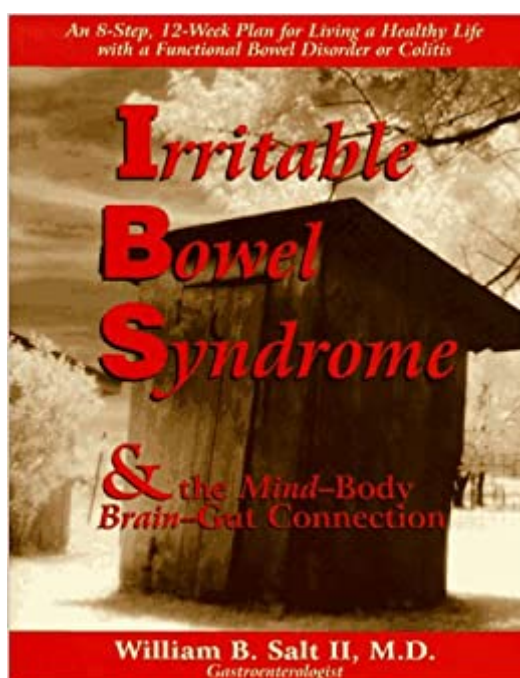


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# Irritable Bowel Syndrome & The Mind-Body Brain-Gut Connection: 8 Steps For Living A Healthy Life With A Functiona (Mind-Body Connection)



## Synopsis

One in five people suffer from irritable bowel syndrome, colitis, or other functional bowel disorders. As a result, irritable bowel syndrome is the second leading cause of worker absenteeism. This book will help sufferers by providing an effective eight step plan that includes learning about the causes of the disorders, the different types of disorders, looking at your family history, doing self-tests, identifying problems with your diet and establishing a personalized healing plan. Addressing mind-body connections, readers can control and limited distressing gastrointestinal symptoms.

## Book Information

Series: Mind-Body Connection

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## Customer Reviews

Gastroenterologist Salt approaches irritable bowel syndrome (IBS), a disorder that affects one out of five Americans, with an eight-week, 12-step program emphasizing a mind-body approach to the problem. To relieve such symptoms as diarrhea, constipation, bloating, nausea, indigestion, and gas, he suggests and explains conventional and holistic strategies that focus on the brain-gut link. Avoidance of jargon and a clear writing style geared to a general reading level make the information more accessible to a larger audience than is the case with most consumer health texts in this field (e.g., Henry D. Janowitz's *Your Gut Feelings*, LJ 9/1/87). Another plus is the frequent citing of sources and suggested other readings. Salt covers the subject thoroughly, yet his lively, illustrated text escapes the dullness of most works on this subject. Essential for most consumer health collections. [This is the first title in the publisher's "The Mind-Body Connection" series.?Ed.].?KellyJo

Houtz Griffin, Auburn, Wash.-. KellyJo Houtz Griffin, Auburn, Wash. Copyright 1997 Reed Business Information, Inc.

"Dr. Salt should be applauded for producing a book that offers a wealth of information and experience to the large numbers of individuals who suffer with IBS. His book offers those with this difficult condition a method to improve the quality of their lives. The emphasis on understanding mind-body interactions and IBS triggers in a positive light is particularly refreshing. We recommend this book to our patients." -- Michael P. Jones, M.D., F.A.C.P., Director, Center for Digestive Motility Disorders, University of Cincinnati  
"This is a wonderful resource for millions of people who suffer from some form of this disorder. It is clear, concise, and practical. I will recommend it to my patients." -- Isadore Rosenfeld, M.D. F.A.C.P., F.A.C.C., author of the bestseller, Dr. Rosenfeld's Guide to Alternative Medicine  
This 8-step program for modifying both mental and physical habits is directed to those who suffer from chronic indigestion and related disorders. Chapters focus on preventative care and a basic understanding of the medications and mental states which affect irritable bowel sufferers. -- Midwest Book Review

