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## The IBS Low-starch Diet: Why Starchy Food May be Hazardous to Your Health

By Carol Sinclair

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The IBS Low-starch Diet: Why Starchy Food May be Hazardous to Your Health, Carol Sinclair, Twenty per cent of the UK population - 12 million people - suffer IBS-related symptoms, but they may be unaware that the simple elimination of starch from their diet can bring dramatic relief from pain and discomfort. In this revised edition, Carol Sinclair, a sufferer who has successfully overcome IBS and arthritic pain, brings you a revolutionary programme for a pain-free future. This practical guide will help millions to reduce their arthritic symptoms, whose pain to date has been relieved only by regular medication, with sometimes dangerous side effects. The diet shows that a gradual reduction of starch in one's diet can dramatically reduce pain in days, to a point where drug usage is reduced and, in some cases, eliminated completely. Details of the discovery - along with case histories and a practical guide - make Carol Sinclair's book a first in the world. The "IBS Low-Starch Diet" also contains over 200 delicious starch - and gluten-free recipes, along with a comprehensive guide to eating out.



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