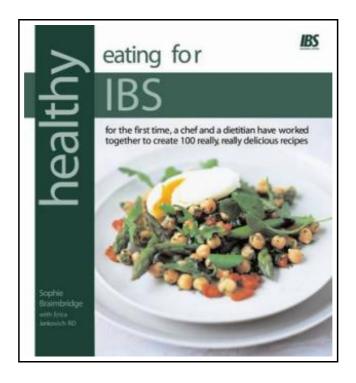
Healthy Eating for IBS (Irritable Bowel Syndrome)



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Paperback. Book Condition: New. Not Signed; This is a much-needed cookbook for people with IBS, devised by a leading chef and based on nutritional advice. Containing over 100 recipes that have been created to tempt your tastebuds while managing the symptoms of IBS, together with helpful advice and practical information, Healthy Eating for IBS will help you understand IBS and limit its impact. Recipes include Courgette and Cumin Salad, Garam Masala Duck Breasts, and Asparagus and Red Onion Tart, and are divided into meal types - breakfasts and breads, soups and salads, starters and snacks, main courses and puddings - in order to help you to find a diet that soothes your system without offending your appetite. book.



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