

IRRITABLE BOWEL SYNDROME

Information Guide

WEBSITES

AMERICAN GASTROENTEROLOGICAL ASSOCIATION

www.gastro.org

CANADIAN SOCIETY OF INTESTINAL RESEARCH

<http://www.badgut.org/information-centre/irritable-bowel-syndrome.html>

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/irritablebowelsyndrome.html

NATIONAL DIGESTIVE DISEASE INFORMATION CLEARINGHOUSE

<http://digestive.niddk.nih.gov/ddiseases/pubs/ibs/>

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

DVDS

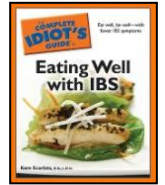
Healthy body, healthy mind. IBS: Irritable bowel syndrome

Information Television Network **2008**
[DVD 616.342 Healt](#)

BOOKS

The complete idiot's guide to eating well with IBS

Kate Scarlata **2010**
[616.342 Scarl](#)



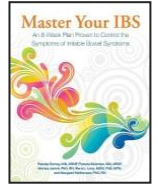
Irritable bowel syndrome: A natural approach

Rosemary Nicol **2007**
[616.342 Nicol 2007](#)



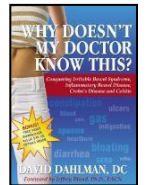
Master your IBS : an 8-week plan to control the symptoms of irritable bowel syndrome

Pamela Barney **2010**
[616.342 Maste](#)



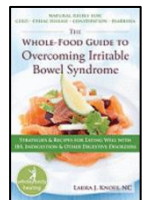
Why doesn't my doctor know this? Conquering irritable bowel syndrome, inflammatory bowel disease, Crohn's disease and colitis

David Dahlman **2008**
[616.34 Dahlm](#)



The whole-food guide to overcoming irritable bowel syndrome

Laura Knoff **2010**
[616.342 Knoff](#)



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