



## User's Guide to Healthy Digestion: Learn How You Can Put an End to Heartburn, Indigestion, Constipation, and Other Digestive Problems

By Victoria Dolby Toews

Basic Health Publications, United States, 2006. Paperback. Book Condition: New. 217 x 100 mm. Language: English . Brand New Book. User's Guide To Healthy Digestion is an easy-to-read information-packed book that will teach you how to put an end to your digestive problems. Heartburn, indigestion, bloating, gas, constipation, diarrhoea, and other digestive problems affect nearly everyone at one time or another. Health writer Victoria Dolby Toews describes the most common digestive problems and diseases and recommends safe dietary, herbal, and nutrition remedies to improve digestive health.



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