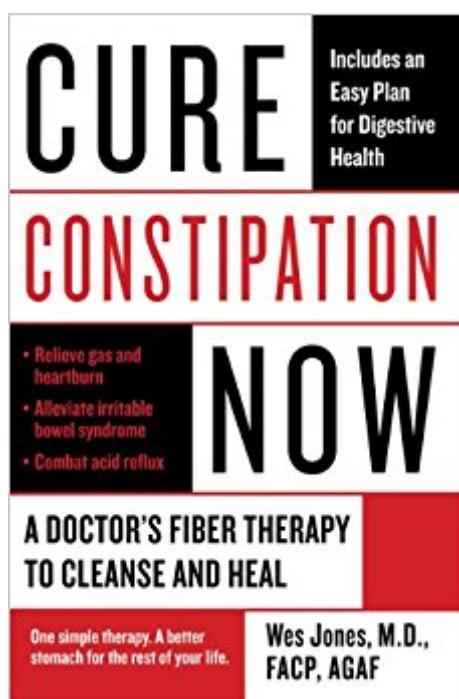


The book was found

Cure Constipation Now: A Doctor's Fiber Therapy To Cleanse And Heal



Synopsis

An easy-to-follow plan to regain a healthy gastrointestinal system-and relieve problems from gas to bloating to IBS. Close to 100 million Americans suffer from chronic-and sometimes very serious-gastrointestinal conditions. Prominent gastroenterologist Dr. Wesley Jones has found that virtually all digestive problems have one single underlying cause-constipation. Our modern diets and stressful lifestyles can make poor digestion such a common experience that sometimes people don't even recognize it as a problem. Here, Dr. Jones provides a proven program that has already helped thousands relieve and prevent constipation-related gastrointestinal problems for life. No one wants to talk about constipation, but millions suffer from it. Take as evidence the ubiquitous ads for Dannon's billion-dollar brand, Activia, which features Jamie Lee Curtis talking about "occasional irregularity." Constipation is one of the most common gastrointestinal complaints in the United States, resulting in about two million doctor visits annually. However, most people treat themselves without seeking medical help, as is evident from the millions of dollars Americans spend on laxatives each year. Now, this book will offer them a safe, proven, easy-to-follow program to relieve constipation once and for all. Because it's not just uncomfortable-it's unhealthy!

Book Information

Paperback: 320 pages

Publisher: Berkley; 1 Original edition (July 7, 2009)

Language: English

ISBN-10: 0425227553

ISBN-13: 978-0425227558

Product Dimensions: 5.6 x 0.8 x 8.2 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 62 customer reviews

Best Sellers Rank: #449,667 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Nutrition > Fiber #242 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #452 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Wesley Jones, M.D., is the founder and senior partner of the Cape Fear Center for Digestive Diseases in North Carolina. He is chair of Curamericas Global, Inc., which provides healthcare to Central America, South America, and west African communities. He was awarded the FACP and

AGAF awards for his work in the field.

Excellent information! Very educational about our digestive system that redefines the meaning of "constipation". The book explains how our digestive system is like any muscle that needs exercising and how to "exercise" it. By following the plan Dr. Jones suggest, you will develop a healthy digestive system eliminating or significantly decreasing many gastric issues. An added benefit - the program will help lower your cholesterol. You will also eliminate the need for air freshener in your bathroom. Great reading material while sitting on the toilet; however, you won't be sitting long once you get into the program.

After dealing with chronic constipation for 10 years with no solution from GI specialists, I decided to read up on it for myself and educate myself. I'm so glad that I purchased this book. I was just told by a GI doctor that I will need a major surgery to re-route my intestines so that I can use the restroom regularly. The GI doctor went straight to a surgical solution without doing any assessments or tests. So I turned to .com and found this great resource called "Cure Constipation Now". I was desperate for treatment and so tired of the symptoms associated with constipation such as bloating, fatigue, mood changes, etc. I followed Dr. Wes Jones protocol exactly and saw results within days. Now I'm using the restroom 2-3x a day without any complications. I'm so thankful that Dr. Jones decided to write this book and to publish this fiber therapy program. I'm thankful for the healing and recommended this book to other chronic sufferers.

