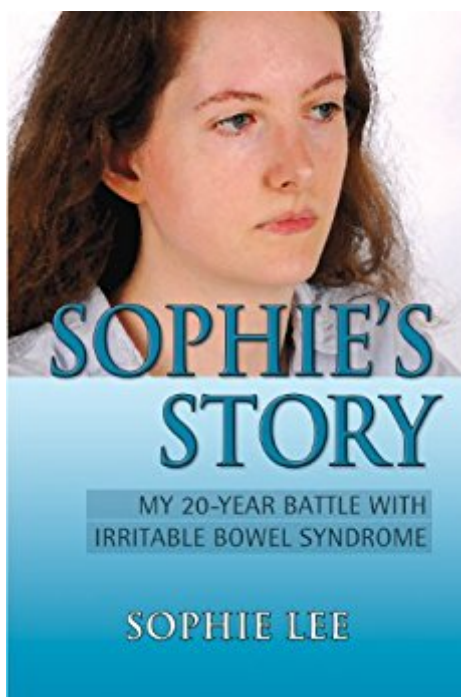


The book was found

Sophie's Story: My 20-Year Battle With Irritable Bowel Syndrome



Synopsis

"I've had irritable bowel syndrome for twenty years. For most of my life I have lived with urgent diarrhea, horrible constipation and agonizing stomach pain. I have spent whole afternoons in the bathroom, and on my very worst days I have endured vicious attacks that left me shaking, sweating and scared..." It's whispered about and often made light of, but as Sophie Lee will tell you, there is nothing funny about irritable bowel syndrome (IBS)--a chronic medical condition characterized by often intense abdominal pain, bloating, constipation and /or diarrhea. The stigma attached to this disorder prevents many people from seeking help or sharing their problem with family, friends and coworkers. This is unfortunate, since it is estimated that more than 60 million Americans suffer from this devastating illness. Sadly, patients who do seek medical help often find themselves up against ignorant doctors and even those who believe that IBS is a psychological condition. "Sophie's Story: My 20-Year Battle with Irritable Bowel Syndrome" chronicles a brave young woman's fight against the IBS "monster", offering valuable insights on coping with, and even controlling, the symptoms. Partly an offering of hope to other IBS sufferers and partly her way of fighting back against those who told her that IBS is all in her head, this no-holds barred narrative discusses the many psychological, physical and social effects of living with this disease. Sophie also writes about which conventional and alternative treatments were most effective for her and how the right diet made a difference, as well as her successful, personal formula to conquer IBS.

Book Information

File Size: 428 KB

Print Length: 158 pages

Publisher: Health Point Press (January 15, 2011)

Publication Date: January 15, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B007YNCENM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #760,799 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #101

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome
#10084 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Occult #52145 inÂ Kindle
Store > Kindle eBooks > Health, Fitness & Dieting

Customer Reviews

Reading this book was a lifesaver for me. It gave me hope and for the very first time I felt like I was not alone. I have been battling IBS with constipation for 6 years now and actually had constipation issues as far back as childhood. However, I had managed to have my condition under control for years, but when it resurfaced, it resurfaced with a vengeance. By the time I got around to ordering "Sophie's Story," I was down to 98lbs, not eating and barely drinking anything and had been out of work for 6 weeks. I ordered the book on a Wednesday morning, and received it that Friday afternoon. I started the book as soon as I received it and finished it on Saturday morning. Even though, I was not actually talking to Sophie Lee, I felt like I was sharing the darkest part of my life with a close friend! She has written this book, just as if she is telling you face-to-face what she had gone through! The book was open, honest, to the point and very easy to read. I strongly recommend this book to anyone who is suffering with IBS or to anyone who is living with someone who is suffering with this horrible illness. And, if you are a parent of a child with IBS, this book is a must-read for you. Children, are easily brushed off when they have a complaint or a problem because as adults we tend to think it can't be as bad as they are making it sound. But, I can assure you from experience that IBS is not just a tummy ache that will be gone in the morning! This book gave me the boost I needed and helped me to realize that if I was going to get better, it was probably going to be because of something I did for myself.

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