I had checked out from the library the newer version of this book ("Irritable Bowel Syndrome and the Mindbodyspirit Connection.") I thought this was what I was getting. The covers are the same. That book changed my life. It really helped my symptoms. This one, however, is pretty much the advice I've gotten from doctors for years (keep a diary, different drugs that help, blah, blah, blah). Don't get this book. Get the newer one. It really helps explain how emotions (known and unknown) create these symptoms and, more importantly, how to change it.

told me what I needed to know

I specialize in the treatment of functional gut disorders in San Diego. This is a fantastic book that I recommend to all my patients with IBS, Gastritis, and even Ulcerative Colitis, because it explains in clear English how our nervous systems and endocrine systems create functional gut disorders. Functional gut disorders are the gut not working the way it should, not due to infection, not due to parasites real or imagined, and not due to something frankly broken. Even when there is tissue damage, as in UC, it is brought on by the nervous system's hyperactivity. Dr. Salt is one of the resources I use to teach people how to retrain their gut to do its job normally, which means mostly unnoticed.... Good Luck!

Being a person who went to the doctor and was handed a pamphlet on Metamucil, and told to 'cope because there is no cure for IBS'....this book was a HUGE HELP! There is a lot of basic info, but also some solid advice with strong references to other experts. I loved the way it put my mind at ease regarding so many of my symptoms. This book is the beginning of the long journey to self-help for me. It gave me hope and understanding instead of telling me to "cope".

As a person that has suffered from Irritable Bowel Syndrome (IBS) for more than ten years, I must say that Dr. William B. Salt's book has been a God send to say the least. Dr. Salt's book is skillfully written with an enormous amount of detail about IBS, without becoming overwhelming to the reader. The book is easy to read in addition to being a very uplifting and positive guide. Dr. Salt's section on the "body, mind, gut connection is nothing short of outstanding, he carefully guides you symptom by symptom giving complete explanations for what may be going on with your gut. Simply put I have used the book so often that I have worn out my original copy, thus requiring the purchas of a second copy. Finally, I must tell you that I have read everything that I can get my hands on concerning IBS, and I have not found any other book that comes close to giving me all of the information that Dr. Salt's book provides, in other words, "WITH THIS BOOK YOU CAN'T GO WRONG. Kevin Golston

For more then 10 yrs I fought with my body and did not understood why I lost this fight so often. I asked for explanation and help many times, but nothing gave me proper insight information in my body-functions and how to re-establish the mind/body-connection. (IBS and its specific symptoms were never mentioned to me!) I lost faith in my own healing and drifted away from the "Remembered Wellness" (the healing placebo effect - page 49). Coincidentally I found Dr. Salt's book and this turned out to be a great eye-opener for me. Ofcourse the book offers lots of (medical)basic-information that surely has been published many times before, but essential to give me - the patient/reader - perspective and depth in understanding the complexity of gastrointestinal disorders. At page xxi Dr. Salt makes the following promise: "You can learn to be healthy. With this book you can explore your diagnosis and treatment options and then, armed with information and knowledge about your problem, you will be better able to partner with your doctor to heal." I have read the book and 'Thank you Dr. Salt' this is exactly what you did!

Dr. Salt has been my physician since I was 18 yrs old. I am now 50. I suffered with stomach issues for years prior as a child and was told it was all in my head. Dr. Salt was the only person to be

compassionate and tell me it wasn't all in my head that there was a name for what I was suffering from IBS. This man is a wonderful gift from God and is the most caring, compassionate soul I have ever met. God Bless him! I have owned this book for years, had it when it first came out and still find myself going back to it as reference.

Because of this book, I know I am not the only person with IBS. My life was run at the mercy of my gut. I was depressed. It was impossible to go anywhere before noon. Now I run my life. Every point that was meaningful to me from this book I brought up to my family physician. He knew & agreed with each point.. (i.e. the use of Imodium as needed; that depression with IBS is not unusual, etc.). I said, "But you didn't tell ME." Dr. Salt did tell me. I have met this gentleman and heard him speak. I heard him answer questions. He knows what he is talking about. I feel like he wrote this book for me. Using his 8 steps has helped put my life back in order. For that I say a hearty/healthy "THANK YOU" to this caring man.

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