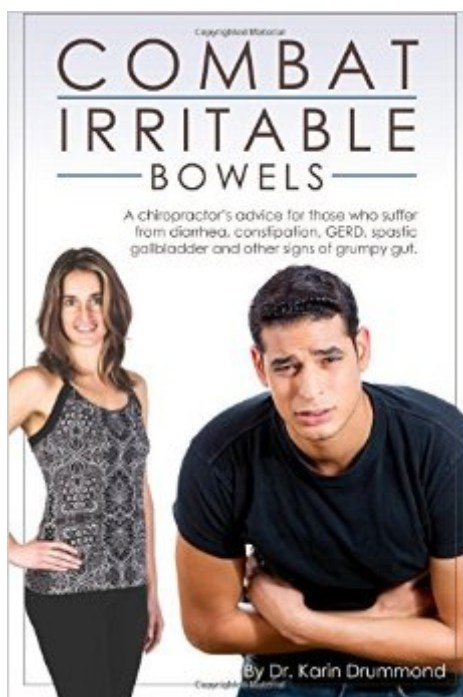


The book was found

# Combat Irritable Bowels (Combat Dis-Ease) (Volume 4)



## Synopsis

If you experience frequent and uncomfortable symptoms relating to your bowels, you want a fast and easy cure—the sooner, the better. *Combat Irritable Bowels* reveals what you can do today to start relieving diarrhea, constipation, and abdominal pain. Learn how to naturally cure gastrointestinal problems like a spastic gallbladder, GERD, Crohn's disease, ulcerative colitis, and other diseases of the digestive tract. Dr. Karin addresses this unpleasant topic based on her own struggles with an irritable bowel and from her perspective as a chiropractor. She knows what works and what doesn't. Don't be fooled by the simplicity of the solutions offered in *Combat Irritable Bowels*. Dr. Karin's triad of wellness has worked for patients where allopathic medicine and surgeries have failed.

## Book Information

Series: Combat Dis-Ease

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Average Customer Review: 5.0 out of 5 stars— See all reviews— (5 customer reviews)

Best Sellers Rank: #1,842,520 in Books (See Top 100 in Books) #145 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #696 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

I am Elizabeth. My husband was a patient of Dr. Karen for many years. I had a roux en y on Jan. 11, 2011. I woke up nauseous and vomiting. 26 surgeries and over 100 yes 100 endoscopies later, I decided to try Dr. Karen. I began reading the book and it was like reading my Dr.'s chart on me. I have IBS-C (and I mean C like no doctor I went to, including the Cleveland Clinic) had ever seen. The chapter on self massage (ch. 22) changed my life. Definitely glad I read this book. This is a must read for anyone with bowel trouble.

My husband and I have been patients of Dr. Karin's for over 10 years. We also referred more than

20 people who are patients of Dr. Karin. She truly cares about her patients and their overall health. Her book contains lots of great information she has given us over the years. I like how the book is setup with short chapters and exercise demonstrations. I have always liked yoga and now love inversion exercises! The book is also a great reminder of how stress affects the body and overall health.

Great book! Within the first two chapters I knew that Dr. Drummond knew exactly what I was going through. I spent a whole evening reading this book. I can wait to implement the exercises and suggestions into my everyday life.

Dr. Drummond talks from experienceâ | I find that very valuable in figuring out my own issuesâ |. Thanks for publishing this wealth of information.

Wow! This information will really help!

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