



## Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal

By Wes Jones

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**Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal** By Wes Jones

**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!

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## **Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal By Wes Jones Bibliography**

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### **Editorial Review**

#### **About the Author**

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.

### **Users Review**

#### **From reader reviews:**

##### **Jennifer Garza:**

The reason? Because this Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal is an unordinary book that the inside of the publication waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book beside it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking way. So , still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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##### **Marivel Tye:**

Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into pleasure arrangement in writing Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal although doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can

be considered one of it. This great information could draw you into fresh stage of crucial imagining.

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