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Edition

# Irritable Bowel Syndrome

A NATURAL APPROACH



**PRACTICAL SUGGESTIONS FOR**  
♦ Stress Reduction ♦ Diet ♦  
♦ Exercise ♦ Coping ♦

**ROSEMARY NICOL**

Introduction by **WILLIAM JOHN SNAPE, Jr., M.D.**

# Irritable Bowel Syndrome A Natural Approach

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