



# **The IBS Master Plan Workbook: 8 Steps to Take Control of IBS, Reduce Symptoms, and Finally Feel Better**

*Stephanie N Clairmont RD*

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If you are suffering from symptoms of Irritable Bowel Syndrome including gas, bloating, pain or discomfort, diarrhea, and/or constipation - this workbook has been developed for you. The IBS Master Plan is an 8 Step System to help those with digestive distress take control, reduce symptoms, and finally feel better. The Steps have been designed by registered dietitian Stephanie Clairmont, through her practice with real clients at the Clairmont Digestive Clinic in Waterloo, Ontario. Every individual is unique and experiences digestive distress differently. By using the 8 steps in this plan, you can improve health and reduce uncomfortable and embarrassing symptoms of IBS. **DISCLAIMER:** We recommend you use this book while working with your doctor and/or registered dietitian. This workbook is not meant to be a substitute for advice from your doctor.

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