

Bishop Dr. Juliette D. Fagan, Prof. A native born Caymanian, married to Pastor Leeroy Fagan. She is the owner and CEO of Healthy Solutions Colon Therapy and Detoxification Centre located in Jamaica and Grand Cayman. Dr. Fagan as she is affectionately called is a trained Practical Nurse, Cayman Islands School of Nursing, and Ex-Police Officer with The Royal Cayman Islands Police Force. She is also a gospel recording artist with two albums. She studied Surgical Technology at Lindsey Hopkins Technical Miami Fla, Naturopathic Practitioner and Consultant at the Alternative Medicine of College of Canada, Colon Hydrotherapy, The International School for Colon Therapy USA, Clinical Colon Hydrotherapy, GI Doctors, Garden City NY with Amy Sanders of GPACT, she is Caribbean Ambassador of Global Professional Association for Colon Therapists. She is a certified Prepare & Enrichment Family and Marital Counsellor Fla, Marriage officer Cayman Islands Government Bishop Dr. Fagan is the founder and President of Vision Miracle Churches of God Evangelistic Association and Vision Dominion School of Theology. A Graduate of the International Seminary USA, Professor of Theology, Christ Kingdom University Cameroon Africa. Radio and TV personality, author, inspirational, columnist and healthy life styles Speaker.

A Very Merry Christmas Activity Book, The God I Love: A Lifetime of Walking with Jesus, EGYPT AND THE MEDAL OF HONOR (The Egypt Rosen Chronicles Book 2), Details in Menswear: The perfect book for a perfectionist, El principe rana y otros cuentos (Spanish Edition), Picasso War and Peace (160501) (English, Spanish, French, Italian and German Edition), Admiral Togo: Nelson of the East, A Short History of Greek Philosophy (TREDITION CLASSICS),

Eat more fiber. Fiber is a bit of a mixed bag for IBS sufferers. It helps ease some symptoms, including constipation, but can actually worsen other symptoms like cramping and gas. Still, high-fiber foods such as fruits, vegetables, and beans are recommended as an IBS treatment if taken gradually over several weeks. Eat fiber - Eat less dairy. Some natural ways to relax may help ease your IBS-D symptoms. Hypnotherapy and meditation. A trained therapist can teach you to focus on soothing images or thoughts. Massage. This is a solid way to help you relax. Exercise. People with IBS who make working out part of their routine have fewer symptoms. Changes to Your Diet - Keep Your Stress in Check - Probiotics. Treating irritable bowel syndrome (IBS) can be tough. It's characterized by abdominal pain and either constipation, diarrhea, or a combination.

Irritable bowel syndrome (IBS) affects 20 percent of Americans; if you are one of them, read on.

Finding quick relief is important when you're experiencing stomach pain due to irritable bowel syndrome (IBS). Even if you're just having a bad. The symptoms of irritable bowel syndrome (IBS) can often be managed by General tips to relieve IBS symptoms How to ease bloating, cramps and farting.

Natural Help To Relieve Irritable Bowel Syndrome Symptoms, By Dr. Stuart Garber Irritable bowel syndrome (IBS) is a complex condition that affects some 58 .

Get relief from irritable bowel syndrome with natural remedies for both causes and symptoms. Ease diarrhea, constipation, and pain with food.

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