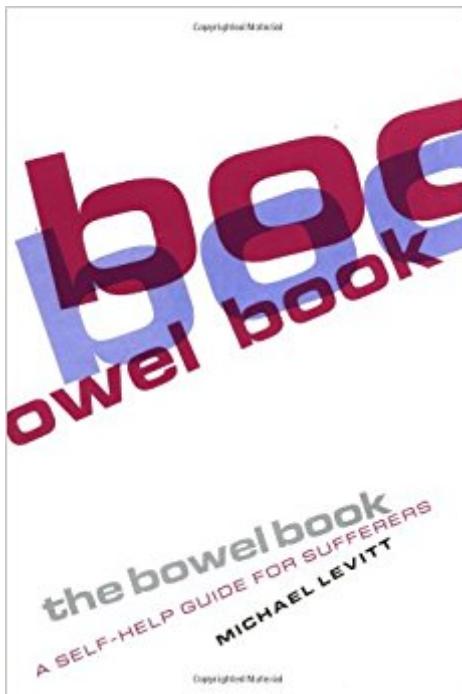


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# The Bowel Book: A Self-Help Guide For Sufferers



## Synopsis

It seems nowadays that we are happy to discuss almost every aspect of our health and reveal to doctors, psychologists, phone-in hosts and their audiences--in fact almost anyone who will listen--our most personal and intimate problems. There remains one last taboo--one last subject for which people will suffer in silence: problems relating to their bowels. This reluctance is seen by many within the medical profession as being a significant cause of the increase in bowel cancer within the developing world. The Bowel Book is a frank, entertaining, and accessible book offering advice on these and related problems, from the view of a medical specialist with many years of experience dealing with these problems. The book provides advice on every type of problem such as haemorrhoids, irritable bowel syndrome, constipation, and colitis. Most importantly, it highlights the early warning signals of such life threatening illnesses such as bowel cancer. Along the way it discusses and assesses alternative treatments such as colonic irrigation, and controversially contests some of the widely held views on the benefits of high-fiber diets.

## Book Information

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## Customer Reviews

"This 'self-help guide for sufferers' aims to answer all the questions people are afraid to ask - and which might help them to solve problems before they become serious ... this no-nonsense little book should probably be on every family's bookshelf." East Anglian Daily Times "This book is, as it claims, 'frank and entertaining' without being derogatory to people with bowel conditions. The author has great understanding of each condition and shows real empathy towards patients ... This book

should be recommended reading for students, nurses and GPs." Nursing Standard " ... informative and accessible ... I would recommend this book to patients, especially those who express an interest in learning more about their bowel habit. It may help clear up misconceptions about symptoms that are so often too embarrassing for individuals to discuss with their doctor." Journal of Human Nutrition and Dietetics, 15

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Last year I had to have a polyp removed surgically. When the doctor performed a colonoscopy he found a suspicious area and performed a biopsy (this was embedded in the mucosa so he could not snip it off like he would a polyp). The biopsy showed it was an adenoma with high-grade dysplasia - or a step away from cancer. The first surgeon I went to was going to perform a "temporary colonoscopy", the second one said he would just remove the growth (unless they found it was deeper than anticipated). The week before the surgery I went to the library and happened to find this marvelous little book. And I must say, it alleviated my fears greatly!! All turned out well, with same-day surgery and no complications. Now it is time to have another test - and the worries and fears have come back. So, now I am going to order this book to have on hand whenever I become too concerned about "what's going on"? This is a very self-educating, easy to read book and would be helpful to practically everybody who has had any bowel discomfort or GI problems.

My husband has suffered from intestinal and digestive problems for years, and has never received a helpful diagnosis. This book discussed some problems that we feel may be worth discussing with his doctor.

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