



The Everything Guide To The Low-Fodmap Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders

Barbara Bolen, Kathleen Bradley

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150 recipes to ease painful symptoms and improve digestion!

If you suffer with symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, researchers have come up with a new treatment plan to help you control symptoms: a low-FODMAP diet. FODMAPs are a collection of short-chain carbohydrates that are difficult to digest and found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners. *The Everything Guide to the Low-FODMAP Diet* walks you through the step-by-step process for identifying your individual sensitivities--and gives you options and substitutions so you can enjoy your favorite foods again.

Learn how to:

- Understand food allergies and intolerance
- Identify high- and low-FODMAP foods
- Eliminate FODMAP sources from your diet
- Stock your pantry for success
- Create your own personalized diet based on your unique needs
- Re-create favorite recipes using low-FODMAP ingredients

Dr. Barbara Bolen, an IBS specialist, provides advice and tips for developing a personalized and realistic healthy eating plan. And with 150 low-FODMAP and gluten-free recipes, you can reduce digestive distress and feel great while enjoying satisfying and nutritious meals!

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Susan Preuss:

The book with title The Everything Guide To The Low-Fodmap Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders has a lot of information that you can understand it. You can get a lot of help after read this book. This kind of book exist new knowledge the information that exist in this guide represented the condition of the world now. That is important to yo7u to be aware of how the improvement of the world. This book will bring you inside new era of the the positive effect. You can read the e-book on your smart phone, so you can read that anywhere you want.

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This The Everything Guide To The Low-Fodmap Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders is great guide for you because the content which can be full of information for you who also always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great organize word or we can point out no rambling sentences in it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with wonderful delivering sentences. Having The Everything Guide To The Low-Fodmap Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen second right but this guide already do that. So , this really is good reading book. Hey there Mr. and Mrs. active do you still doubt in which?

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