



Master Your IBS

Pamela Barney, Pamela Weisman, Monica Jarrett, Rona L Levy

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This eight-week program was developed by a long-term, NIH-funded study at the University of Washington. Step-by-step guidance shows the reader how to reduce the severity and frequency of IBS symptoms by proven methods. Follow in the steps of hundreds of study participants and succeed at controlling the diarrhea, constipation, and pain without special diets, drugs, or equipment.

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