



# **The First Year: IBS (Irritable Bowel Syndrome)-- An Essential Guide for the Newly Diagnosed**

*Heather Van Vorous*

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# The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed

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Like the other titles in the “First Year” series, *The First Year—IBS* offers two distinct advantages. First, it is written by a patient-expert, Heather Van Vorous, who has managed her IBS for more than fifteen years and knows firsthand what’s required to manage her condition. Second, it guides readers through their first seven days following diagnosis, then the next three weeks of the first month, and finally the next eleven months of their first year, offering answers and advice to guide those with IBS into their new lifestyle. Starting with the day of diagnosis, Van Vorous provides detailed information about trigger foods, safe foods, soluble versus insoluble fiber, tips for eating and cooking, traveling, eating out, exercise, and much more. *The First Year—IBS* will inspire and educate those with IBS as no other guide does.

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