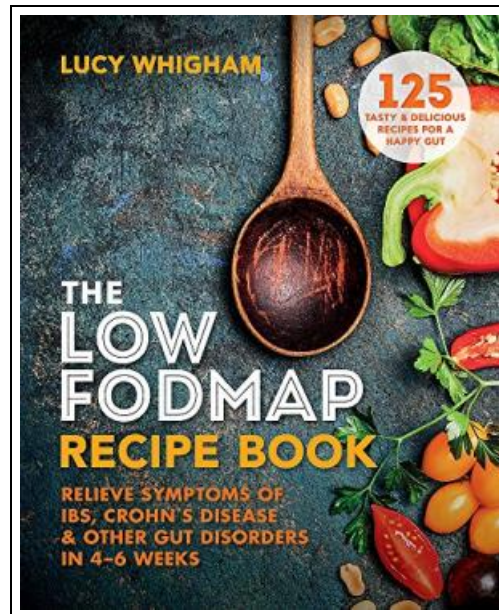


## The Low-FODMAP Recipe Book: Relieve Symptoms of IBS, Crohn s Disease Other Gut Disorders in 4-6 Weeks (Paperback)



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Octopus Publishing Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. This book demystifies the low-FODMAP diet and provides 125 tasty and delicious recipes for a happy gut. Written by a specialist gut dietitian, Lucy Whigham, M Nutr Diet SRD, The Low-FODMAP Recipe Book can help you to take control of Irritable Bowel Syndrome (IBS), functional bowel disorder and digestive distress, and can also help those suffering from Inflammatory Bowel Disease, Coeliac Disease and functional symptoms following gastrointestinal surgery. An expert in the low-FODMAP diet and gut disorders, Lucy will help you to understand more about the way your gut functions and what is contributing to your symptoms. FODMAPs (Fermentable Oligosaccharides, Di-saccharides, Mono-saccharides and Polyols) are naturally occurring sugars that are found in a wide range of everyday foods. They are difficult to digest and cannot be completely absorbed by the body - instead they are fermented by bacteria in our gut, causing excessive wind, bloating, pain, abdominal distension, cramping, stomach gurglings, diarrhoea and frequent bowel motions. The low-FODMAP diet: Is the most successful diet for bringing relief to sufferers of IBS. Has been medically proven in rigorous clinical trials to help identify food intolerances and improve symptoms in up to 75 per cent of people with IBS. Is quickly becoming an essential treatment for people with a sensitive gut. Can help in the management of a wide range of stomach troubles and gastrointestinal discomfort. This book is an easy guide to why and how the low-FODMAP diet can help, and includes tables of what foods need to be avoided for the elimination phase and beyond. Empower yourself with the knowledge of exactly which foods cause you problems, putting you in the driving seat and letting you control your symptoms rather than have them control you.



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