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.