



Sophie's Story: My 20-Year Battle with Irritable Bowel Syndrome

Sophie Lee

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"I've had irritable bowel syndrome for twenty years. For most of my life I have lived with urgent diarrhea, horrible constipation and agonizing stomach pain. I have spent whole afternoons in the bathroom, and on my very worst days I have endured vicious attacks that left me shaking, sweating and scared..." It's whispered about and often made light of, but as Sophie Lee will tell you, there is nothing funny about irritable bowel syndrome (IBS)--a chronic medical condition characterized by often intense abdominal pain, bloating, constipation and /or diarrhea. The stigma attached to this disorder prevents many people from seeking help or sharing their problem with family, friends and coworkers. This is unfortunate, since it is estimated that more than 60 million Americans suffer from this devastating illness. Sadly, patients who do seek medical help often find themselves up against ignorant doctors and even those who believe that IBS is a psychological condition. "Sophie's Story: My 20-Year Battle with Irritable Bowel Syndrome" chronicles a brave young woman's fight against the IBS "monster", offering valuable insights on coping with, and even controlling, the symptoms. Partly an offering of hope to other IBS sufferers and partly her way of fighting back against those who told her that IBS is all in her head, this no-holds barred narrative discusses the many psychological, physical and social effects of living with this disease. Sophie also writes about which conventional and alternative treatments were most effective for her and how the right diet made a difference, as well as her successful, personal formula to conquer IBS.

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