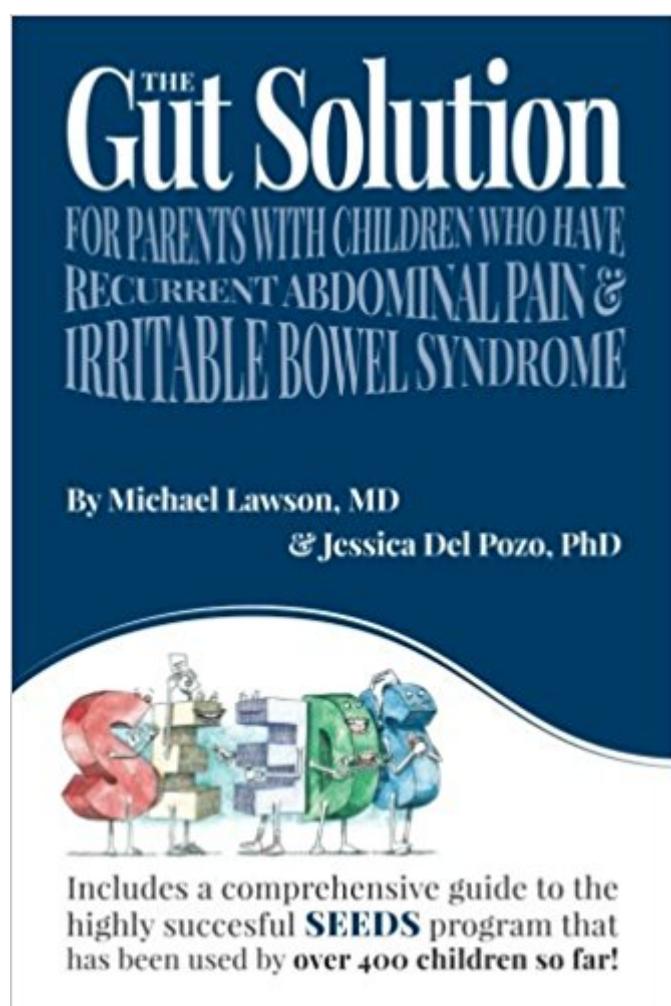


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# The Gut Solution: A Guide For Parents With Children Who Have Recurrent Abdominal Pain And Irritable Bowel Syndrome



## **Synopsis**

Children suffer and parents worry when stomach pain, diarrhea, constipation, indigestion, and bloating become chronic and these problems can be disruptive to the whole family. In an age of advanced medical technology, why are so many children still suffering? In *The Gut Solution*, Drs. Lawson and Del Pozo reveal the best solution available for functional gastrointestinal disorders like irritable bowel syndrome (IBS) and recurrent abdominal pain (RAP). Their program, SEEDS, encompasses the essential information and guidance to help families manage these common and often difficult digestive problems. *The Gut Solution* walks parents and caregivers through SEEDS (Stress Management, Education, Exercise, Diet & Sleep) clearly explaining not only the underlying physiological and biological issues at play, but the neurological, behavioral, and emotional factors in irritable bowel syndrome and abdominal pain and most importantly, what can be done about it. SEEDS is a highly successful program that has been taught to more than 400 children since 2006 with sustained positive results. The results were presented and received critical acclaim at the prestigious AGA Research Symposium at Digestive Disease week in Orlando, Florida in 2013.

## **Book Information**

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## **Customer Reviews**

Michael Lawson, MD is a board certified gastroenterologist with Kaiser Permanente in Northern California. He is a Clinical Professor with University of California, Davis, and volunteers in Nicaragua, Dominican Republic and Cambodia. His research has been supported by the National Institute of Health, the National Cancer Institute and the National Health and Medical Research council of Australia. Jessica Del Pozo, PhD is a clinical psychologist for Kaiser Permanente in

Northern California. She helps people manage chronic medical conditions and is part of a comprehensive chronic pain management team. She also does consulting, leads workshops, and teaches continuing medical education courses.

After a very difficult year of worry, weight loss, doctors, specialists, countless tests and even two upper endoscopies this book was recommended by our pediatric GI. This book made me understand how to manage the condition instead of letting it run our lives. It gave me confidence that we were not missing anything, we did not need to continue on a quest to find some mysterious disease. RAPS & IBM are conditions that have to be managed, reading it gave us direction and we were able to help our child start addressing the issues that were leading to the constant flair up of RAPS. Not only do we understand our child much better now, more importantly she understands herself much better and is learning that mental and physical health are interwoven and that she knows what work she has to do to feel good. These conditions are not about food. Every person that suffers from RAPS or IBM should read this book.

This is a well written book that compiles the evidence and presents a solution for a very difficult problem in medicine. Dr. Lawson's style of writing is easy to read and enjoyable. He has practiced medicine for 30 years and is well respected by his peers. He is able to distill the essence of the problem into straightforward language. His chapters are well organized and are chock full of valuable information. This is a must read for any parent.

This book summarises a mountain of scientific data into a crystal clear explanation of what we currently understand about IBS, and offers an approach to management successful in the setting of a large institution but with strategies that can also be used by those of us in private practice. It can help not only children and their families struggling with this problem, but also clinicians looking for a more organised approach to managing them.

You can be an adult with this issue and still benefit from the wealth of information and practical solutions in this book. Extremely helpful.

In stead of asking your teenager what's going on with their IBS in a desperate bid to find solutions, start with informing yourself by reading this book.

Outstanding practical advice for parents as we become aware of how stress can affect the way our children think of and physically digest food.

It really helped, good information.

This is a refreshing dose of science and research - based advice, from a leader in the field.

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