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2017, April

Pflug, Irving J.: (2017). IJ's Stomach Book. Environmental Sterilization Laboratory, Otterbein, IN 47970.

Abstract

The material in this book is the record of one person's stomach adventure, in the time period of 2010 through 2017. They are the experiences I have personally encountered and the information I have gleaned by reading the literature. A lot of the information is from Google, but I have also used several reference books.

This report is treated in nine parts. Six parts treat the stomach specifically; the rest of the book is personal general health information.

This is not a medical book nor is it a self-help book. It is a collection of observations that the author has found useful in living with a very sensitive and temperamental stomach.