



# **Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functional (The Mind-Body Connection Series)**

*William B. Salt II MD*

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# **Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (The Mind-Body Connection Series)**

*William B. Salt II MD*

## **Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (The Mind-Body Connection Series) William B. Salt II MD**

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 suffers 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.

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