



IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet.

Patsy Catsos

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The SECOND EDITION of this title is now available as a Kindle Book, ASIN: B007R7SPYM. The anticipated release date for the paperback Second Edition is 4/10/2012. You are currently viewing the Product Description for the paperback First Edition. Do you have Irritable Bowel Syndrome (IBS)? Does a healthy diet make you feel worse, instead of better? Is it difficult to pin down which foods trigger your IBS symptoms? FEEL BETTER FAST WITH THIS SAFE, NATURAL AND NUTRITIOUS DIET. This book describes an easy, step-by-step way to find out if your symptoms are caused by intolerance to certain carbohydrates (known as FODMAPS) in your diet. It is packed with helpful tools, including: menus and a matching shopping list; label reading tips; lists of allowed foods; tips for including all of your favorite foods in your diet. Based on the latest research emerging from Australia, this diet plan is the first of its kind, written for U.S. consumers with IBS or fructose intolerance. Be one of the first to be free from IBS at last! Visit the author online at ibsfree.net.

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