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Irritable Bowel Syndrome: A Natural Approach

Rosemary Nicol, M.D. William John Snape Jr.

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Irritable Bowel Syndrome: A Natural Approach

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Irritable Bowel Syndrome: A Natural Approach Rosemary Nicol, M.D. William John Snape Jr. Traditional medicine offers no cure for the extremely common irritable bowel syndrome. Author Rosemary Nicol shows how it can be dealt with by addressing the causes: diet and stress. In Irritable Bowel Syndrome, she analyzes the factors that may precipitate the syndrome and helps readers find creative solutions through dietary alternatives and methods for controlling stress.

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