

DenGodeKur.dk launches new system to cure Irritable Bowel Syndrome

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Irritable Bowel Syndrome, often abbreviated to IBS is a stomach disease that hits thousands and thousands of people each year. According to some sources up to 10 per cent of the population might be in the danger zone of getting IBS.

As a reaction on this development dengodekur.dk has recently launched a new system to help people deal with the disease. A spokesperson and one of the developers of the system explains: "What we have done here is that we have taken all of the knowledge we currently have about IBS triggers, what kinds of foods you should eat, how you should exercise and so on, all kind of things like that and tried to organize it in a more structured way. I think that we have succeeded in creating a system that is both very easy to follow but also is very effective."

The system consists of an introduction e-book that lays down the ground rules for the system, and a list of challenges or tasks that the persons must do. "We decided to make the system into tasks rather than general recommendations to make it easier and more fun for people to accomplish. You might recommend that people should drink 2 liters of water every day, but if you make it into a daily task that you can cross off your list, more people will do it."

And, according to the users, the system is working. The sales have already been impressive, and an interview with one of the first purchasers of the system had the following to say: "I think that the book was very good and I also think that it has really helped me that I have to do several tasks instead of just reading some recommendations. I can feel that the pain is not so bad anymore and I hope to be completely free of IBS in a few months."

What is IBS?

Irritable Bowel Syndrome is a disease that gives abdominal pain, discomfort, bloating and alteration of bowel habits. The disorder is not dangerous for the general health but can be very unpleasant

For questions or concerns regarding this press release, or for more information on DenGodeKur.dk, please use the following contact information to get in touch:

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