



The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders

Sue Shepherd, Peter Gibson

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A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders—presented by the world’s leading experts and tailored to you

“A must-have survival guide” —Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine

“What can I do to feel better?” For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice.

The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs—difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners.

In *The Complete Low-FODMAP Diet*, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to:

- Identify and avoid foods high in FODMAPs
- Develop a personalized and sustainable low-FODMAP diet
- Shop, menu plan, entertain, travel, and eat out with peace of mind
- Follow the program if you have IBS, celiac disease, Crohn’s disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet.

And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat well—for life.

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The feeling that you get from The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders could be the more deep you searching the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to comprehend but The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders giving you joy feeling of reading. The author conveys their point in particular way that can be understood by anyone who read the idea because the author of this book is well-known enough. This book also makes your personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having that The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders instantly.

Joan Burton:

Information is provisions for people to get better life, information nowadays can get by anyone on everywhere. The information can be a expertise or any news even a problem. What people must be consider when those information which is inside former life are challenging be find than now is taking seriously which one is acceptable to believe or which one often the resource are convinced. If you get the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen inside you if you take The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders as your daily resource information.

Alysa Appel:

The reason? Because this The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking approach. So , still want to delay having that book? If I had been you I will go to the publication store hurriedly.

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