



# **No More Digestive Problems: The Answers Every Woman Needs--Real Solutions to Stop the Pain and Achieve Lasting Digestive Health**

*Cynthia, MD Yoshida*

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A staggering one in four women suffers some kind of gastrointestinal disorder. Some conditions, like irritable bowel syndrome, afflict more than twice as many women as men. Yet all too often, women suffer in silence—or fail to benefit when they receive the same treatment as men.

Now, in this accessible, comprehensive guide, one of the country's leading gastroenterologists, Dr. Cynthia Yoshida, provides the answers every woman needs, starting with a tour of the female GI system and the profound role sex hormones play. Brought to you by the American Gastroenterological Association, the book features the newest breakthrough medical treatments, plus advice on diet and gentle natural therapies that really work. No More Digestive Problems includes:

- Handling the effects of PMS, pregnancy, and menopause
- The surprising influence of weight on digestion—with vital information on eating disorders
- Combating common ills from bloating, belching, and heartburn to the runs and constipation
- Meeting the challenges of reflux (GERD), food intolerances, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD)
- The crucial facts about women and colon cancer—and how to reduce your risk

Filled with revealing patient anecdotes, self-help tips, information on standard tests, and important questions you may want to ask your physician, here is an invaluable—and potentially lifesaving—resource for women of all ages.

*From the Trade Paperback edition.*

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