



Magen und Darm: Beschwerden heilen, lindern, vermeiden (German Edition)

Kirsten Khaschei

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Was Magen und Darm gesund hält. Sodbrennen, Bauchzwicken, Verstopfung - wenn Magen und Darm nicht richtig funktionieren, dann leiden wir. Mal sind es nur leichte Störungen oder ein Infekt, mal steckt eine erkennbare Krankheit dahinter. Dieses Buch hilft Ihnen, Ursachen zu erkennen und bei Beschwerden richtig zu handeln, gibt erste Ratschläge zu Hausmitteln und wann ärztliche Hilfe angeraten ist. Dazu alles Wissenswerte zu Ernährung, Bewegung, Diagnostik und Therapien.

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