



# Irritable Bowel Syndrome: Navigating your way to recovery

*Megan Arroll, Christine Dancey*

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With symptoms that range from merely annoying to completely debilitating, irritable bowel syndrome (IBS) is compromising the lives of many thousands of people who suffer in silence with symptoms that can be acutely embarrassing and completely unpredictable. Dr Megan Arroll and Professor Christine Dancey, co-founder of the IBS Network, bring together all aspects of current understanding of the condition in this comprehensive but accessible account, including the latest on medical, nutritional and psychological approaches to treatment and a chapter to share with family and friends so that they can understand what IBS really is and what they can do to support those who have it. As former IBS sufferers themselves, as well as researchers in this field, this is a book written with insider's insight backed up by the latest research.

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