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Freedom from Digestive Distress: Medicine-Free Relief from Heartburn, Gas, Bloating, and Irritable Bowel Syndrome

Gary Gitnick

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"You Mean I Don't Have to Take Medicine for That?"

If you're one of the millions plagued by such annoying, embarrassing
gastrointestinal conditions as heartburn, gas, bloating, stomach pain, acid reflux, and irritable bowel syndrome, here's a proven program that spells relief -- without the need for expensive medicine.

Gary Gitnick, M.D., one of the country's most renowned gastroenterologists, offers the first comprehensive guide to help you discover which foods hurt and which foods heal; exercise GI distress away; cope with the stress that triggers discomfort; and more. Features include:
How to determine whether medication is really necessary
How to ferret out the dietary culprits causing you distress
How to create a personalized food guide pyramid
The vital connection between exercise and GI health

Complete with a resource section as well as Dr. Gitnick's ten rules to "get your gut out of that rut," **Freedom From Digestive Distress** will help you save money, put you in charge of your health and wellness, and put you on the road to a more confident, comfortable, and healthful future.

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