



# Mayo Clinic on Digestive Health, 3rd Edition

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## **Mayo Clinic on Digestive Health, 3rd Edition** Mayo Clinic

Clearly, indigestion has become a national epidemic. One in 3 Americans regularly experiences some type of digestive difficulty—such as gas, stomach acid, constipation or a serious digestive disease. Americans now spend \$3 billion each year on over-the-counter antacids, laxatives, acid blockers and fiber supplements. Now there's help for anyone with concerns about digestive health from Mayo Clinic, one of the most respected medical institutions in the world.

Mayo Clinic on Digestive Health provides the answers you need to lead a more comfortable and enjoyable life.

This third edition brings you extensively updated information about the most recent diagnostic and treatment options. Along with the advice of your doctor, this book can help you enjoy life with fewer digestive problems.

This book is packed with helpful information on avoiding digestive discomfort and preventing more serious problems.

You'll discover the value of diagnostic testing, mealtime recommendations and self-care tips for relieving discomfort. Plus the latest information on endoscopic ultrasound, virtual colonoscopy and the newer minimally invasive treatments for gastroesophageal reflux disease (GERD).

You'll find reliable help with today's most common digestive problems, including:

- Abdominal pain
- Celiac disease
- Constipation and diarrhea
- Crohn's disease
- Diverticular disease
- Gas
- Heartburn and GERD
- Irritable bowel syndrome
- Ulcers
- And causes and treatment of other disorders

We can't promise that all of your digestive problems will go away, but you will get the guidance you need to make them more understandable, more manageable and more responsive to treatment. Order your copy today!

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