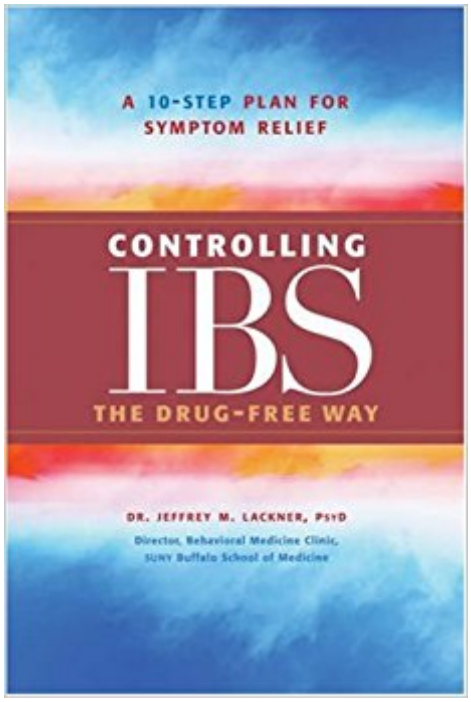
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Controlling IBS The Drug-Free Way: A 10-Step Plan For Symptom Relief



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Synopsis

One in five adult Americans suffers from Irritable Bowel Syndrome. Millions seek relief through dietary changes or medications that often prove unsatisfactory and may be accompanied by side effects. It turns out that relief doesn’t necessarily come from a bottle of pills or through diet changes—it can be achieved by learning behavioral self-management strategies that get to the source of the problem.For over 10 years, Dr. Jeffrey M. Lackner has been helping patients gain control of their symptoms. His research—backed by grants from the National Institutes of Health—shows that these skills can help, whether their IBS involves diarrhea, constipation, or both. Now Dr. Lackner’s Controlling IBS the Drug-Free Way offers IBS sufferers the same tools that have helped many patients control their bowel problems. Research shows that the techniques featured in this book can improve IBS patients’ condition and help them reclaim lives lost to this common gastrointestinal problem. The book offers a step-by-step approach that anyone with IBS can easily follow to reduce symptoms without drugs or professional help. User-friendly worksheets, interactive exercises, self-assessment checklists, and diaries for tracking symptoms and trigger foods are included to help readers master each skill. Also included are up-to-date overviews of medications and dietary strategies that readers can use to maximize symptom control.

Book Information

Paperback: 256 pages

Publisher: Harry N. Abrams (October 1, 2007)

Language: English

ISBN-10: 1584795751

ISBN-13: 978-1584795759

Product Dimensions: 6.1 x 0.9 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 18 customer reviews

Best Sellers Rank: #1,083,154 in Books (See Top 100 in Books) #78 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #473 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #7082 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

JEFFREY M. LACKNER, Psy.D, is Assistant Professor of Medicine at the University at Buffalo

School of Medicine and Biomedical Sciences (SUNY) and director of the Behavioral Medicine Clinic, a nationally known clinical research facility devoted to better understanding and treating IBS. Dr. Lackner has been conducting IBS research for the past 10 years and has published extensively and lectured internationally on the topic. He lives in Buffalo, New York.

Great book. This is full of wonderful material. Easy to read and very practical tips. I just wish there was an audio portion to go along with some of the exercises.

The book presents a plethora of research findings on the subject of IBS and the first section provided some helpful insights into the causes and issues involved. However, the book lost me when I was supposed to make a chart of how the events du jour in my life affected my day in the bathroom. The last, and I mean last, thing I need to do to not get engulfed in the cycle is to analyze my bathroom behavior any more than I already have done. In fact I am starting to achieve some success by just trying to go forward and live my life. I don’t know, maybe the relaxation techniques discussed will help, but in the end this is still focussing too much on your problem. The best strategy curiously seems to be to not look for answers, and just move on. YMMV.

Very helpful not only for psychologists who work to help patients with IBS (as I do), but also good for the motivated patient who wants to use these principles on their own.

I used it for a client of mine and she found it really useful and so did I. It’s easy to read and applies Cognitive Behavior Therapy techniques to treat IBS. Monitoring stress, relaxation techniques, and cognitive restructuring are the main techniques. There is also a chapter food. Lackner has been doing research on IBS for most of his career, he knows what he’s talking about. I recommend it!

I really loved this book. It taught me how my thinking and reactions to situations can really affect my IBS. After trying the suggestions in this book for a few weeks I was amazed to actually see results. I feel I now have a completely new and effective approach to dealing with the symptoms of IBS. - Granted, I still need to avoid the foods that exacerbate the problem, but stress induced episodes are now practically nil. I recommend this book to anyone who suffers with this painful and frustrating condition.

This book was recommended to me by my doctor, at the UCLA Medical Center. I have found it to be

easily understandable, informative and very helpful in trying to control my severe IBS with Crohn's-like symptoms. I am unable to take many of the prescribe drugs, due to my body's severe reaction to them; by following the 10 steps, this book has helped me to reduce many of my symptoms, without the side effects of drugs!

I have only read about half of it at this time. My Husband has IBS and the first few chapters are describing his issues with our home doctors and others to a "T". Am really looking forward to finishing it.

This book is a must read for not only people who suffer from IBS. Anyone who has stress in their lives, who is a control freak, who is a perfectionist or a "fixer" would benefit from this book. If you truly do all the steps, your life will be changed for the better forever.

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