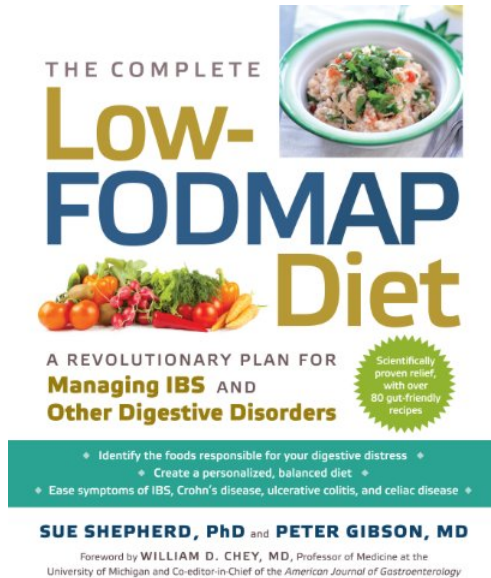


xtsX5 [GET] The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders



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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, Crohns 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.

A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders presented by the worlds 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, Crohns 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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