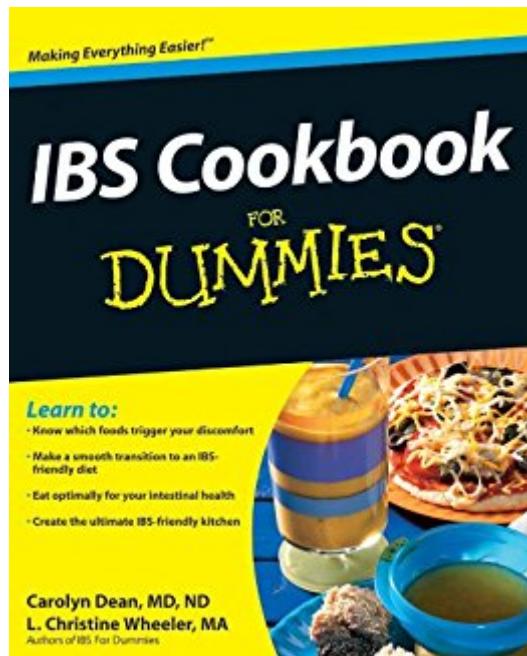


The book was found

# IBS Cookbook For Dummies



## **Synopsis**

A unique guide to decreasing symptoms of IBS through delicious food Do you suffer from irritable bowel syndrome (IBS)? You're not alone; it is estimated that about 35 million Americans experience the symptoms of IBS. IBS Cookbook For Dummies provides those affected by IBS with easy-to-follow, easy-to-understand recipes to create meals using foods and methods that decrease the risk of experiencing the discomfort of symptoms associated with the disorder. Inside you'll find the dietary tips and information you need to decrease your symptoms and discomfort simply by watching what you eat. You'll find more thanÂ  100 tasty recipes you can easily make at home. And since individuals with IBS often suffer from various complications-including bowel obstructions, sores and ulcers within the intestinal tract, and malnutrition or the presence of nutritional deficiencies-IBS Cookbook For Dummies provides a nutritional meal plan that will help alleviate these complications. Presents more than 70 delicious, easy-to-make recipes designed to ease the symptoms of IBS Helps you avoid "trigger" foods and choose healthier alternatives Includes tips for menu planning, including healthy meals and snacks Explains what to eat when traveling and dining out No need to suffer when you have IBS; just get this handy guide to start eating-and feeling-better!

## **Book Information**

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## **Customer Reviews**

Great book for people that suffer with IBS and people who care. It would be a great book for doctors to read. I have suffered with IBS for more than 20 years. I have seen many doctors, taken many tests, tried different medicines, and many different remedies. This by far has helped me the most.

The book is wonderful about telling you how different foods effect your IBS. All the years I've been going to doctors for my IBS none of them have ever explained why certain foods bother my stomach or even suggested changing my diet. I had learned on my own some foods that set off my IBS, with this book I have found more and the reason why. I've learned more about my IBS from this book than from any doctor I've seen. It is a must have in your library and kitchen!

A lot of people have I.B.S but don't discuss it. Most Doctors know very little. So after reading this book and got on a diet. Stomachs are gone and feel like my old self. A very simple book on a serious subject. I now have friends who have confessed they also have problems with I.B.S.

Great help!

Great information all round for IBS sufferers, some great recipes, and overall a great read. You will enjoy reading this if you have just been diagnosed since it gives a lot of insight into the different categories of bowel issues, and the whys and how to combat the issue

Received the cookbook promptly and in perfect condition. 5 star seller!! Wanted this quick as I have IBS and was so happy it came so quick for me!!! A great book and I highly recommend for IBS sufferers. Thank you for being a great seller!! is the best!!!

So glad I found a simple easy book to get started with. It's not just for IBS but for Celics, Diverticulosis and other stomach and bowel related issues.

This book is very informative and covers all areas of problem foods for different people and body

types. It even suggests meals.

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