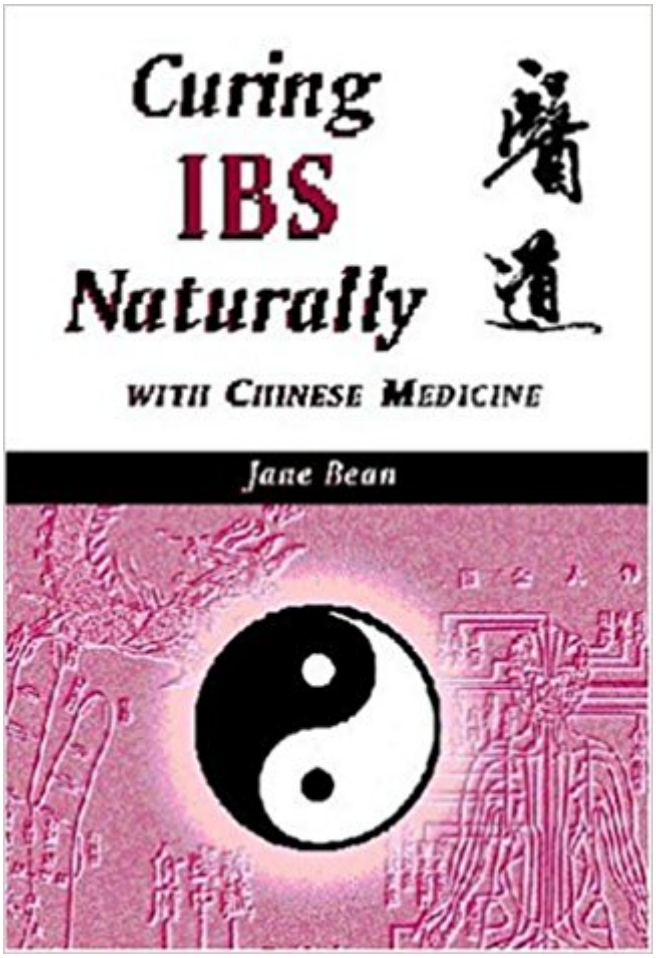
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Curing IBS Naturally With Chinese Medicine



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Synopsis

The most important message of this book is that most of what makes human beings ill is within their own power to control, and this is also true of Irritable Bowel Syndrome (IBS). In modern times, such things as improper eating habits, too much work, too little exercise, too much emotional upset, and not enough rest are at the core of most disease. Therefore, while this book describes the many safe and effective therapies that Chinese medicine has for the treatment of IBS, it is mostly a book about self-care and strategies for people to control their symptoms on their own. It is a book that, using Chinese medical theories, empowers patients to prevent the pain and suffering of this common condition. You can be healthy again!

Book Information

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Customer Reviews

Jane Bean is a licensed acupuncturist with a private practice in Brattleboro, VT. Since her graduation from Oregon College of Oriental Medicine in 1990, she has twice journeyed to China for further studies in traditional medicine. She is currently working on translating a variety of medical literature from Chinese sources. This is her first book.

Not as good as I expected, but informative. Arrived on time, no problems.

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Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The

Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) Curing IBS Naturally with Chinese Medicine Chinese: Crash Course Chinese - Learn Chinese Fast With a Native Speaker: 500+ Essential Phrases to Build Your Chinese Vocabulary, Chinese, Learn Chinese, Chinese Phrasebook, Mandarin Study Aid I Love to Share (English Chinese kids, Chinese children's books): Mandarin kids books, Chinese bilingual books, Chinese baby books (English Chinese Bilingual Collection) (Chinese Edition) Chinese Bilingual Books: I Love to Brush My Teeth (chinese kids books, chinese children's books): English Chinese Children books (Chinese Bilingual Collection) (Chinese Edition) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Curing Headaches Naturally with Chinese Medicine Chinese Children's Books: I Love My Dad (English Chinese Bilingual): chinese bilingual children's books (English Chinese Bilingual Collection) (Chinese Edition) Chinese baby book: Where is the Baby: English-Chinese picture book (Simplified Chinese book) (Bilingual Edition) Early Reader Chinese book for ... books for kids) (Volume 7) (Chinese Edition) I Love to Tell the Truth (chinese english bilingual,chinese children stories,mandarin kids books): mandarin childrens books,bilingual chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (mandarin childrens books, chinese baby books): kids books in chinese, chinese children stories, mandarin kids (Chinese Bedtime Collection) (Chinese Edition) I Love to Tell the Truth (chinese kids books, mandarin childrens books): mandarin kids books, kids books in chinese, chinese children's books (Chinese Bedtime Collection) (Chinese Edition) Welcome to Chinese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Chinese Recipes (Chinese Cookbook, Chinese Food Made Easy, Healthy Chinese Recipes) (Unlock Cooking, Cookbook [#13]) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8) The Joy of Smoking and Salt Curing: The Complete Guide to Smoking and Curing Meat, Fish, Game, and More (The Joy of Series) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Integrated Chinese: Level 2 Part 2 Character Workbook (Traditional & Simplified Chinese Character, 3rd Edition) (Cheng & Tsui Chinese Language Series) (Chinese Edition) Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders