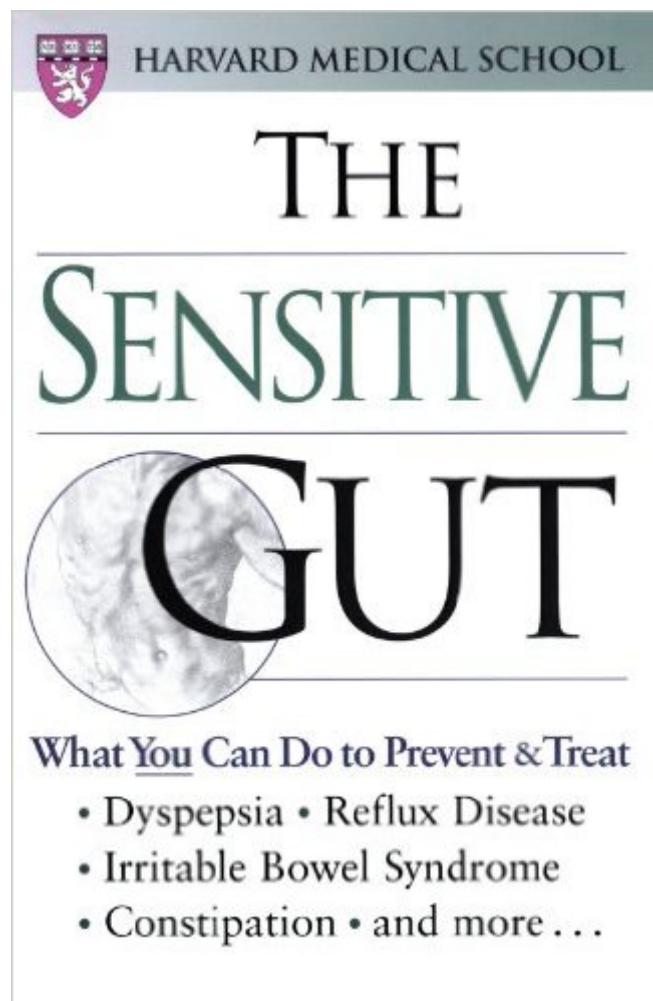


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# The Sensitive Gut



HARVARD MEDICAL SCHOOL

THE

SENSITIVE

GUT

What You Can Do to Prevent & Treat

- Dyspepsia • Reflux Disease
- Irritable Bowel Syndrome
- Constipation • and more...



## Synopsis

DO YOU EXPERIENCE FREQUENT STOMACHACHES OR EXCESSIVE GAS AFTER EATING? DOES EATING A SIMPLE MEAL LEAVE YOU WITH A FEELING OF HEARTBURN? DO CONSTIPATION AND DIARRHEA PLAGUE YOUR LIFE? If you answered yes to any of these questions, you might be suffering from a gastrointestinal disorder. As many as one in four people experience these troublesome symptoms, and they don't get the problem adequately diagnosed and treated. In *The Sensitive Gut*, readers will learn that the root causes of these symptoms are often a group of disorders -- reflux disease, dyspepsia, irritable bowel syndrome (IBS), food allergies, or other conditions. The causes of these disorders are not fully understood, but their effects are quite real. This valuable guide explains each of these disorders and, more important, describes how they are diagnosed and treated. You will learn: how heartburn is exacerbated by high-fat foods, onions, garlic, alcohol, and coffee how cauliflower and chewing gum can trigger IBS how to determine whether you have dyspepsia or an ulcer which oral laxatives seem to be the most effective and produce the fewest side effects and much more... Besides suggesting eating plans to soothe and minimize symptoms, *The Sensitive Gut* also evaluates new alternative approaches such as relaxation response training, hypnosis, and biofeedback. Finally, lists of questions are included to help readers make the most of their time with their doctors. A reassuring and practical guide to managing common intestinal distress, *The Sensitive Gut* can improve the quality of life for millions of Americans.

## Book Information

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## Customer Reviews

This book gives a great overview of the various digestive maladies (and how there is no cure for most of them). But I cannot imagine anyone who has a reason to buy this book not knowing (1) they should avoid coffee & greasy/spicy food, (2) try to relax and (3) get plenty of exercise. As W.C. Fields opined, "There's only one cure for insomnia; get plenty of sleep!"

I agree with the previous post, it's hard to imagine anyone who still does not know that to feel better one must practice good health habits. However, I disagree with the idea that book's message is too redundant. Case in point, obesity! The book gives points how to feel better. The most effective solution for many of these disorders (luckily or unfortunately) is consuming less caffeine, spicy foods, alcohol, practicing relaxation, and exercise. It is true there is no cure for some conditions, but many can be helped definitively by habits change. Having suffered from IBS for many years, I can vouch that changing diet was a single most important thing I did for my condition. Please don't be discouraged by its small size, it is packed with helpful information, and for the most people will re-confirm what some already know: a combination of habit change and medicine is the only way to go. Good starting point even though you can get very similar information on MayoClinic's website if you are willing to do the search.

This is the most informative book I think I have read recently. I am so impressed with the level of expert advice in this book. I have not read it in its' entirety, but the part I read really related to my problem and I am starting to read even more of it. I would recommend this book to my friends.

This book covers most typical digestive disorders. It provides plenty of information about the underlying physiological basis for these ailments as well as details on diagnostic procedures and treatment. The author uses a sensible approach and does not try to solve the problems with miracle cures. Rather he talks about the benefits of and concerns with the various treatments. I think there is valuable information in this book for anyone with digestive maladies. I have read half a dozen books on this topic and this was the best on reflux (followed very closely by Cheskin and Lacy's *Healing Heartburn*).

This book was pretty boring and written at an extremely basic level. Given the "Harvard Medical School" labeling I was hoping for something a bit more advanced. I'm not a doctor but I'm not afraid of learning new terminology and science...hence why I bought a book.

Excellent review of the anatomy, physiology, and function of the GI tract and its disease entities and the application of treatment. as a retired physician I can appreciate the time and effort in the preparation of this review and the usual excellent and expected presentation from Harvard.Dr. Bert Shapiro

Well written so that even a lay person can understand the issues and learn more than the average physician who left medical school long time ago. Compared the physicians I have known through the years, this book is more practical than the advice I ever received.

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