



Dynamic Diet: A Dietary Guide and Workbook for Patients with Irritable Bowel Syndrome

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Createspace, United States, 2009. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.How to create your diet to manage your IBS. This handout and work book is designed to improve your overall knowledge about various aspects of your diet in Irritable Bowel Syndrome and to help you explore your dietary choices to build your own diet that best suits your condition. This common sense approach could be one of the most useful and least restrictive diet modifications you may select to manage your IBS.



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