



# **The Digestive System: Injury, Illness and Health (Body Focus; Injury, Illness and Health)**

*Carol Ballard*

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# The Digestive System: Injury, Illness and Health (Body Focus; Injury, Illness and Health)

*Carol Ballard*

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This book explores how our bodies digest and use the food we eat, including the structure of the different parts of the digestive system. It explains the different illnesses and injuries that can affect your digestion, from indigestion to irritable bowel syndrome, and outlines ways to keep healthy, including the importance of a balanced diet.

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