



Listen to Your Gut: The Complete Natural Healing Program for IBS & IBD, Revised Edition

Jini Patel Thompson

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This revised and expanded version of expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

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Author : Jini Patel Thompson

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Marilyn Belsham says

Interesting book with interesting suggestions that I am unfortunately not in a position to try due to the complete blockage of my stomach due to crohns inflammation. I would certainly like to have tried these suggestions before submitting to surgery but since I am literally unable to eat or survive much longer without medical intervention I am forced to go with what the doctors suggest. I will be using Jini's suggestions after I am out of hospital and moving forward to keep crohns (hopefully) at bay.

Melissa says

amazing resource for those with gut issues IBD/IBS/crohns
