



# Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief

*Dr. Jeffrey M. Lackner*

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One in five adult Americans suffers from Irritable Bowel Syndrome. Millions seek relief through dietary changes or medications that often prove unsatisfactory and may be accompanied by side effects. It turns out that relief doesn't necessarily come from a bottle of pills or through diet changes—it can be achieved by learning behavioral self-management strategies that get to the source of the problem.

For over 10 years, Dr. Jeffrey M. Lackner has been helping patients gain control of their symptoms. His research—backed by grants from the National Institutes of Health—shows that these skills can help, whether their IBS involves diarrhea, constipation, or both.

Now Dr. Lackner's *Controlling IBS the Drug-Free Way* offers IBS sufferers the same tools that have helped many patients control their bowel problems. Research shows that the techniques featured in this book can improve IBS patients' condition and help them reclaim lives lost to this common gastrointestinal problem. The book offers a step-by-step approach that anyone with IBS can easily follow to reduce symptoms without drugs or professional help. User-friendly worksheets, interactive exercises, self-assessment checklists, and diaries for tracking symptoms and trigger foods are included to help readers master each skill. Also included are up-to-date overviews of medications and dietary strategies that readers can use to maximize symptom control.

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