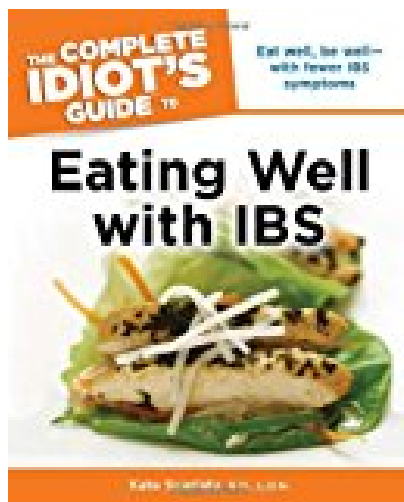


The Complete Idiots Guide to Eating Well with IBS Idiots Guides



BOOK DETAILS

- Author : Kate Scarlata
- Pages : 316 Pages
- Publisher : ALPHA
- Language : English
- ISBN : 1615640290

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BOOK SYNOPSIS

Soothe your digestive system with 200+ meal plans and recipes. The Complete Idiots Guide® to Eating Well with IBS will introduce readers suffering from Irritable Bowel Syndrome (IBS) to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms. - Features more than 200 recipes and meal plans - Kate Scarlata is a licensed dietician with 20 years of experience helping IBS patients with their condition, and an IBS sufferer herself - Thirty-five million Americans are estimated to suffer from IBS, the second leading cause of worker absenteeism Download a sample chapter.

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