

THE HAPPY BOWEL

A user-friendly guide to bowel health for the whole family

by DR MICHAEL LEVITT MB BS, FRACS

ABOUT THE BOOK

When push comes to shove, there is nothing as fundamental as a well-functioning bowel. Dr Michael Levitt, highly respected surgeon, has restored hundreds of patients to bowel health and happiness.

This comprehensive guide is full of practical advice, helpful tips and clear explanations for how to obtain and maintain a successfully working bowel.

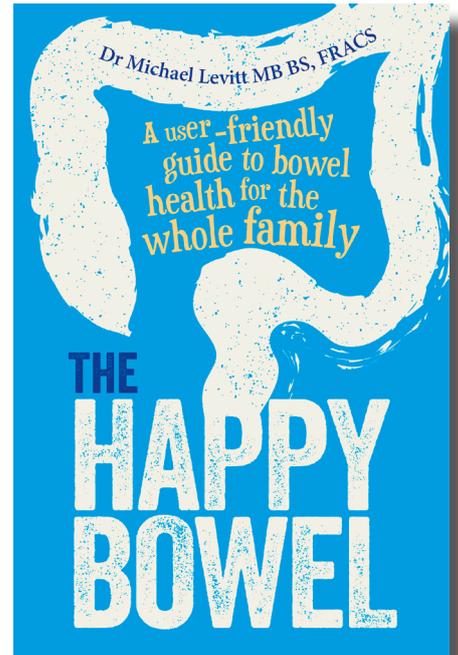
ABOUT THE AUTHOR

Dr Michael Levitt MB BS (UWA), FRACS trained as a surgeon in Western Australia before pursuing subspecialty training in colorectal surgery at London's St Mark's and Royal Free hospitals. Since 1990 he has worked in WA as a specialist colorectal surgeon. Michael has a particular interest in the management of 'functional' bowel disorders – constipation, incontinence and irritable bowel syndrome – and is well known for his approach to treating these conditions. Michael is a member of the Colorectal Surgical Society of Australia and New Zealand. He is the Chairman of the Tonkinson Colorectal Cancer Research Fund Advisory Committee, a Director of St John of God Health Care, a member of the Medical Board of WA and Medical Director at Osborne Park Hospital, WA.

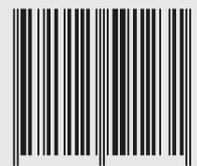


NOTES

- Michael is a leading authority on bowel disorders. In 2003 Michael received a Centenary Medal in recognition of his work in raising public awareness and understanding about colorectal cancer.
- With books like *Gut*, *Brain Maker* and the *Mind Gut Connection*, we are increasingly aware of how essential gut health is to our overall wellbeing. *The Happy Bowel* takes this one step further by providing everyone with an understanding of what a healthy bowel is and how to keep it that way. With both preventative measures and management plans for common bowel disorders, *The Happy Bowel* is an accessible read that prioritises simple, actionable tips supported by Dr Levitt's many years of research and experience.
- *The Happy Bowel* is for anyone who feels they are suffering from a bowel dysfunction and are seeking practical advice from an authoritative source. More importantly the book is designed for health-conscious readers wanting to establish what is 'normal' in themselves and their children and what the baseline for bowel health should be.



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