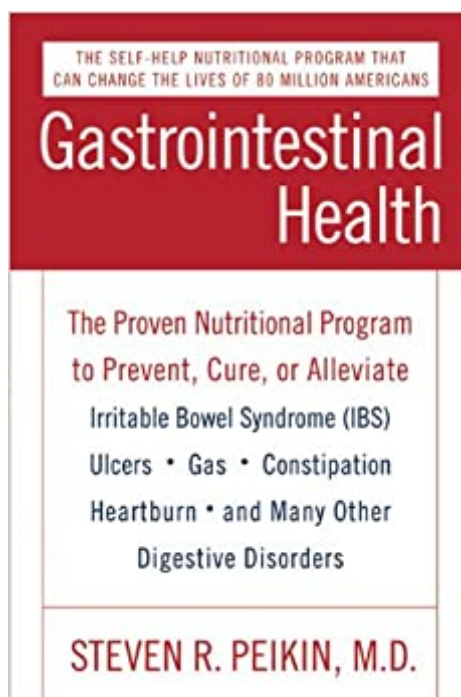


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# Gastrointestinal Health: The Proven Nutritional Program To Prevent, Cure, Or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, Heartburn, And Many Other Digestive Disorders, Third Edition



## Synopsis

Do you suffer from heartburn? Is an ulcer bothering you? Are the difficult symptoms of irritable bowel syndrome compromising your life? If so, you are not alone. You are that one out of every three Americans that suffers from chronic digestive problems. Whether it's constipation, diarrhea, gas, hemorrhoids, ulcers, heartburn, colitis, gallstones, or one of the many other digestive tract problems, Dr. Steven Peikin's self-help nutritional program will help keep you out of the doctor's office and feeling great. Based on the latest research and his own clinical experience, Dr. Peikin prescribes a healthy diet high in fiber and low in fat, spices, lactose, and caffeine. He provides a detailed list of "flag foods" to avoid in the case of specific problems; shows you how to use exercise, over-the-counter drugs, prescription drugs, and stress management to complement the program; and offers advice for coordinating the program with weight loss (or weight gain), working with medical professionals, and measuring progress. "Highly recommended for its thorough coverage, sound advice, and healthy suggestions," *Gastrointestinal Health*—now revised and updated with the latest information on new drugs and research—is everything you need to know to find fast relief from a wide range of gastrointestinal difficulties. *Library Journal*

## Book Information

Paperback: 400 pages

Publisher: Harper Perennial; 3rd ed. edition (April 5, 2005)

Language: English

ISBN-10: 0060585323

ISBN-13: 978-0060585327

Product Dimensions: 5.3 x 0.9 x 8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,352,991 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #92 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #6171 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

Chronic gastrointestinal problems--heartburn, gas pain, constipation, diarrhea, irritable bowel syndrome, hemorrhoids--afflict 80 million Americans, who usually resort to the medicine cabinet in times of need. But wouldn't it be more logical to treat these disorders through diet, since eating the

wrong foods probably caused the trouble? That's the sensible premise of Peikin ( The Feel Full Diet ), who heads the Digestive Disease Services at Thomas Jefferson University Hospital in Philadelphia. The author lays out a "self-help nutritional program"--a high-fiber, low-fat, balanced diet that he claims has provided prompt relief to his own patients suffering from a wide variety of GI maladies. Emphasizing that such a diet needn't be monotonous, the book offers 75 pages of recipes. Elsewhere, Peikin describes in detail the many ills remediable from altered diet, and takes the reader on an instructive tour of the GI tract. We learn that both regular and decaffeinated coffees stimulate unwelcome stomach-acid secretion, that fiber is now thought to aid in ulcer healing and that true food allergies are rare in adults. Also discussed are prescription and over-the-counter drugs and the roles they can play in treating certain conditions. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Peikin, director of Gastrointestinal Nutrition at Thomas Jefferson University Hospital, states in his introduction that more than 80 million Americans, many between the ages of 25 and 40, suffer from chronic digestive problems. This book addresses the many gastrointestinal (GI) problems in a clear, easy-to-understand style; most importantly, each specific ailment is thoroughly explained, including diagnostic procedures, drug and dietary therapy, and prognosis. Peikin stresses his self-help nutritional program, not necessarily as a cure-all, but as a method of alleviating and reducing many of the symptoms of GI distress. Included are an excellent list of "flag foods," a two-week master diet program, and, best of all, well-written recipes that will appeal to everyone, including those without GI problems. This is highly recommended for its thorough coverage, sound advice, and healthy suggestions.-Debra Berlanstein, Towson State Univ. Lib., Baltimore Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This is an excellent book for solving many chronic gastrointestinal problems without being on medication. The material is written in layman's language so is easily understood. The diets suggested and menus are extremely helpful. There is truth in the saying, "you are what you eat", and for some us, many foods we ingest do not agree with our particular digestive system. Many doctors today are prone to prescribing pills for everything, but often there are side effects from the pills, so if you can restore your body to health a natural way, it is to your benefit!

This book was a great addition to add to my collection of health books. It offered sound wisdom and advice to prevent, avoid, correct and treat various medical conditions caused by gastrointestinal

problems.

This information is so clear and easily understood. If you have Gastrointestinal problems, this is the book for you.

A good reference book.

This covers every gastro problem in great detail. I found it very informative and well written.

Wasn't as helpful as I would have liked it to be in terms of meal plans. Not enough versatility.

I bought this book for my daughter that suffers with IBS and she found this author of great help and very well written. So much detailed and accurate. Great help, since she has been dealing with digestive disorder for over ten years. Must read for anyone with digestive problems.

I read the earlier edition of this book and have the new edition. I thought it was good enough to buy the second edition. If you ever watch the commercials on TV during the evening news you would think pretty much everyone in the United States has something wrong with their stomach. That is not too far off. I've seen tv commercials encouraging teenagers to start taking laxatives. This book is good because it gives real life examples and doesn't try to tell anyone to always eat perfectly which is basically impossible and even if it is possible the person would die of monotony probably. For example I used to eat 3 or 4 pork chops at one meal but the book says meat should not be as significant a part of the diet. This causes you to lose weight also in a safe way. The biggest thing I think is the part about exercise. The book says go for a long walk every night. If you do this and also identify things you may not be able to digest such as milk you shouldn't have too many stomach problems. There's milk out now called 'Lactaid' which has the lactose enzyme added in. Those who don't do these things will ultimately try to treat their problems with over the counter or prescription drugs rather than attack the problems at the source. Updated 12/23/07-----Since I read this book and wrote the original review I have learned more about diet. The hell that I went through with my stomach was mainly caused by flooding my system with white sugar and other refined sweeteners such as high fructose corn syrup. White sugar is basically a poison for the body. The soft drink and candy companies are poisoning America and the entire world really with this crap. White sugar attacks and weakens the immune system. When I removed it from my diet I lost

my allergies for trees, grasses, molds, and ragweed. But you have to beware of so called 'sugar free' candy and other things also. These contain the sugar alcohols which are even worse than white sugar. What you should look for is raw (not necessarily organic) sugar. An emerging discovery in the area of natural health is maintaining the proper Ph level in the body's chemistry. Jeff Marzano Sugar in the Raw Raw Sugar, 24-Ounce Bags (Pack of 12) Alkalize or Die The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating Balance in Your Diet McCann's Steel Cut Oatmeal, Traditional, 28-Ounce Tins (Pack of 4)

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Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution)  
Taming Your Guts A complete guide to functional gastrointestinal disorders (FGID) including  
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