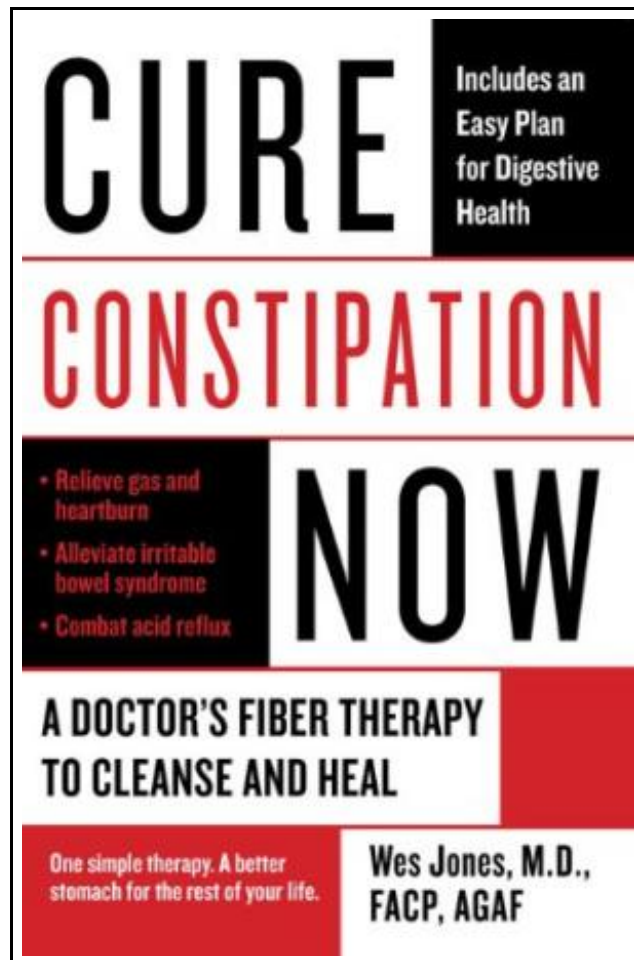


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Berkley Trade. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.2in. x 5.4in. x 0.9in. An easy-to-follow plan to regain a healthy gastrointestinal system-and relieve problems from gas to bloating to IBS. Close to 100 million Americans suffer from chronic-and sometimes very serious- gastrointestinal conditions. Prominent gastroenterologist Dr. Wesley Jones has found that virtually all digestive problems have one single underlying cause-constipation. Our modern diets and stressful lifestyles can make poor digestion such a common experience that sometimes people dont even recognize it as a problem. Here, Dr. Jones provides a proven program that has already helped thousands relieve and prevent constipation-related gastrointestinal problems for life. No one wants to talk about constipation, but millions suffer from it. Take as evidence the ubiquitous ads for Dannon's billion-dollar brand, Activia, which features Jamie Lee Curtis talking about occasional irregularity. Constipation is one of the most common gastrointestinal complaints in the United States, resulting in about two million doctor visits annually. However, most people treat themselves without seeking medical help, as is evident from the millions of dollars Americans spend on laxatives each year. Now, this book will offer them a safe, proven, easy-to-follow program to relieve constipation once and for all. Because its not just uncomfortable-its unhealthy! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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