

THE **Gut Solution**

FOR PARENTS WITH CHILDREN WHO HAVE
RECURRENT ABDOMINAL PAIN &
IRRITABLE BOWEL SYNDROME

By Michael Lawson, MD

& Jessica Del Pozo, PhD



Includes a comprehensive guide to the
highly successful **SEEDS** program that
has been used by over 400 children so far!

Michael Lawson MD and

**The Gut Solution: A guide for Parents with Children who
have Recurrent Abdominal Pain and Irritable Bowel
Syndrome**



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Children suffer and parents get worried when stomach pain, diarrhea, constipation, indigestion, and bloating become chronic and these complications can be disruptive to everyone. In a day and time of advanced medical technology, why are so many children still suffering? Their system, SEEDS, encompasses the fundamental information and guidance to help family members manage these common and frequently difficult digestive complications. The Gut Answer walks parents and caregivers through SEEDS (Stress Administration, Education, Exercise, Diet & Sleep) clearly explaining not only the underlying physiological and biological issues at play, however the neurological, behavioral, and psychological elements in irritable bowel syndrome and abdominal pain and most importantly, what you can do about any of it. In The Gut Alternative, Drs. Lawson and Del Pozo reveal the very best solution available for functional gastrointestinal disorders like irritable bowel syndrome (IBS) and recurrent abdominal discomfort (RAP). SEEDS is a highly successful program that has been taught to a lot more than 400 children since 2006 with sustained positive results. The results were offered and received vital acclaim at the prestigious AGA Research Symposium at Digestive Disease week in Orlando, Florida in 2013.



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Helps you help your child! Practical Advice on Children and Digestion
Outstanding practical advice to get parents as we become aware of how stress can affect the way our kids think of and physically digest meals. I would highly recommend this publication! It gave me self-confidence that we were not missing anything, we did not need to continue on a quest to discover some mysterious disease. We were at wits end with "practical abdominal pain", this book offered me insight and what to try. Three Stars It's fine. Not only perform we understand our child much better now, moreover she understands herself far better and can be learning that mental and physical health are interwoven and that she knows what work she's to perform to feel great. These conditions are not about food. Everyone that suffers from RAPS or IBM should go through this book. Helpful book. The 5 components of the successful SEEDS plan (Stress Management, Education, Workout, Diet &.. Simple explanations and advice In stead of asking your teenager what's happening with their IBS in a desperate bid to find solutions, focus on informing yourself by scanning this book. RAPS & This book summarises a mountain of scientific data right into a .. It really is written in obvious and understandable language and dispels a few of the myths around IBS. This book summarises a mountain of scientific data into a superior explanation of what we currently understand about IBS, and will be offering a procedure for management successful in the setting of a big institution but with strategies that can also be utilized by those folks in private practice. It can help not only children and their own families struggling with this issue, but also clinicians searching for a even more organised approach to managing them. Five Stars ?? You can be a grown-up with this issue but still .. Extremely helpful. You can be a grown-up with this issue and still benefit from the wealth of information and practical solutions in this book.. Helpful book. Great book! Sleep) really address the complete person and the mind/body connection. After an extremely difficult year of get worried, weight loss, doctors, specialists, countless tests and actually two upper endoscopies this book was recommended by our pediatric GI. IBM are conditions that have to be handled, reading it gave us direction and we were able to help our child begin addressing the problems that were resulting in the constant flair up of RAPS. great information. Easy to follow! This book is a wonderful guide for parents of children with IBS.. We were at wits end with "functional . It really helped, good info. This publication made me learn how to manage the condition instead of letting it run our lives.



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