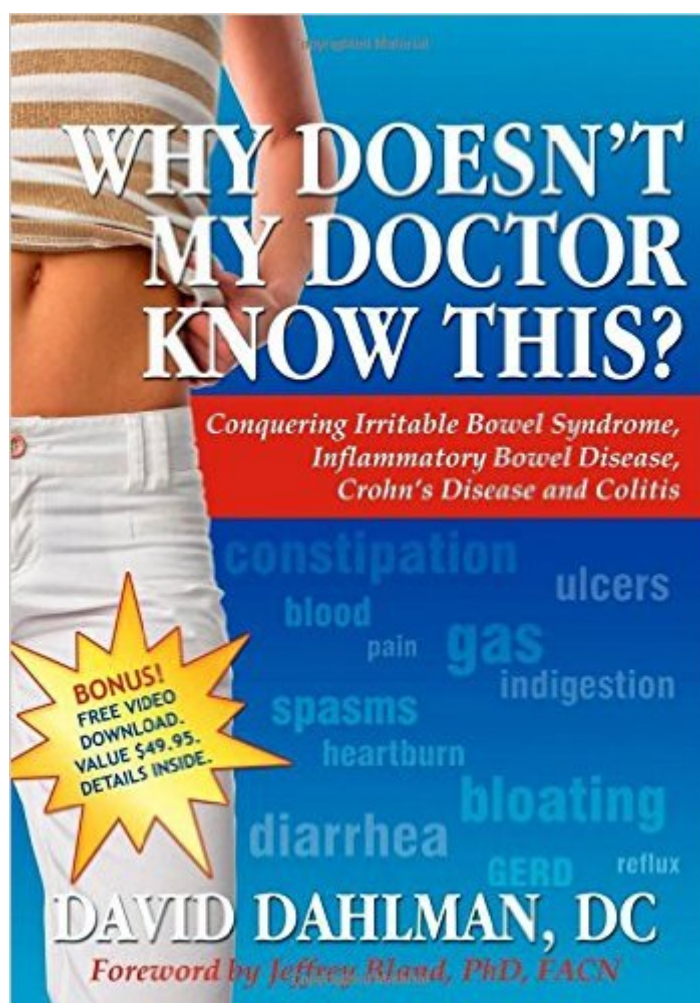


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# Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease And Colitis



## Synopsis

You're miserable, your quality of life has changed, your medications don't help and your doctor had the nerve to tell you that diet has nothing to do with your condition. ...but you know better! You can conquer these symptoms of Irritable Bowel Syndrome, Crohn's Disease and any form of Colitis: Gas, Bloating, Indigestion, Heartburn, Reflux, GERD, Diarrhea, Constipation, Alternating Diarrhea/Constipation, Abnormal Bowel Urgency, Abnormal Bowel Frequency, Pain, Spasms, Blood, Mucous, Hemorrhoids, Hiatal Hernia. Why Doesn't My Doctor Know This? Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis details the only physician designed step-by-step plan combined with dietary advice and an all natural supplement program. It will end your symptoms because it addresses these nine separate variables...Any or all of which may be the cause of your condition: \*Altered levels of beneficial bacteria (probiotics)

## Book Information

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## Customer Reviews

Dr. Dalman has finally written a book. I am thrilled. After my brother was cured of a nasty end-stage combination of Crons and Ulcerative Colitis, he noticed that his chronic psoriasis went away too. That sparked my interest in Dr. Dalman's work for my own health, since I suffer from that skin condition. I went online and printed out his 30 page report. I learned that the protocol and supplements are almost exactly identical, except for the fact that I can eat the legume family and raw, cruciferous foods, since I don't have G.I. tract symptoms at this time. On his website, which is very informative, this book was made available. Wanting to know more, I bought it and set out to read

and review it. Dahlman's main focus is to calm down and restore the G.I. tract through a combination of focusing on bacteria (good) and chemistry. To alter these conditions in the colon, it may be seen as a highly restrictive way to live, especially the dietary changes. It's important to remember that they are temporary and a process of elimination to produce the quickest results. He estimates about three months. Apparently, if you get well, you can work back in your old favorites. He mentions that many of the things we have tried in the past may well have some benefits, but have never been done simultaneously with all his suggestions. He urges us to purify our bodies, so the probiotic supplements, the anti-inflammatory drink mixes etc, have a chance to work for you. The dietary guidelines will complement these supplements, which are borne out by nearly thirty years of research. He is not afraid of the complexity of his approach all, and has some sense, one can tell from the dark humour, that he has some dictator qualities.

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