

THE COMPLETE IBS Health & Diet Guide

Includes Nutrition Information, Meal Plans & Over 100 Recipes for Irritable Bowel Syndrome

Living with IBS can be challenging, but if you're armed with an understanding of the syndrome, along with a complete and controlled dietary program, you'll be able to help control your symptoms rather than have your symptoms control you. This is the first book to explore the connection between the development of IBS and nutrition while presenting an effective dietary program for managing symptoms — the Low FOODMAP Diet. By following this diet, patients with IBS can achieve a 30% to 50%, if not greater, improvement in their underlying symptoms of abdominal pain, gas, bloating, constipation and diarrhea.

Comprehensive, current and concise information on IBS causes, symptoms and treatments, based on the best medical research and clinical experience.

Featuring these tantalizing FOODMAP approved recipes:

Smoked Salmon Frittata, Chicken Satay, Roasted Red Pepper and Potato Soup, Chicken Florentine, Seafood Paella, Vegetarian Teriyaki Stir-Fry, Pumpkin Ravioli, Prosciutto and Cheese Pizza, Dijon Mashed Potatoes, Flourless Chocolate Cake

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The Low FOODMAP Diet Program

- Avoid foods that contain wheat (gluten) and high amounts of fructose and lactose
- Reduce insoluble fiber and increase soluble fiber
- Limit or eliminate caffeine, carbonated beverages and fruit juices
- Minimize high-fat foods
- Control portions

Features case studies of patients successfully treated with the low FOODMAP diet and meal plans to teach you how to get started on the road to a better quality of life.

\$24.95 USA
\$27.95 CAN

**Robert
ROSE**

ISBN 978-0-7788-0263-1



5 2 4 9 5
9 780778 802631

PRINTED IN CANADA

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