

The Complete Guide to Digestive Health Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers and More

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389 pages Chapter heading include: Why people get digestive diseases, Symptoms, solutions, and when to seek help, digestive problems, Best bets for better digestion, Diet additions to aid digestion, Products and therapies what you should know, Medical tests to diagnose digestive diseases



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