



Natural Solutions for Digestive Health

Dr. Jillian Sarno Teta, Jeannette L. Bessinger BCHHC

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Based on the latest medical and nutritional research, *Natural Solutions for Digestive Health* provides anyone suffering from chronic or intermittent gut disorders the relief they seek. It covers everything from low-grade irritations such as bloating, gas, constipation, and lactose intolerance to more serious conditions such as ulcerative colitis, acid reflux, gallstones, diverticulitis, and inflammatory bowel disease. A special section focuses on pediatric digestive problems, and there's expert nutritional and dietary advice plus recipes to help ensure digestive health.

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