



No More Digestive Problems: A Leading Gastroenterologist Provides the Answers Every Woman Needs--Real Solutions to Stop the Pain and Achieve Lasting Digestive Health (Paperback)

By Cynthia Yoshida

Bantam, United States, 2004. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book. A staggering one in four women suffers some kind of gastrointestinal disorder. Some conditions, like irritable bowel syndrome, afflict more than twice as many women as men. Yet all too often, women suffer in silence or fail to benefit when they receive the same treatment as men. Now, in this accessible, comprehensive guide, one of the country's leading gastroenterologists, Dr. Cynthia Yoshida, provides the answers every woman needs, starting with a tour of the female GI system and the profound role sex hormones play. Brought to you by the American Gastroenterological Association, the book features the newest breakthrough medical treatments, plus advice on diet and gentle natural therapies that really work. No More Digestive Problems includes: Handling the effects of PMS, pregnancy, and menopause The surprising influence of weight on digestion with vital information on eating disorders Combating common ills from bloating, belching, and heartburn to the runs and constipation Meeting the challenges of reflux (GERD), food intolerances, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD) The crucial facts about women and colon cancer and how to reduce your risk Filled with revealing patient...

Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

-- Raina Simonis

It in one of the best publication. It is definitely simplistic but excitement in the 50 % in the ebook. I am very happy to let you know that this is basically the greatest publication i have got go through within my own existence and could be he greatest pdf for ever.

-- Dr. Anya McKenzie

See Also



[Hope for Autism: 10 Practical Solutions to Everyday Challenges \(Paperback\)](#)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



[Goodparents.com: What Every Good Parent Should Know About the Internet \(Hardback\)](#)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



[From Kristallnacht to Israel: A Holocaust Survivor s Journey \(Paperback\)](#)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



[Harriet Tubman and the Freedom \(Paperback\)](#)

Simon Schuster Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. Ready-to-Read Level 3 Reading Proficiently Rich vocabulary More-challenging stories Longer chapters Harriet Tubman was born a slave. But she always knew that...



[Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children \(Paperback\)](#)

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales from various sources. These tales are designed...



[Tales of Wonder Every Child Should Know \(Dodo Press\) \(Paperback\)](#)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...