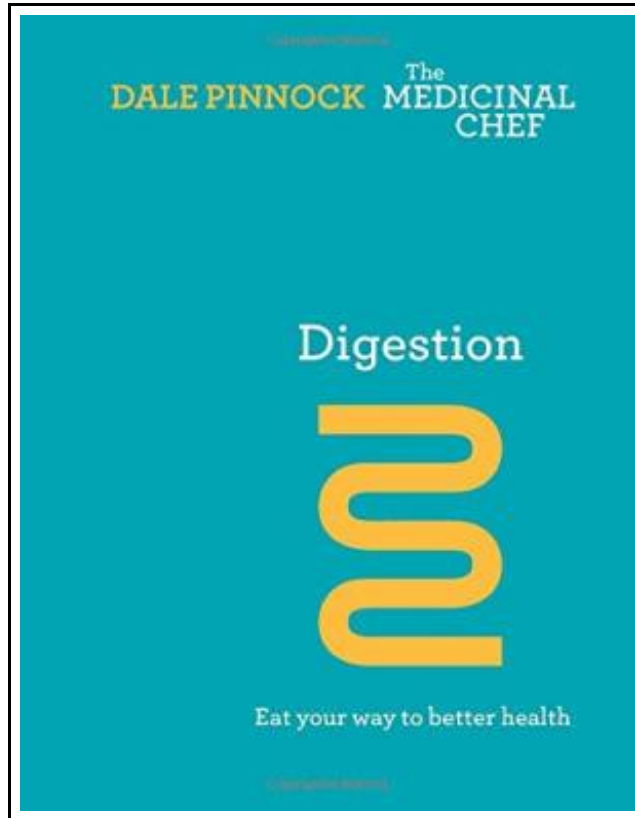


Digestion: Eat Your Way to Better Health



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Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Digestion: Eat Your Way to Better Health, Dale Pinnock, In this title, Dale tackles the issues people suffer with their digestion, trying to understand the reasons behind the conditions and - most importantly - how you can help yourself to relieve them. His approach is designed to work alongside conventional medical treatment. Dale believes you can relieve a whole spectrum of digestive symptoms via diet. He believes that making a long-term change to the way you eat is a far better path to good digestion than short-lived, difficult-to-follow diets. He tackles the physiology and anatomy behind each of a handful of the most common digestive complaints: bloating; constipation; IBS; inflammatory bowel disease (Crohn's and ulcerative colitis), and touches on reflux and food 'intolerance', too. He shows how the body digests different foodstuffs, therefore giving readers the tools they need to heal themselves, promote gut flora and avoid foods that can continue to ferment in the gut. The wonderful recipes in this book are divided into groups, depending on the gut condition they are intended to tackle. Lunch on Bean and corn quesadillas if you have constipation. To help relieve IBS, try Chicken and shiitake pad thai, or dine on Chicken meat loaf with roasted roots to help relieve inflammatory bowel disease. Every recipe is simple and quick to prepare with easy-to-find ingredients.



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