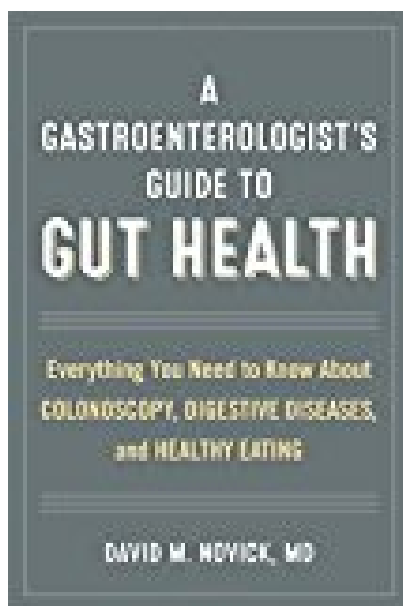


A Gastroenterologists Guide to Gut Health Everything You Need to Know About Colonoscopy Digestive Diseases and Healthy Eating



BOOK DETAILS

- Author : David M., MD Novick
- Pages : 256 Pages
- Publisher : Rowman & Littlefield Publishers
- Language : English
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BOOK SYNOPSIS

Millions of Americans have complaints about, or disorders of, the esophagus, stomach, intestines, liver, gallbladder, or pancreas, all of which comprise the gastrointestinal (GI) tract. This book provides accurate, reliable, and up-to-date information on the most common GI disorders. Written by a gastroenterologist with decades of clinical and research experience, *A Gastroenterologist's Guide to Gut Health* provides the advice that Dr. Novick gives to patients in his practice every day, written in a clear, conversational, and easily understandable style. Advocating strongly for colon cancer screening and prevention, he walks readers through the process of colonoscopy, demystifying the procedure so patients know exactly what to expect. A review of alternatives to colonoscopy are also included. In addition to colonoscopy and colon cancer, Dr. Novick reviews irritable bowel syndrome, inflammatory bowel disease (Crohn's disease and ulcerative colitis), celiac disease, acid reflux, hepatitis C, hemorrhoids, and many other GI diseases. He provides clear and specific details on best nutrition practices and explains how to get the most out of your visit to the doctor. Anyone with questions about digestive health, prevention, and screening will find here a ready and accessible resource for staying healthy and feeling good.

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