

FINALLY!

A SIMPLE, EFFECTIVE AND NATURAL WAY

TO FREE YOURSELF FROM

IRRITABLE BOWEL SYNDROME...

FOR GOOD!

Feeling Overwhelmed? Frustrated?

Sometimes, trying to find the right dietary and lifestyle information on IBS is a losing battle.

Especially in this **Age of Information**. There's just so much out there!

I know, I tried! And so have my clients!!

If you're like I was, you're fed up with the huge volume of conflicting information out there.

Or you've just had enough of being persuaded to buy the latest 'fad' product that will 'sort out you're IBS problems in an instant'.

You know **exactly** what you want.

Simple, effective information on how to modify your diet and lifestyle...

from an IBS perspective!

So why is this information so hard to find??

Most books on IBS go into so much scientific detail, it's impossible for normal people like us to understand.

Others simply don't have enough information on diet and lifestyle.

So where's the happy medium?

Well, you're on the right page, my friend.

As an ex-IBS sufferer myself and an IBS Nutrition Counselor, I've devoted my time to showing people how they too can be free from IBS for good, without the need for pills, patches or other gimmicky, quick-fix products.

I've already helped many people beat IBS using a few **simple but very effective techniques** that are detailed in my ebook.

"I'm so happy there is a book out there like this one. I can now change my diet at my own pace. Upon changing my breakfast, I started to feel better already!"

Shawn, NY

In this **easy-to-understand** ebook, you will learn:

- What you **should** be eating
- What you **really shouldn't** be eating
- How you can tailor your breakfast, lunch and dinner for **best results**
- The **biggest worries** regarding living with IBS and how **YOU** can *beat them for good*
- Tips and advice to help you **personalize** your own *plan of action*
- **Powerful knowledge** and experiences from other sufferers who have successfully beaten IBS

... and *much* more!

With this ebook, you will finally have everything you need to kick IBS *right out of your life*.

You won't find anything like this out there. This is a compilation of real tips, advice and practical pointers from myself and the hundreds of clients I've had over the years. I have taken those experiences, along with the most useful and practical information on diet and lifestyle regarding IBS, and packed it all into one ebook.

It wasn't easy, but I persisted, knowing it would help many people who are suffering like I was.

This ebook covers *everything* you've ever worried about regarding IBS, and even more!

You've finally found the **mega-guide** to beating IBS! You will learn the simple diet and lifestyle changes that you can make to vastly improve and even beat IBS.

You can begin right now!

Take that first step towards a **life free from Irritable Bowel Syndrome** and begin feeling the effects *almost immediately!*

Trust me, you will not regret it.

Your friend,

(name)

PS - Come and see us at www.happyhealing.net for a list of **informative teleseminars** on IBS.

PPS – Need an extra helping hand? Pop by the website to learn more about my special **One-on-One Nutrition Coaching**.