, nutritional programs, and other ways of dealing with this chronic illness. I highly recommend reading it before jumping into any treatment program.

I have had IBS since I was in elementary school, before they knew what it was. They thought all my problems were in my head. Dr Sperber writes about a complex issue in a simple way that is easy to understand and helped me to further understand the crazy things my body does. The personal patient stories were especially important for me, because I saw my story signed by someone else and thought - I am not alone; I am not crazy; I didn't think I could possibly learn anything new as I have scoured the internet for information, because my doctor does not have Dr Sperber's level of knowledge on this issue, but I learned a few new tricks! Thank you!

Professor, doctor Ami Sperber is one of the world's experts on gut pain and IBS. He is a practicing gastroenterologist who has written over 70 scholarly published works. He has written a must read guide for anyone suffering from gut pain and/or IBS. This book will prepare parent's with children who are suffering from undiagnosed and unexplained pain in the belly as well as any adult who is either newly diagnosed or simply searching for an explanation. Every gastroenterologist should make this available to their patients as it will make for a better informed patient and a partner in care. I know Dr. Sperber as a patient and I can attest to his honesty, professionalism and expertise.

The book very concisely prescribes the underlying causes of inflammatory bowel syndrome and what can be done to help relieve this ailment. Easy to follow and understandable. The price is unbeatable.

This book is easy to understand and read. It covered the topic of IBS thoroughly and I would recommend it to others who are interested in learning more about this syndrome.

I was given this e-book by a friend and I think it is the best book I have read about IBS (and I've read plenty). It focused on a lot of the misunderstands that go along with IBS, but didn't read like a cookbook or too generalized like a lot of other IBS books. It was informational, surprising, and sometimes even funny! I would recommend this book to anyone that is tired of hearing the same old facts about IBS and wants to learn more detailed information. It's great if you have IBS, but I think that it works very well for family members or friends of someone with IBS. It takes the mystery out of your daughter, son, friend's "tummy issues" and let you into their world for a bit.

Irritable Bowel Syndrome (IBS) is a medical problem that is generally poorly understood and poorly treated. Enter Dr. Ami Sperber: both clinically astute and a remarkably compassionate physician. The book is a reflection of Dr. Sperber's rich clinical experience and reflects the positive impact of care possible to obtain from a physician with good training and an open mind. This book is also a gem for anyone interested in mind-body medicine. Multiple approaches to dealing with Irritable Bowel Syndrome (IBS) are delineated from a holistic perspective. Dr. Sperber takes the reader on a journey where the established relationship between patient and doctor is the center of each anecdote, and is essential to the success of treatment. The connection between psyche and physiology of the body is richly described and illuminated as universally true. The book provides a most comprehensive explanation of IBS from its medical aspects translated into a readily understandable vernacular. It also brings home the human suffering and social cost of IBS. It provides a wide range of management strategies, where patients are encouraged to critically assess their medical care. Treatment goals are ease of suffering and improved quality of life. Patients living with IBS along with friends and loved ones (as well as anyone interested in exploring mind-body medicine) will be empowered to more effectively advocate for compassionate and quality care.

AS A PRACTICING GASTROENTEROLOGIST WITH MANY IBS PATIENTS, I HAVE HEARD GREAT THINGS FROM MY PATIENTS WHO READ THIS BOOK. THINGS LIKE- "IT HAS GREAT TIPS IN IT", AND "I FEEL LIKE HE KNOWS EXACTLY WHAT I HAVE BEEN GOING THROUGH- FINALLY SOMEONE WHO UNDERSTANDS". AMI SPERBER IS MUCH MORE THAN A FINE

SCIENTIST SPECIALIZING IN IBS- HIS GENTLE HUMANE APPROACH MAKES THIS BOOK A MUST-READ FOR PEOPLE WHO WANT TO REGAIN CONTROL OF THEIR LIVES AND THEIR HEALTH.

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