



## Stomach and Bowel Disorders

By Jan De Vries

Paperback. Book Condition: New. Not Signed; The stress and anxieties of modern life can take their toll on the digestive system. If not treated in their early stages, simple digestive and absorption disorders can develop into serious conditions such as ulcers, colitis or irritable bowel syndrome. Jan de Vries shares the results of 30 years' successful treatment of stomach and bowel problems, showing the reader how to interpret the body's warning signals and setting out simple and effective remedies, diets and exercises. book.



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