



BOOK REVIEW:
THE IBS DIET

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This paperback is either a cookbook with a useful portion on IBS or an informative book on IBS with a useful recipe section. Either way it has a clear structure with four sections:

- Part One – The Facts about IBS
- Part Two – IBS and Diet
- Part Three – The Recipes
- Part Four – Taking it further

As well as going into some details about the signs, symptoms and causes of IBS it also gives advice on preventing any possible gut upset. It covers a comprehensive section on treatments offered both in the conventional sense and from a nutritional and natural perspective.

The lifestyle changes and complementary therapies chapter includes reference to reflexology among other therapies that can help to make a difference to IBS sufferers.

A list of useful addresses is also included at the end of the book of related organisations.

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