

Eating Right For Your Irritable Colon

Do You Suffer From IBS?

If you often complain of abdominal pain...if you find that certain types of foods, beverages-or even stress- can make the symptoms worse, you may suffer from a surprisingly common condition called Irritable Bowel Syndrome (IBS). About 15-20 percent of Americans have this chronic, functional disorder of the gastrointestinal tract. Typically, IBS sufferers have an overly sensitive colon with a tendency towards irregular contractions. The result is abdominal cramps, bloating and gas. As yet, no definitive cure has been found for IBS. But now, in the book *IBS: A Comprehensive Guide To Managing And Improving Your Condition And Your Life*, author Rachel Cooper explains how you can learn to control and relieve your symptoms.

It's Not "All In Your Head"

For years, doctors have suggested IBS is strictly a psychological, not a physical, problem. Or perhaps a combination of the two. What's more, it's been called or confused with spastic bowel, functional bowel disease, spastic colon, colitis, lactose intolerance, Crohn's Disease and more. Recently, however, professionals have begun to reevaluate IBS - especially since up to half of all visits to gastroenterologists are due to this uncomfortable, often painful condition. Today, most doctors agree IBS is a real disorder, not something that's "all in your head!"

Yes, You Can Still Enjoy Your Favorite Dishes!

Think eating right means not indulging in the foods you love? Think again. Truth is, you can dine safely at home, work or at restaurants. And this remarkable book shows you how! In easy, straightforward language, you'll learn how to choose foods that promote regularity and soothe your colon, and stay away from foods that can irritate it. Also included are essential tips on how to eat right when you eat out, stocking your kitchen, nutritional supplements, beverages to avoid and more.

128 Mouth-Watering, Gourmet Recipes!

This life-changing book features 128 tempting, easy-to-prepare gourmet recipes that are specially suited for IBS sufferers - they're absolutely delicious! All are low in fat, use minimal amounts of "safe" oils, avoid dairy products and are prepared with-

out frying. Enjoy tempting delights like Citrus Glazed "Fried" Chicken, Italian-Style Sausage & Peppers, Cheesy Fettuccine, Chocolate Pudding, Guacamole, Coffee Crunch Muffins, Crispy Garlic Potatoes, Peach Ice Cream, Granola Bars and more.

See What Readers Are Saying ...

Since buying IBS, I learned some triggers of IBS along with prevention and treatment.

- Harold G., S. Carolina

I learned how to cope with IBS and not be afraid to leave the house or go on vacation without [worrying].

- Therese S., Illinois

This book will provide valuable information that will enable you to take a proactive approach to improving your condition as well as better your general health and wellness.

- Peter Brancato, Jr., MD

Don't Wait Any Longer To Get Real Relief

The book is fully indexed for easy reference with an essential resource guide, an extensive food/ nutrition guide and helpful diagrams. Also included is an entire section on special exercises for IBS sufferers and a foreword by Peter Brancato, Jr. MD. (212 pages)

Receive Two Free Reports When You Order Now!

Receive absolutely FREE with your purchase *The Stress Report* by Rachel Cooper - a detailed guide to identifying stressors plus helpful strategies for eliminating stress from your daily life. And you'll also receive *The Diet Report* with answers to your most common dietary questions as well as an in-depth discussion of the foods that will remove excess weight.

To order your copy of *IBS* by phone, call toll-free 1-800-598-3936.

To mail in your order, send your name, address, zip code and check for \$9.95 plus \$3.95 postage and handling which includes 2 FREE reports to: American Family, Box 9138, Dept. FH34-UB, Plainview, NY 11803. (CA, CT, FL, NV and NY residents please add appropriate sales tax.)

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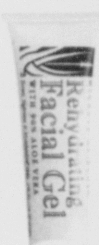
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