



Dime que comer si tengo sindrome de colon irritable (Salud Y Vida Natural) (Spanish Edition)

Elaine Magee

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El Síndrome del Colon Irritable (SCI) es una de las patologías más comunes por las que una persona acude al médico. Aun así, la mayoría de los pacientes con SCI no buscan asistencia médica, ya sea por miedo, vergüenza o poca fe en los tratamientos efectivos. Si padeces SCI, sabes de sobras que esta enfermedad está vinculada a tu bienestar general y a lo que comas o bebas. Este libro te explica que alimentos puedes tomar diariamente, cuáles son buenos para combatir la diarrea o el estreñimiento, cuáles ocasionan inflamaciones y problemas intestinales. / Those with IBS are undoubtedly familiar with the link between comfort, and what they eat or drink. Elaine Magee gives positive advice about what foods one should eat almost every day, and whether one suffers from IBS constipation, IBS diarrhea predominant, or the type of IBS that includes both conditions.

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