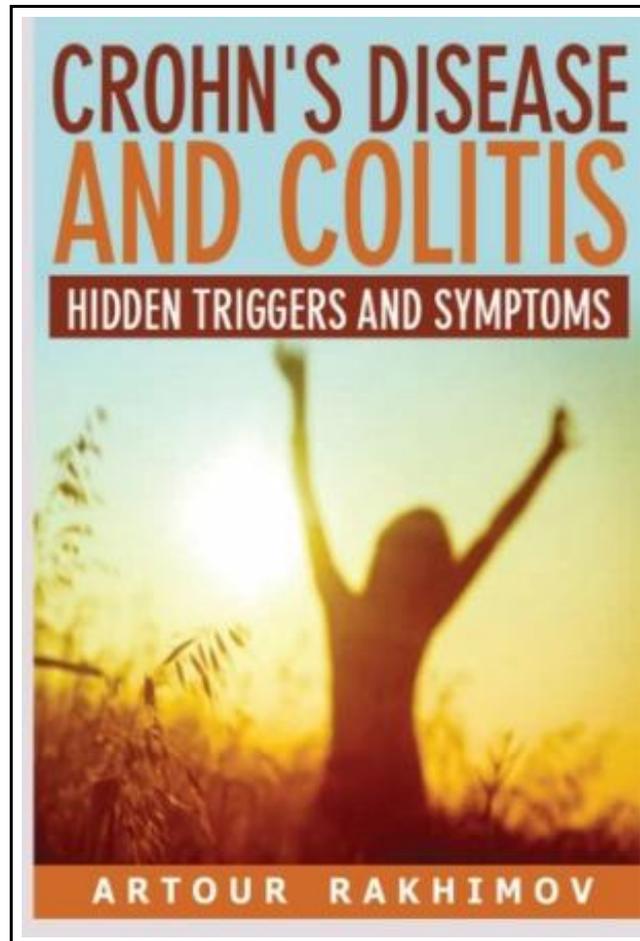


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Contemporary books, internet sources and articles on digestive problems, Crohn s disease and ulcerative colitis, including books written by medical doctors and nutritionists, are full of myths and fantasies about causes and solutions to these digestive problems. As a result of popular treatment methods, people with GI problems are mainly busy with endless changes in their diet and the daily use of probiotics and other supplements. These treatment programs are sometimes sprinkled with ideas of better chewing, more physical exercise and other lifestyle changes. In the long run, since there are no criteria for normal or good digestion, many of the recovered people will get the same and sometimes other symptoms some weeks or months later. There are also no books and internet resources that provide even a list of specific signs of normal (or ideal) digestive health. These signs do exist, and they include such factors that are virtually never mentioned in the medical literature or sources related to alternative medicine. Signs of perfect digestion A person with normal digestive health does not require any toilet paper due to the absence of soiling (i.e., no residue is left on the anus after a bowel movement). Also, bowel movements are regular, and the feces do not produce any odor and do not leave marks on the toilet bowl. If someone has inflammatory bowel disease, they always require use of toilet paper and the degree of soiling generally correlates with the severity of their digestive problem. Most ordinary people require toilet paper as well. This is an indicator of their poor GI health. A person with normal digestion is able to hold up to 1 liter...



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