Wes Jones reminds me of a down-to-earth country doctor with whom one can relate and feel comfortable in trusting his knowledge, experience, and expertise. For me, his protocol in regaining control of ones elimination habits seemed a bit confusing in that there is a plan, but if it doesn't work then back up and "Do this.....". No doubt it must be that way in real life and if one could actually sit down with him, a paper and pencil, it would be easier to understand . It could be that the bit of confusion rests with me rather than his writing style. One would have to find that out for themselves. BUT, nonetheless, I did gain directions which has served to help me be confident in now acquiring some success in this matter. My problem has been chronic for years and had become worse as of late until I bought this book on and learned that I truly did need some added fiber and was comforted that gentle laxatives could help the integrity of the colon and sphincter muscle tone. [I did read some contraindications regarding Miralax which one may want to investigate for themselves. It does help, but it may have some drawbacks if relying solely on it for a long length of time.] Mr. Jones

gives alternatives for whatever product he recommends. He highly recommended a bread called FIBER FIVE by Great Harvest Bread Co. Unfortunately, here in Oklahoma City, OK , I was unable to find any store that carried this product. I never came across any recommendation for the amount of water or acceptable liquids one should consume when taking fiber or a recommended total daily amount. But the family physician stated that one should drink 30-60 oz. per day, especially when one is taking fiber. Best wishes to all who struggle with bowel troubles.

This plan works. I am 56 years old and have had constipation issues my entire life. It took about 8 months for me to find the right combination and frequency of fiber and milk of magnesia, but I feel so much better. I started with the recommended BeneFiber, and really didn't get much out of it - maybe because my system was already used to a lot of fibrous foods? But, for me, a combo of Metamucil and Milk of Magnesia on a regular schedule works magic.

....for anyone suffering from any stomach issues, i highly recommend this book. Dr Jones is my dr & while he has a reputation of being quite unconventional in his practice, his protocol is proven to cure what ails ya! this book explains more than u really want to know, but its a must-have for ppl w/ chronic, or even occasional, GI problems. his protocol sounds intense & at times quite confusing, but it gets easier once u get into the routine. i urge u to at least give it a try. it really does work & has all but cured my GERD (acid reflux) & other GI issues.

I heard the author speaking on NYU's Doctor Radio while driving and pulled over so I could pay attention to wisdom and knowledge regarding the gambit of gastric and bowel problems. This book is easy to read, a little folksy at time, but filled with solid medical information that will change anyone's life who has had problems with constipation, GERD, Irritable Bowel, Etc. The regime he offers really does work, and over time, bowel function returns to normal, gas dissipates, and colon health returns. The author also was available by email to answer questions. He is a highly trained physician and backs up his claims with medical reference and practice antidotes. I have recommended this book to many others and consider it my "bible" of colon health. All physicians and nurses should read this!

So far so good. I'm still in the first month. It's good to have a plan instead of just taking a laxative every few days.

This book has changed my wife's life. She reminds me constantly about the importance of fiber, she has blogged about this book, and she has contacted the author and received a personal reply. My wife borrowed her first copy from the local library then immediately purchased 2 copies -- one for her reference and one to lend out. Excellent book!

[Download to continue reading...](#)

Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer LINZESS (Linaclootide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fruit and Veggie Smoothie Recipes: Fight Toddler Constipation, Increase Toddler's Fiber Intake and Help Picky Eaters Taming Your Guts A complete guide to functional gastrointestinal disorders (FGID) including Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux (GERD), Gastritis, Roughage, Fiber, Food allergies, Constipation, Diarrhea, Diverticulosis The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver

Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight) Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) No Healthy Guts, No Glory - How to Treat and Cure Diarrhea, Acid Reflux, Constipation, Gas, Nausea, Ulcers, Menstrual Cramps, and Stomach Flu

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)