



# Digestion, Diet, and Disease: Irritable Bowel Syndrome and Gastrointestinal Function

*Professor Janice Vickerstaff Joneja*

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Malfunction in the digestive tract can arise from a variety of causes, and it requires the sciences of immunology, physiology, biochemistry, microbiology, and nutrition to fully explain the basis of the dysfunction as well as effective treatment options. Now Dr. Janice Vickerstaff Joneja has written the first book that:

- Applies current research data in *all* of the relevant sciences into a practical resource for the management of gastrointestinal disease, in particular irritable bowel syndrome (IBS).
- Supplies complete scientific references for the research scientist, the clinician, and the student.
- Provides specific dietary management strategies for IBS and related dysfunction in the gastrointestinal tract, based on scientific data.
- Includes meal plans, recipes, and dietary advice for balanced nutrition, while avoiding the foods most likely to trigger or exacerbate IBS.

These unique qualities make *Digestion, Diet, and Disease* the ideal choice for practitioners, educators, and researchers in the field of nutritional medicine, as well as nurses, alternative medicine professionals, and the educated general public suffering from IBS.

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